



WHAT CAN YOU DO TO MAKE THE INSIDE GREAT FOR YOU?

In these hard times, it is difficult to understand the meaning of life. But don't you worry as here I will be saying some 'things to do when you do not know what to do' so let us get started...

- 1) Well first of all be a bit more helpful and kind to those around and even if you don't want to why don't you help your mum or dad with the dishes or laundry.
- 2) Be creative don't spend too long on your Tec (phones and laptops, iPad and iPod) spend time drawing or making things as it will make time fly by or when you go on your 'one walk a day', take a moment to look around what can you spot rainbows and teddies in windows thanking the NHS and keyworkers for saving lives and you for staying happy!
- 3) Baking is a lovely way in staying happy why don't you make tea for the family or cook a scrumptious cake to enjoy.

Now what if you are angry or struggling to cope with all this pressure in saving lives and staying home, draw how you feel. This may sound silly but do it, draw what is making you angry or stressed write why it is making you annoyed then scrunch it up and throw it away all the anger is all gone if that didn't work try using a stress toy or make one yourself (look it up if you need to).

My lock down poem:

Stay happy and smile
Why don't you run a mile
What about raise some money
Or make some honey
Remember people are in worse situations than you
You have stay positive too
So my poem draws to a close
One last thing: don't skip those chores

