

It's OK...

Name Feelings

It's ok to feel worried, it's important for us to talk to each other about how you are feeling.

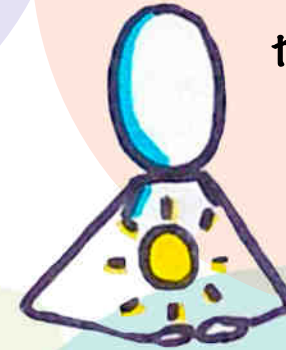
Remember

...lots of people are working hard to make it better. Covid 19 is serious but everyone is doing their best.



Breathing

Big deep breaths can help us to feel calm. We can try tummy breathing or blowing bubbles.



5 TIPS FOR FAMILIES



Routine

It's good to keep busy so we should find lots of things to do. We could try making a visual timetable to organise our day.

Moving and Dancing

Playing games and dancing together can help us to release energy and make us feel good.



.... to help reduce stress and anxiety for children....