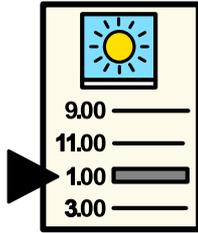


Wellbeing plan for Covid19

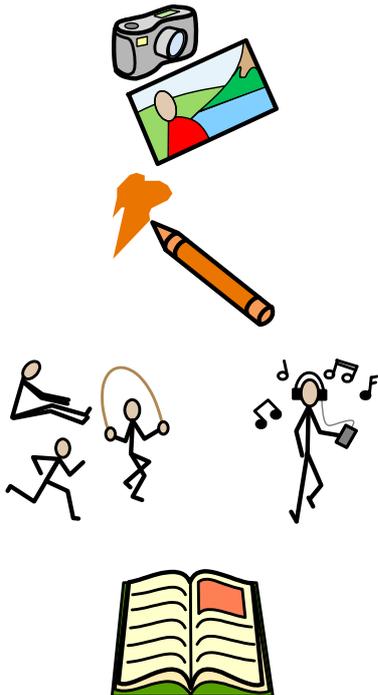


Make a schedule for the day and stick to it.



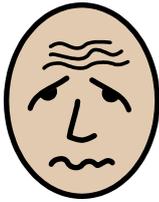
Stay connected to family and friends. You can:

- call
- facetime
- Zoom

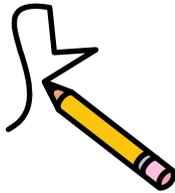


Do things you enjoy doing. You can:

- take photos
- draw or colour
- exercise
- listen to music
- read or write a story



Write or draw any worries that you have in a book.



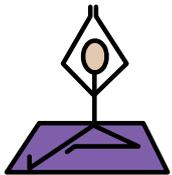
Set a time in the afternoon to speak about these with someone you trust.



Do some wellbeing practices. You can:



- do meditation



- yoga



- exercise

- go for a walk

- draw or write down 3 things you are happy about.

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