

2 metres apart



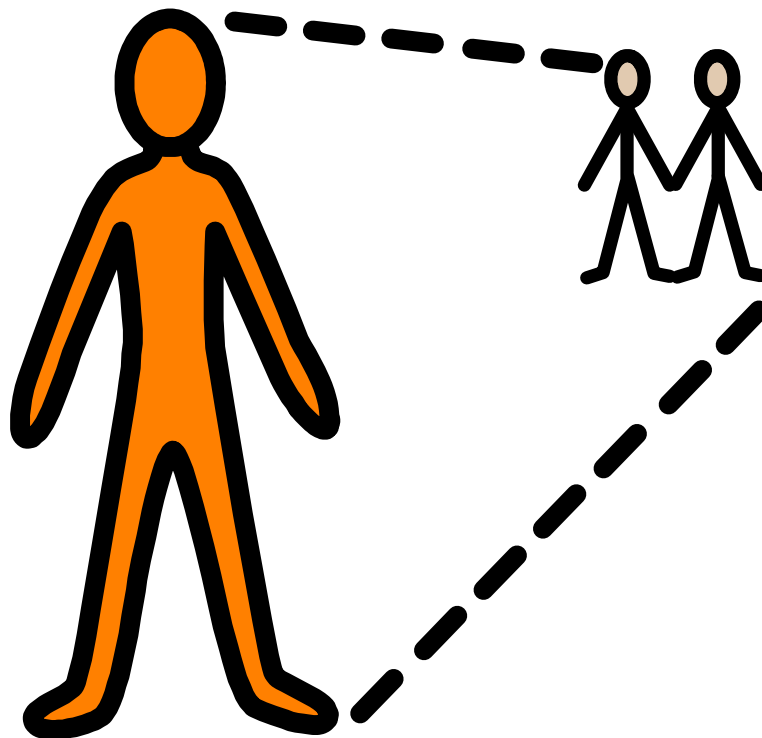
Signage



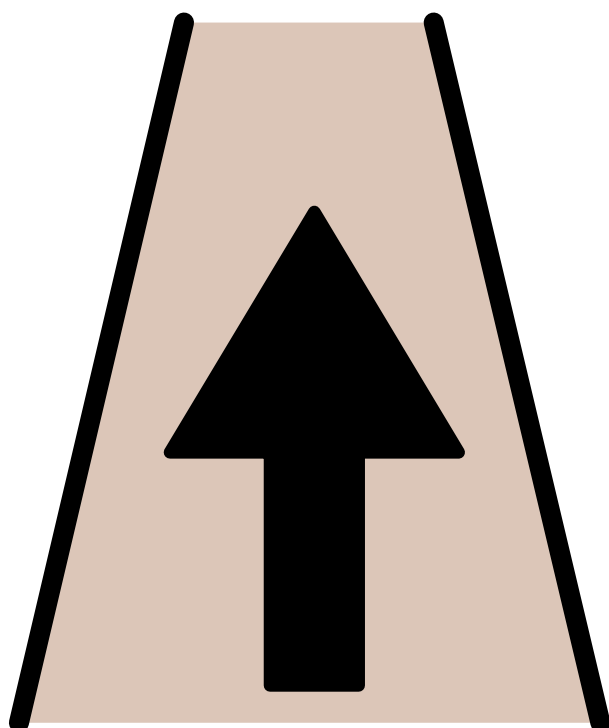
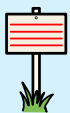
No entry



