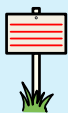
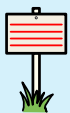


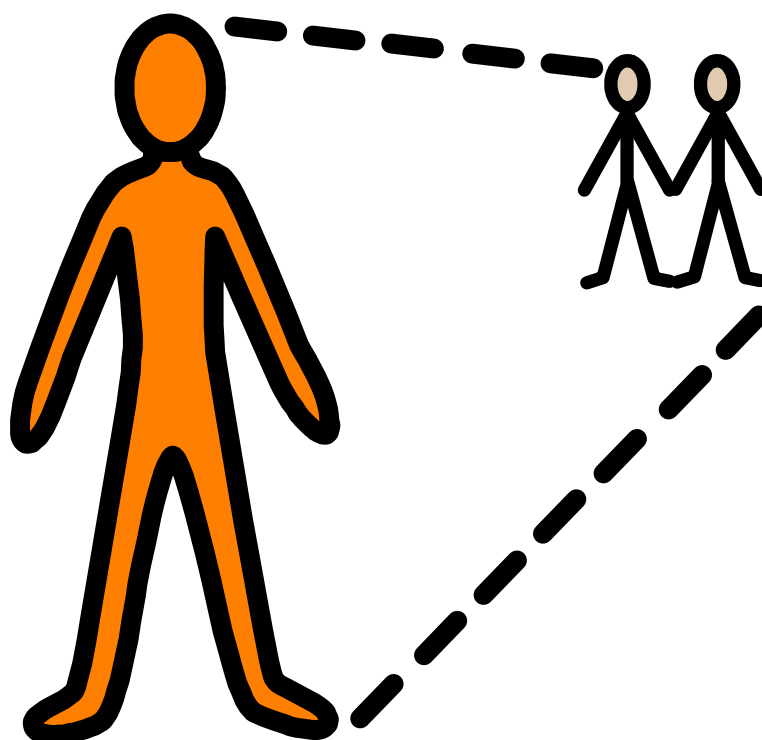
**2 metres apart**



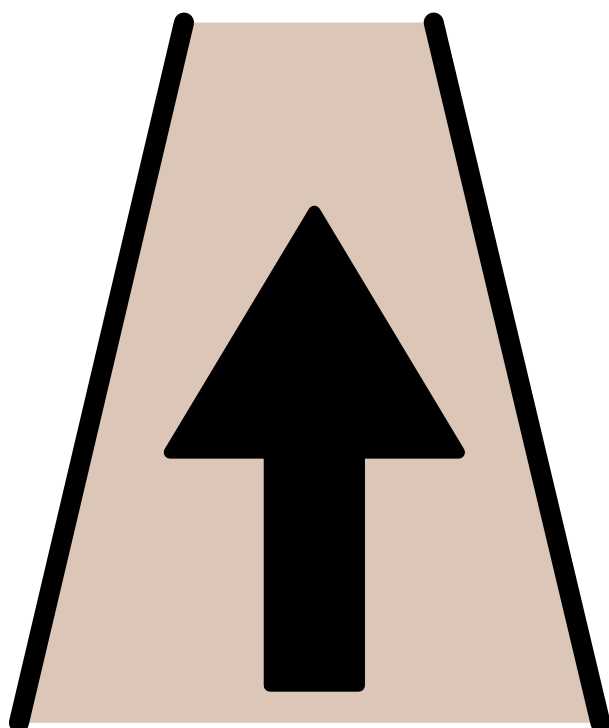
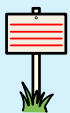
**No entry**



