

The government has told everyone to practice social distancing. This means there are lots of things I can't do with my friends, in order to keep everyone safe and healthy. These are some things I can't do:



go to the cinema



go to a party



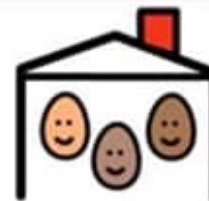
go to the pub



watch a sports match
outside



go to a shopping centre



go to a friend's house



hug my friends



give my friends a high
five



give my
boyfriend/girlfriend a kiss



There are lots of things I can do to stay happy when I am social distancing:



call my friends



FaceTime my friends



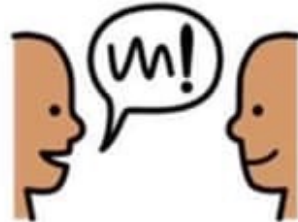
draw a picture for my friends



read or listen to a story



watch my favourite film



talk to my adults/carers



help around the house



dance to music



bake at home



go in the garden



do an exercise video from YouTube



sing my favourite song

Social distancing might make me feel:



sad



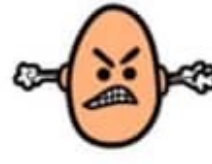
lonely



worried



bored



angry



like a bad friend

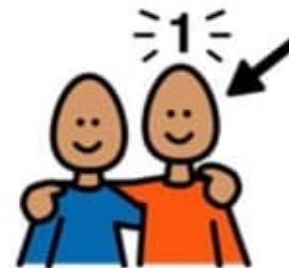
But there are important things I need to remember about social distancing:



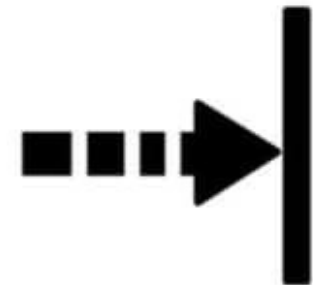
It is very important



It keeps me healthy



I am looking after my friends



It will end