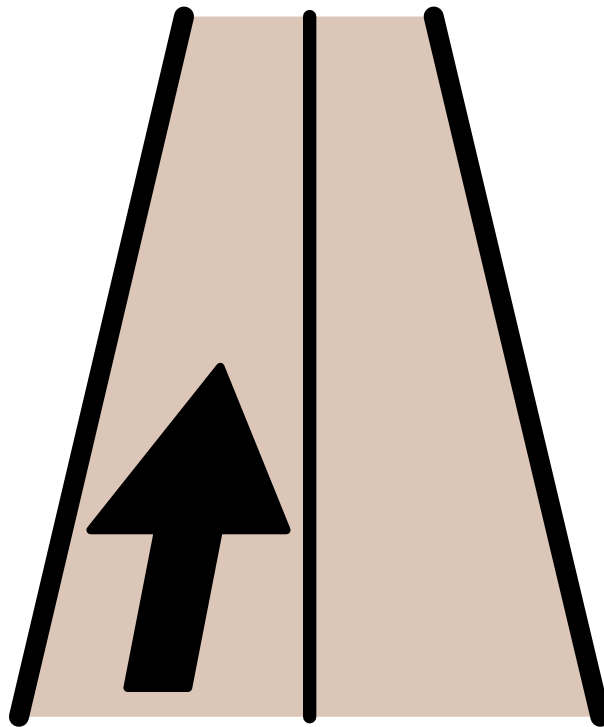
Signage



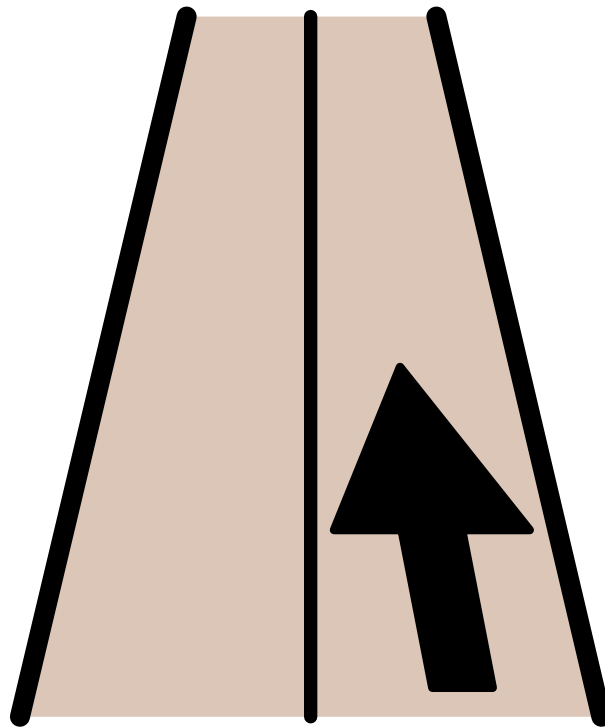
Social distancing



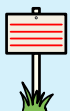
One way



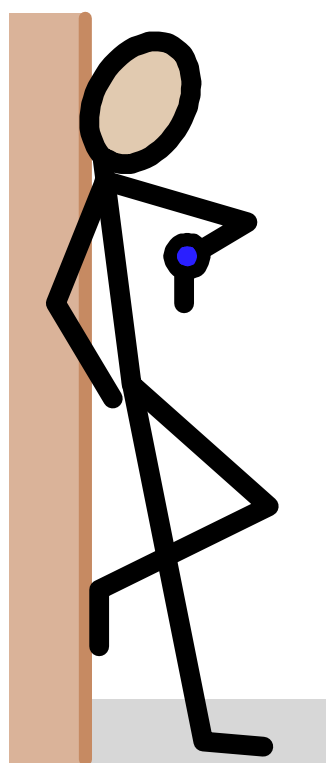
Keep left



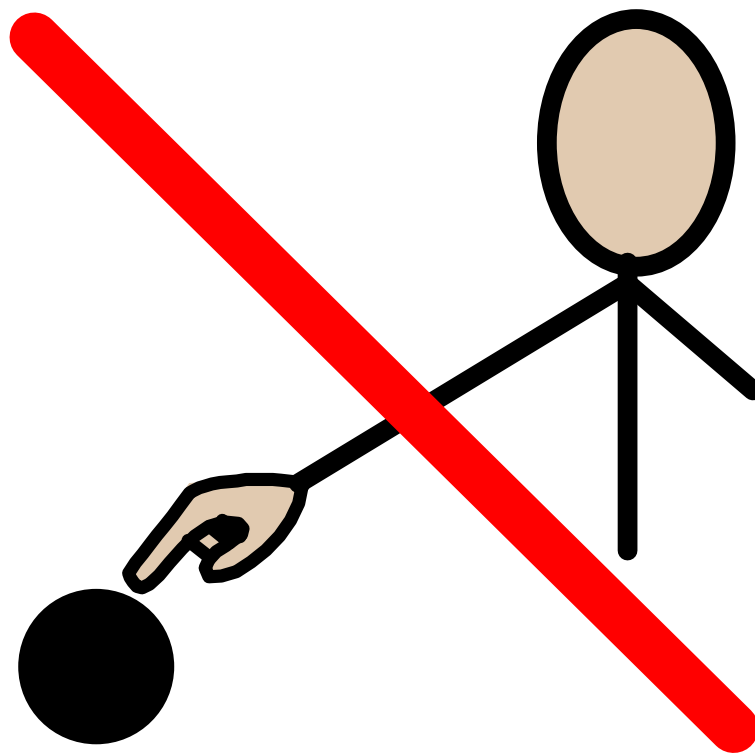
Keep right



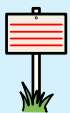
Signage



Wait here



Do not touch



Signage



Wash hands



Signage



Hand sanitiser



Washing Hands

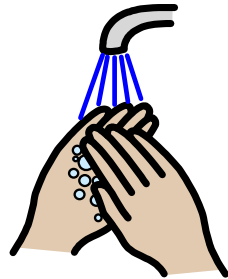


1



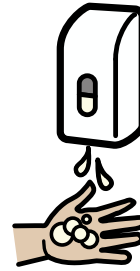
turn tap
on

2



wet hands
under tap

3



add soap
to hands

4



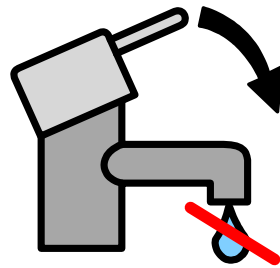
scrub hands
for 20 seconds

5



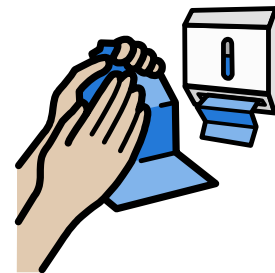
rinse hands
under tap

6



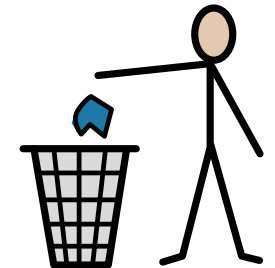
turn tap
off

7



dry
hands

8



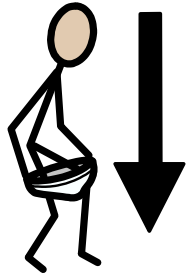
throw away
paper towel



Using the Toilet

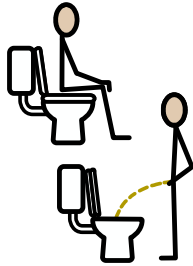


