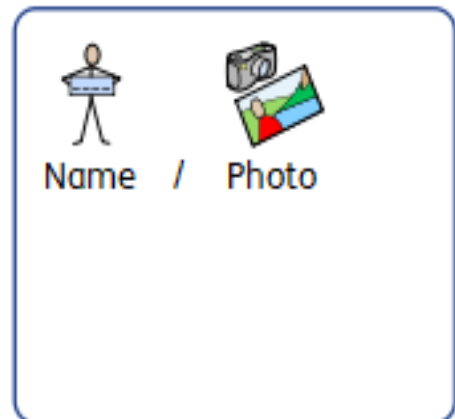
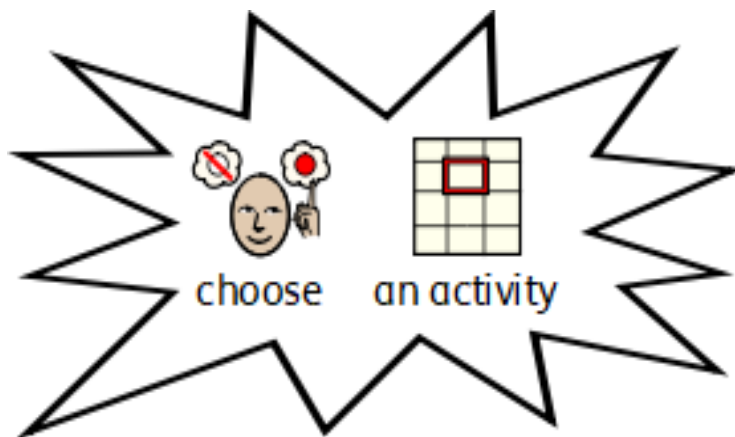


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## Activities to accompany you During Lockdown



***Using the timetable plan the day. It is a day to enjoy where you live and belong in three steps....***

- Choose one of the action words from BELONG,
- Choose a strip and plan matching activities .
- Cut out the symbols, share them and stick them on the board when the activity is done . Make a story sheet of all that added up to a good day , choose and stick symbols.



**B**

Be active and be healthy - like eating well, dancing, swimming and joining in.



**E**

Enjoy our friends and family and show them we care.



**L**

Love ourselves and welcome the love and support of others. And if things go wrong say yes to help.



**O**

Ordinary things - like choosing where we live, and what we do and share.



**N**

New things to make our lives more interesting - like drama, drawing, singing and sharing stories - with the support we need.



**G**

Give something nice - like our time, our work or a hug everyday.

 Be active	 dance	 Cook	 ?
 Enjoy	 Communicate	 meeting online	 show care
 Love	 yourself	 say yes to support	 share if you are upset
 Ordinary	 walk in Garden	 enjoy a break	 ?
 New	 learn new ideas	 interests	 prayer
 Give	 painting	 call	 ?



what added up



for a good day