



Ways to stay positive:

- Smile
- Thumbs up/ elbow or foot bump
- Positive comments – praise often
- Note's or cards to each other
- Happy selfies
- Keep a 'special book' – write in it/ put pictures in it

Special things to cheer you up:

- Baking together
- Extra time on a game or TV
- Craft activities
- Later bedtime
- Favourite tea/ meal
- A voucher for half an hour of a favourite activity with an adult
- Indoor picnic

Some ideas to keep busy:

- Make a board game about something that interests you – write out the instructions on how to play
- Keep a diary – about what you do each day or something like nature
- Decide how you would spend £1000.00
- Build a den
- Create your own secret code
- Make sock puppets

- Make a stage or theatre – put on a show (maybe use your sock puppets) Write your own script for the play
- Make lists – what makes you happy, places you would like to go etc
- Design and make an obstacle course
- Invent something new
- Make something from boxes, yogurt pots, bottles etc
- Make a map of your house, street or local area
- Make a postcard and write a note to your teacher
- Design a sandwich – make it and eat it!
- Make up a dance to your favourite tunes
- Research something and make a leaflet about it
- Write a story for a young child – make it into a book with illustrations

Stay safe in whatever you do

