Top tip ideas to help you get through difficult days

Take your mind of it by doing something you love: football, dance, draw and play with your family and mand many more.

If you are missing your friends why not call them and talk to them about what you have been doing in quarantine.

When you are having a bad day, you can always try to pick up a new skill.so have a try. his could be baking learning how to draw how to play football and so forth

If you are struggling with anything, you could tell your parents or someone you live with as they could help you and get you through difficult days.

Bad days happen to everyone and it is important for everyone to know that you are not alone and there is someone always there for you. If you are struggling with your work, ask your parents to help or contact a teacher.

When you feel like you have no one to talk to. You could just write down all your thoughts and put them in a box and maybe your parent or guardian can talk to you about it.

If you feel like you're having a bad day because you are bored, then do something you rarely do like crafts or art or play in your garden with your family.

These were top tips to get you through difficult days.