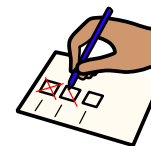
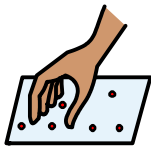
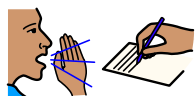




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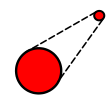
Challenges - choose a challenge to complete



Can you call/video call/write a letter or an



email to a



or



email to a distant friend or family member?



are, talk about what



Ask them how they are, talk about what



you have been doing.



How do you feel?



Talk about how you and your family are feeling



and



are



and why.



could



a picture,



use



or



look in the mirror at



expressions.