

# How to keep positive through lockdown

Use FaceTime, WhatsApp or Zoom to speak to grandparents and friends

Eat healthy food

Paint and colour

Learn how to do something new

Help in the Garden

Grow some herbs from seed

Take a minute to think about what really matters to you

Play on x-box with your friends

Watch a fun TV programme

Bake or cook something special

Keep in touch with friends and family

Listen to music

Make over your bedroom

Stay positive

Stay sanitised

Stay safe!

