






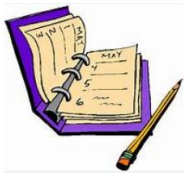
Give Can you give back to our environment? Try to be mindful of the energy you use, and turn off lights when you leave a room and turn the taps off. Think of other things that might help and let us know.

Connect Connect with someone you haven't spoken to in a while. You could send them a card, write a letter or use technology to video call them.




Take Notice



Keep a record of your wellbeing each day. Make a note of how you are feeling, what you are thinking about and what you are looking forward to.

Keep Learning Do you enjoy art? Maybe follow some online tutorials to help you draw different things. There are a lot to choose from – Art For Kids Hub is just one of them you might enjoy. We'd love to see the masterpieces you create.



Be Active

Can you show your family some of the skills you learn in your PE lessons? You could become the teacher and get everyone moving. Who do you think will enjoy your lesson the most?