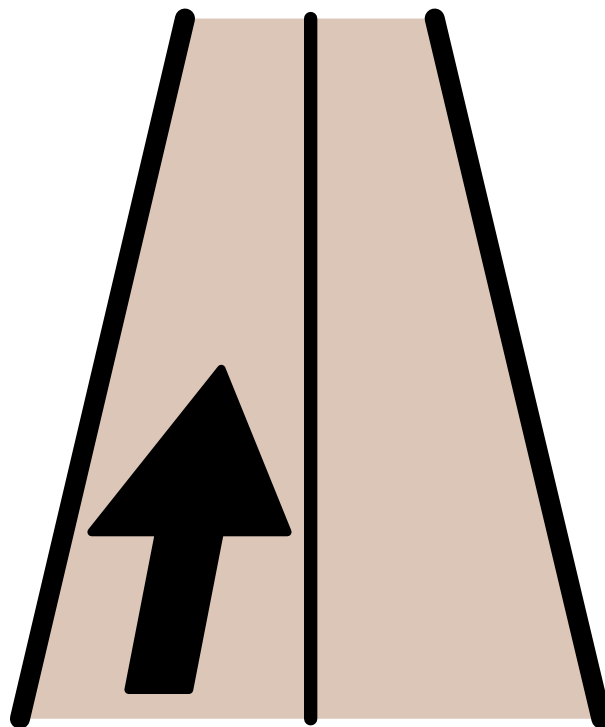
Signage



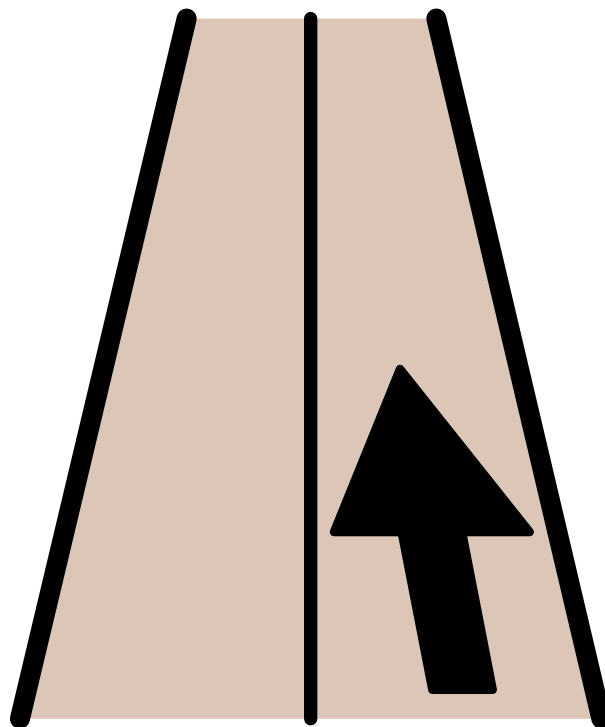
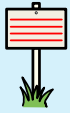
# Social distancing



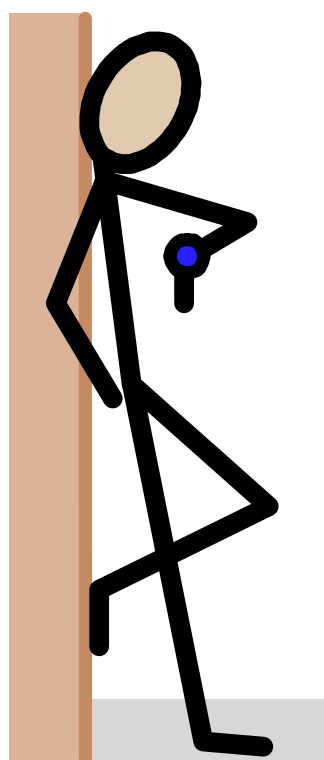
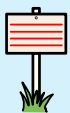
**One way**



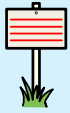
**Keep left**



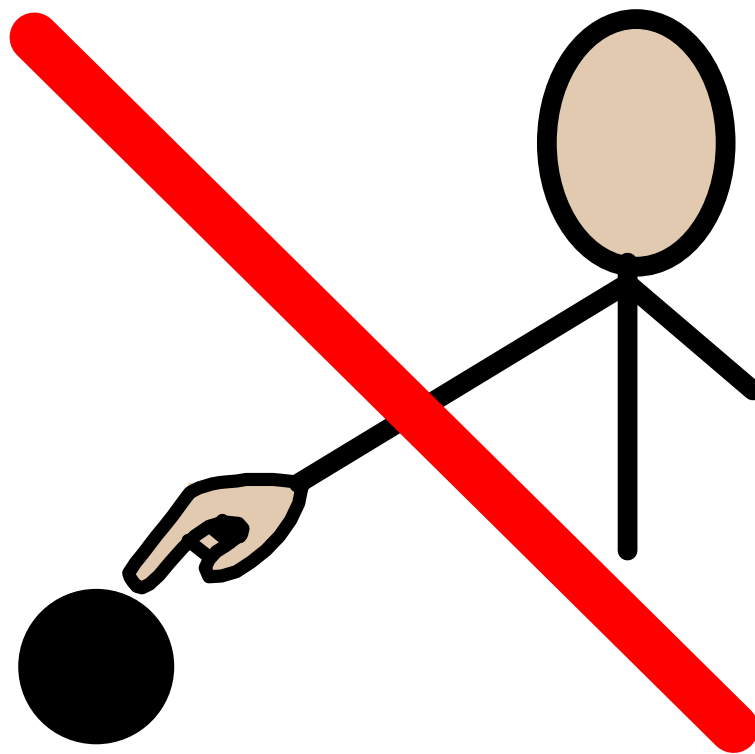
**Keep right**



**Wait here**

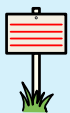


Signage

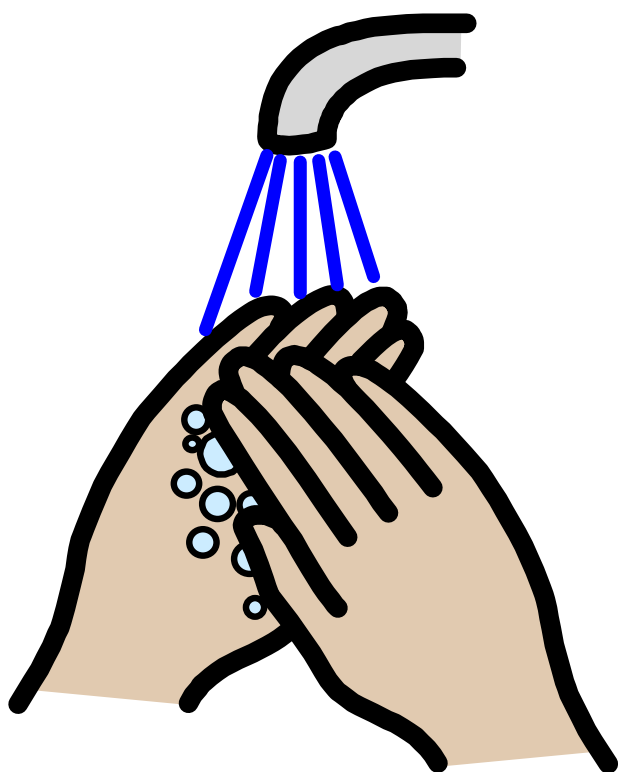


**Do not touch**

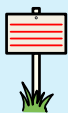




Signage



**Wash hands**



Signage



# Hand sanitiser



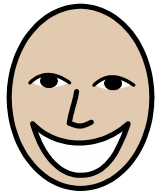
How



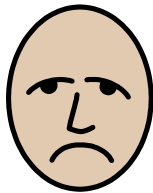
am I



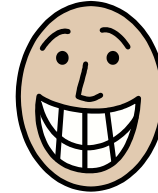
feeling?



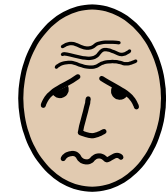
Happy



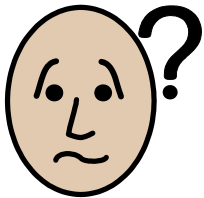
Sad



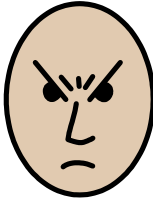
Excited



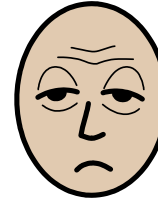
Worried



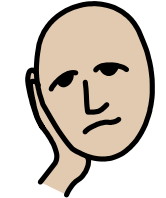
Confused



Angry



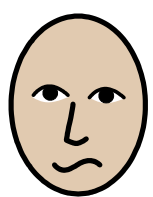
Tired



Bored



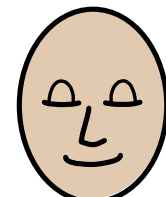
embarrassed



OK



Scared



calm



# Managing emotions



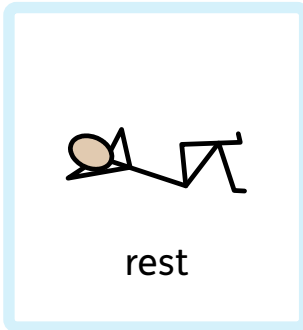
Sometimes I feel sad.

Sometimes I feel angry.

It's OK to feel different emotions.

I can try and feel better.

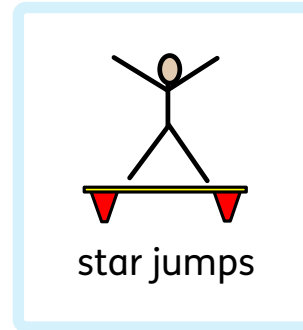
Activities can help me feel better



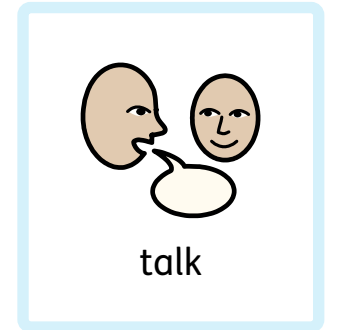
rest



squeeze



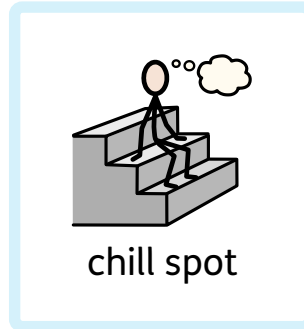
star jumps



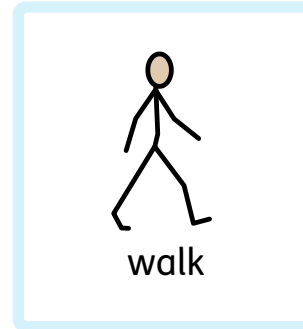
talk



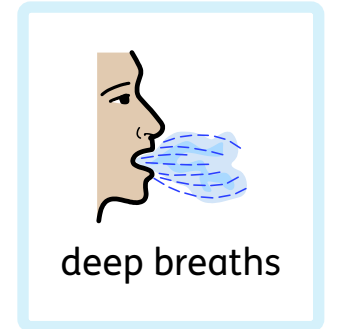
stretch



chill spot



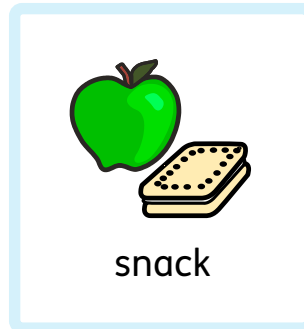
walk



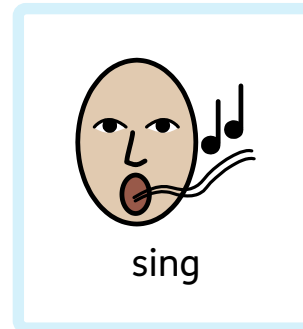
deep breaths



music



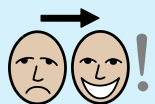
snack



sing



drink water



Feel better



cards

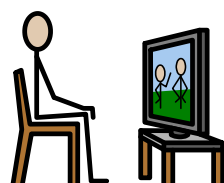


read

a



book



watch tv



bake a cake



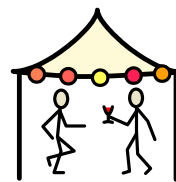
listen to music



sing

+

and

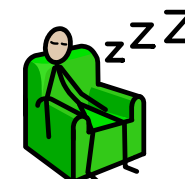


dance



have

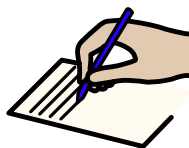
a



nap



play a game

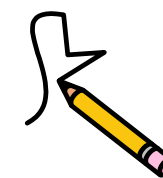


write

a



story



draw

a



picture



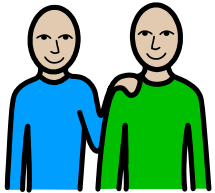
I am



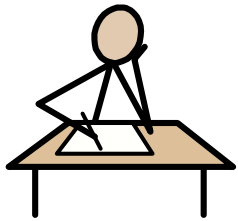
an amazing



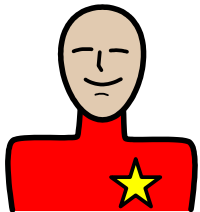
person



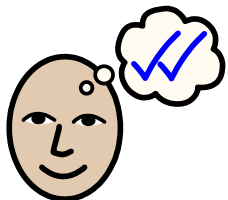
I am a good friend because...



I have worked hard to improve...



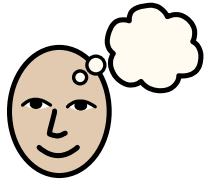
I am proud of myself when...



My special talent is...



I am an amazing person



I am thoughtful because...



I am really good at...



I know people like me because...



I feel good about myself when...