1



pull down
underwear

2



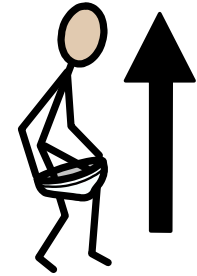
use
toilet

3



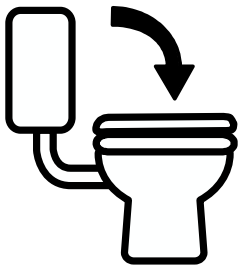
wipe
privates

4



pull up
underwear

5



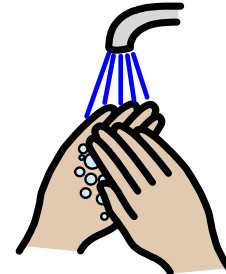
close
toilet

6



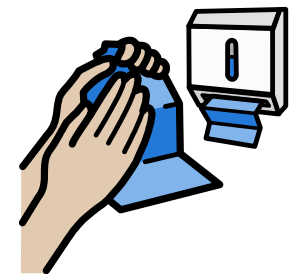
flush
toilet

7



wash hands
with soap

8



dry
hands



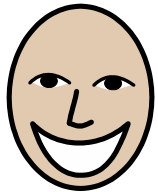
How



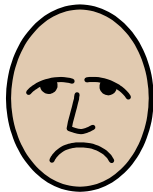
am I



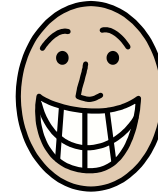
feeling?



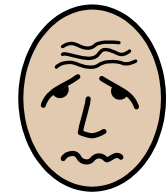
Happy



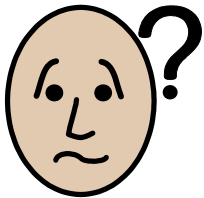
Sad



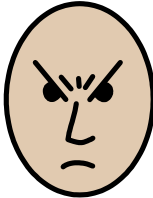
Excited



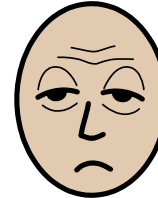
Worried



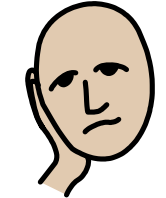
Confused



Angry



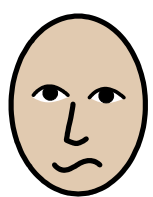
Tired



Bored



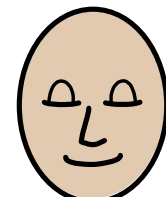
embarrassed



OK



Scared



calm



Managing emotions



Sometimes I feel sad.

