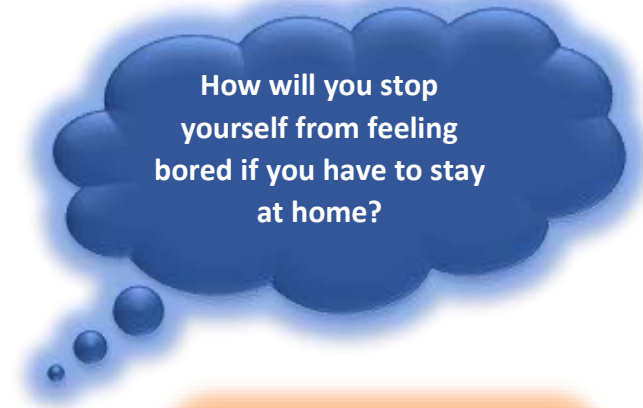


## Resource 1

Look at the resource below, which shows how some children have stopped themselves from feeling bored.



Writing a list of the things I need to do and the things I would like to do for the day helps to make sure I don't get bored. It means I always have something to focus on.



I have made sure that I keep doing my hobbies. My gymnastics teacher emailed me some skills I could work on using the space in my home.



Learning something new keeps me from feeling bored. It gives me a new challenge!



As a family, to make sure we don't get bored, we have started sharing books, playing board games, doing daily exercise videos and just talking more to each other!



If I ever feel bored, I like to invite my friends to play. I cannot do that at the moment, but I have now started chatting to them over the phone, FaceTiming and writing letters. It keeps me feeling happy.

