



Be kind
LOOK AFTER EACH OTHER

PHYSICAL DISTANCING NOT SOCIAL...

STAY HOME
STAY SAFE

GIVE THANKS
TO OUR NHS HEROES
& KEY WORKERS

THIS WON'T BE FOREVER

Cut down on
Social Media &
News channels

think... what
do I have energy
for today??

LOOK AFTER
YOUR MENTAL
HEALTH

EXERCISE

Run - Walk - Yoga - Aerobics

Camp out
Dress Up

Keep in touch
with family
& friends

plan your
day &
week

HAVE A
ROUTINE

set little
goals

LAUGH!
wear colour

PLAN FOR
THE FUTURE

get up & get
dressed!

Play Games
(all sorts)

learn

listen to
podcasts

Read

Listen to
& Make Music

SING
AND
DANCE

lalala

PLACES
TO GO

BUSINESS
PLAN

THINGS
TO DO

WAYS TO BE

Make Art

craft

USE THE
TIME TO...

Journal

COOK

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