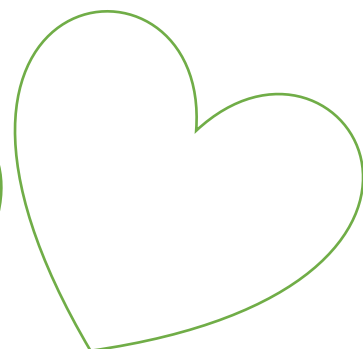
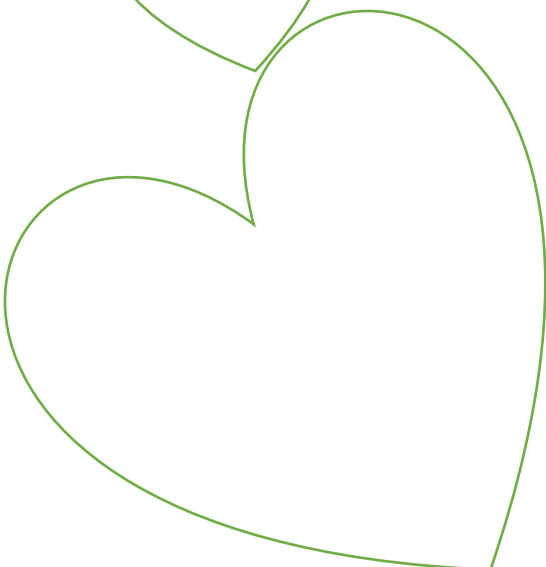


During these times we can become overwhelmed with everything that is going on and the uncertainty about what will happen. It is important to look after ourselves as well as our family members. Try some of these activities to help refocus and concentrate on some positives.

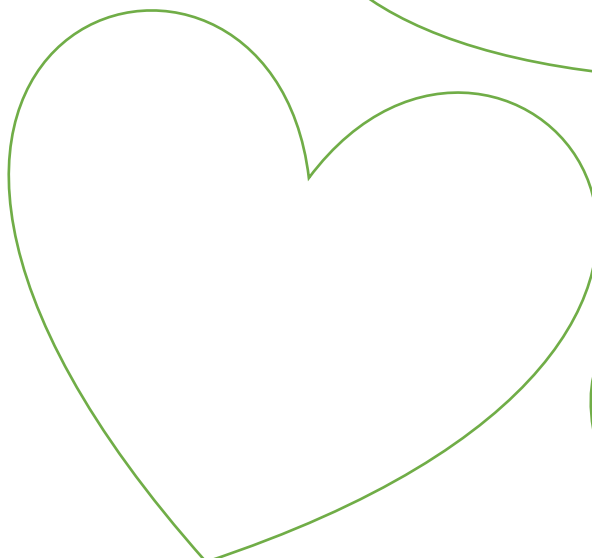
Be Kind to Yourself - Write down some ideas about how you can be kind to yourself. Some ideas have been given to start you off. How can you make these happen, or who would you need to help?

Relax

Be Brave



Laugh



Do something new

Breathing

**Gratitude Jar**

Every day write down something you are grateful for.



**Write or draw**

**What I love about being at home**

**What I miss about school**

Look how much you've  
already managed to  
adapt to. Look how  
resilient you've already  
been. There's no "right"  
way to respond to this  
because it's never, ever  
happened before. Give  
yourself some credit. ☆  
There's no one in the  
whole world who has  
this figured out yet.  
So it's absolutely okay  
if you don't either. ♥

mellow doodles