

Self Care- Things to do at home during lockdown

Go outside for a walk with your family



Try baking or cooking with an adult



Try yoga or meditation



Listen to music



Dance/try a new sport or exercise



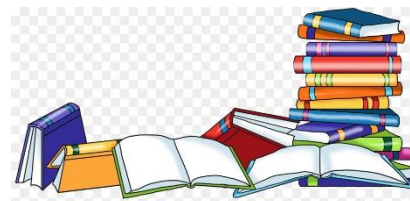
Speak to a trusted adult about how you feel



Create some Art



Read a book



Go to sleep and wake up on time



Write in a journal

