

Surviving Self-Isolation

Stay active and healthy

Keep active at home by exercising daily

Learn something new

Practise your hobbies or start some new ones

Stay Positive!



Put a rainbow in your window - click [here](#)

Top Tips:

- If you are missing live sport, rewatch famous past events, eg: 1966 world cup
- Have group Skype/Facetime calls instead of parties to stay in touch with friends
- Rewatch your favourite films and TV series, or reread your favourite books

Studying

Carry on with school work so you don't fall behind

Clap for the NHS from balconies and windows to show your support



Coronavirus

**Wash your hands
more often
for 20 seconds**