Sometimes I feel angry.

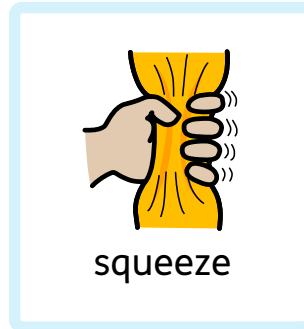
It's OK to feel different emotions.

I can try and feel better.

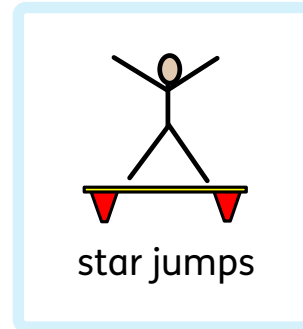
Activities can help me feel better



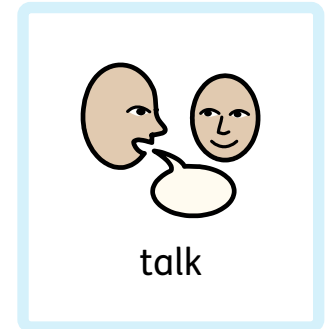
rest



squeeze



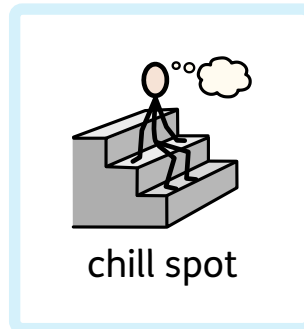
star jumps



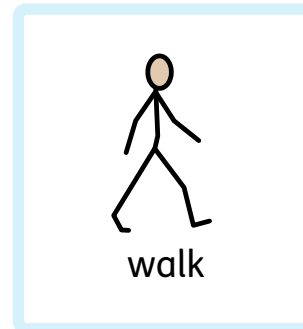
talk



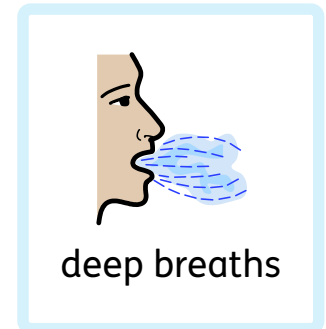
stretch



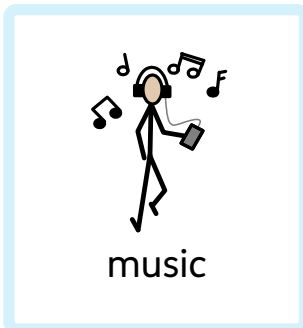
chill spot



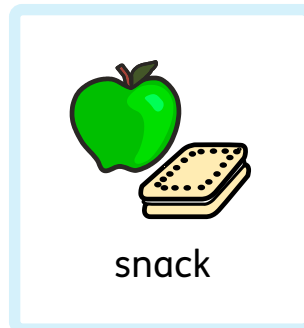
walk



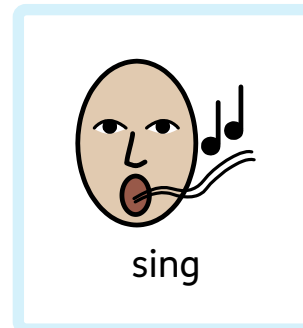
deep breaths



music



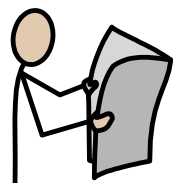
snack



sing



drink water

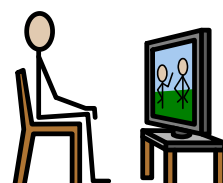


read

a



book



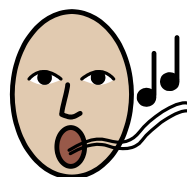
watch tv



bake a cake



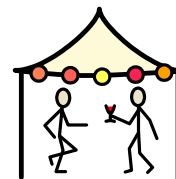
listen to music



sing

+

and

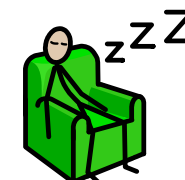


dance

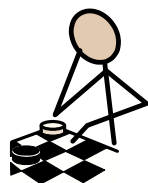


have

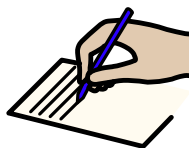
a



nap

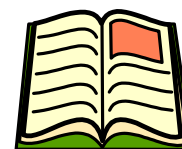


play a game

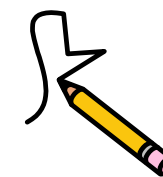


write

a



story

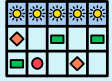
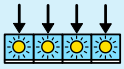


