



Activities to enjoy

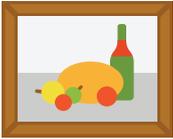
Who is this resource aimed for?

A universal resource for secondary students who are working through the identity factor in the Reintroduction Hub.

You might be feeling very worried about COVID-19 due to your own personal circumstances. It is no surprise that during COVID-19 pandemic you might find that your worries are more obvious and that you are worried about your own health or the health of others around you. These feelings might be even more difficult if you had worries before the pandemic. You might find that you aren't able to do things that you enjoy and that you are spending less time with friends and other family members.

Below are some ideas about planning for the future and helping you feel hopeful about future plans as well as exploring things that you can do at home or without others.

These are some things that you might be able to do on your own! In each column it asks if you have tried them or whether or not you would like to try them.

Activity idea	How you can do it	Have you done it before?	Did you enjoy it?	Will you try this?
Painting rocks 	You find large stones and paint them! You can paint them in any way you want. You might have a logo you like, or can make them look like a ladybird or write a positive message on them.			
Still life drawing 	Collect some bits around your house, these can be a bottle, cup or jar or perhaps something that you have found outside like an acorn or pine cone. You might want to get a few things of interesting shapes			
Arrange a fun game online with friends 	You might play games such as Roblox or Fornite with friends, but you can also play things like online Pictionary. Set up a video conference meeting (such as Zoom) and go to https://skribbl.io/ where you can play Pictionary together online. It is free and you can chat with friends.			



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<p>Writing a letter to a friend or family member</p> 	<p>You might be missing people that you have not been able to see. They might live in another country, or far away. Writing a letter is a lovely way of reminding someone else that you are thinking of them. You don't have to write lots, you could draw a picture, you can tell them what you have been doing, or even that you are bored and haven't been doing much! All you need is a piece of paper, an envelope and a stamp!</p>			
<p>Write your own ideas here!</p>				



Dog fact

A dog's nose is the equivalent of a human fingerprint, each being completely unique