

CALL YOUR LOVED ONES and...Tell them a joke!

GET OUTSIDE AS MUCH AS YOU CAN!

HA HA

What do you give a sick lemon? LEMON AID!

HOW TO STAY HAPPY WHEN YOU'RE STUCK AT HOME

PLAN THE DAY AHEAD and aim for a balance of things to keep you busy

9am	Make breakfast
10am	Art
12pm	LUNCH
1pm	Read
2pm	Build a rocket!

Do you want to play dinosaurs?

FIND WAYS TO PLAY WITH YOUR FRIENDS even if you can't be together

DIG OUT ONE TOY or game every day that you haven't seen in a while

REMEMBER: this is tough for everyone, so be PATIENT and KIND to those around you.

Mummy, would you like a drink?

LEARN SOMETHING NEW EVERY DAY just for fun - like, how to draw a gorilla...

MEOW! I love this one!

FIND A BOOK YOU LOVE and get stuck in

MOVE!

Dance, run, jump, kick a ball, shake about - especially if you're feeling frustrated

