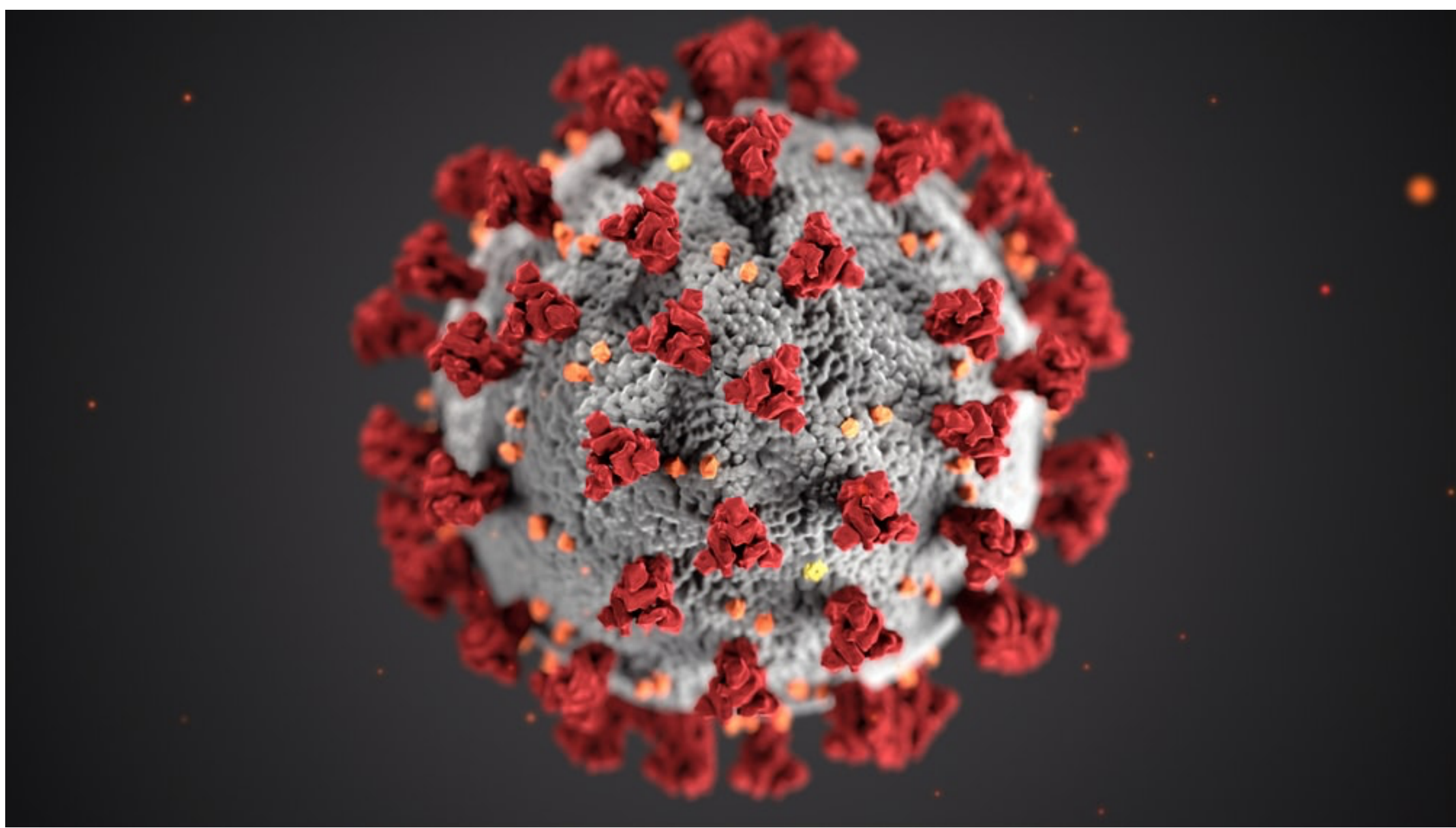


Wellbeing During Covid-19



How can you keep in touch with friends and family at the moment?
E.g. WhatsApp, Facetime

Write down your answer to the question:

Where in your current environment is a place you feel safe?

Write down your answer to the question:

Would it be helpful if we planned today together?

Write down your answer to the question:

Can you think of anything fun you can do in your current environment?

Write down your answer to the question:

What makes you feel calm?

Write down your answer to the question:

What can someone else do to help?

Write down your answer to the question:

What have you enjoyed about today?

Write down your answer to the question: