Hello Springwell South,

We hope everyone is doing okay and managing this current situation to the best of their ability. Having said that, we realise that many of you will have found it extremely difficult with the rules that have been put in place by the government and hopefully things have become easier with the recent rules being changed slightly.

We advise you to keep busy as much as you can. Set yourselves challenges because when you achieve them you will feel good. Exercise is a fantastic example and it seems that many across the country have been using this as a way of making themselves feel better during this difficult time. Also, due to us having to spend a lot of time with the people in our household, try and help one another out as much as you can as it will make the time you spend with them so much easier!

As much as it is difficult, please remember to follow the rules which have been put in place and remember that by following the rules, you are doing your part for the NHS. On that note, if you’ve not managed to put a rainbow in your window than put this on your jobs list.

If you are struggling for activities to think of, we are sending a timetable of activities that you can focus on. Obviously, you may not like every activity on there, but there will be ones which you fancy having a go at.

We are missing you all and we hope to see you very soon!

Stay safe and be kind.

***The Care Team***

***Week 1 – For children up to 11 years old.***

***Week 2 – for children up to 11 years old.***



***Week 3 – For children up to 11 years old.***



***Week 1 – for children up to 16 years of age.***



***Week 2 – for children up to 16 years of age.***



***Week 3 – for children up to the age of 16***