draw

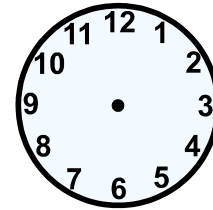
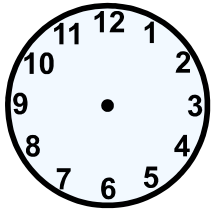
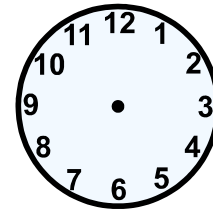
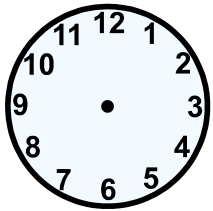
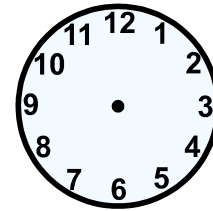
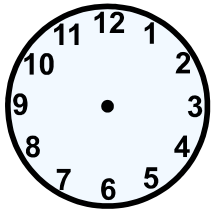
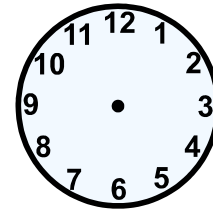
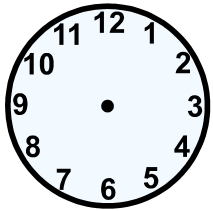
a

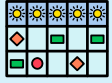
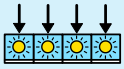


picture



Daily planner





Daily planner



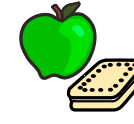
shower



breakfast



school work



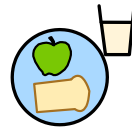
snack



drawing



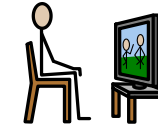
reading



lunch



play a game



watch tv



have a nap



listen to music



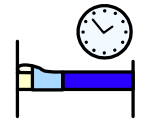
chores



bake a cake



dinner



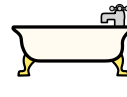
bedtime



walk



ride bike



bath



contact friends



clean room



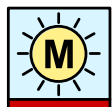
Well-being



Calendar



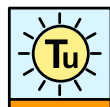
1



Monday



stretch



Tuesday



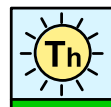
stretch



Wednesday



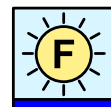
stretch



Thursday



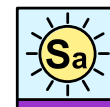
stretch



Friday



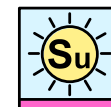
stretch



Saturday



stretch



Sunday



stretch

2



sing



write letter



watch a film



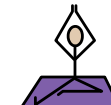
meditate



dance



family game

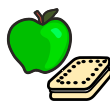


yoga

3



draw



snack



call friends



exercise



paint



read



nap





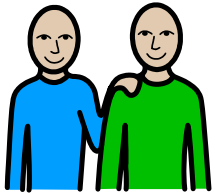
I am



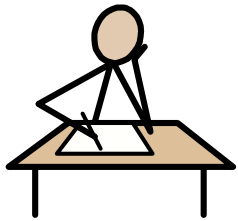
an amazing



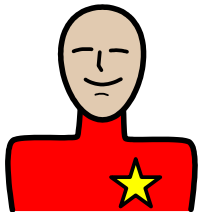
person



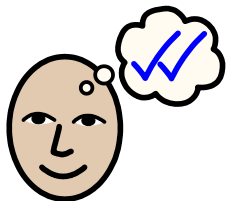
I am a good friend because...



I have worked hard to improve...



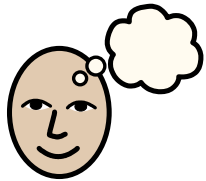
I am proud of myself when...



My special talent is...



I am an amazing person



I am thoughtful because...



I am really good at...



I know people like me because...



I feel good about myself when...