

## Stay connected with family and friends

Talk to your friends over FaceTime, Skype, House Party, Phone call, Messages, Snap Chat or other social media platforms.

- Write a letter to someone. It doesn't matter if it's to your family in a different country or even to your friend that lives just a couple of streets away!
- Chat to your neighbors over the fence. Everyone feels isolated during this time. Talking to them will make you both feel good and happy.
- Go for a walk with one of your friends. As long as you're 1.5 metres apart and only in a pair, this is a great way to get exercise and socialise, making you feel happy and not like a couch potato



## What are you learning about you and your family during isolation?

Now that you have more time on your hands you may have discovered a bunch of new hobbies. Take a moment to think about what you have done throughout this time, that you probably don't as much before.

For example, instead of being at Southland with your friends, you may have.....

- Discovered a love of baking or reading books
- Maybe you like doing puzzles and playing games with your family
- You might like to go on walks or runs



## Impact of COVID-19 on our planet

The positive impact COVID-19 has had on our planet is:

- less air pollution
- oceans are cleaner
- there has been less greenhouse gases
- more animals have been spotted. This could be due to less humans being out and about.



## Anything we can do as individuals to help our community

During these tough times it is important we are thinking about other people in our community. Some things you can do to help the community are:

- follow the restrictions in place by the government to help stop the spread of COVID-19
- bake a treat for the elderly people in your community
- put teddy bears in your windows to encourage little kids can go on a scavenger hunt when they are bored



# Self-care tips – Staying healthy & Positive

What can you do during this time to help you to stay happy, healthy and positive? Here are a couple ideas below:

- Think about what you are grateful for. Although you may be upset during this time, it's important to be grateful and try to look on the bright side of things. You are all very lucky and it's important to remember this. You have rooves over your head, food on the table, medical care, an education, people that care about you and so much more!
- Remember to appreciate things and people. If someone does something nice for you, remember to acknowledge that. Whether your mum makes you dinner every night and your dad kicks the footy with you. Your teacher makes a task easier or you see something beautiful.
- Try to do things for others. Everyone is feeling uncertain in this time so it would be really appreciated if you did something kind. Perhaps you could make mum and dad breakfast in bed, write a thank you letter, give someone a hug and an I love you...
- Another thing to do is to stay fit and healthy. All activities have been cancelled during this time so it is important to stay on top of your physical health. Try and get out of the house and do some of the following activities: go for a walk, a run, bike ride, do some meditation, play outside with pets, even if its just doing your homework outside once in a while.

