



THE *great*

ISOLATION

ACTIVITY BOOK

THIS BELONGS TO _____

ALL ABOUT ME

This is what I look like

These are my isolation buddies

This is my house

This is my age

This is my favourite colour

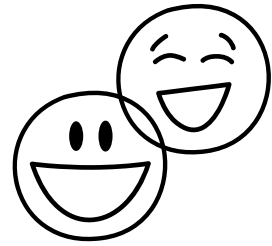
These are my friends

These are a few of my favourite things

This is my teacher

HEY YOU!

please remember...



SOME THINGS

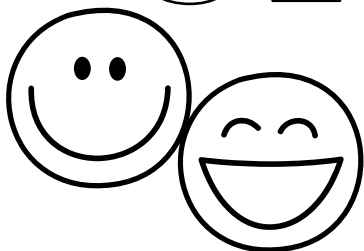
TAKE TIME.

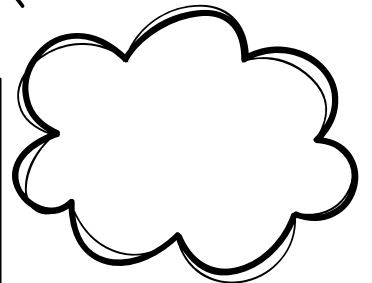
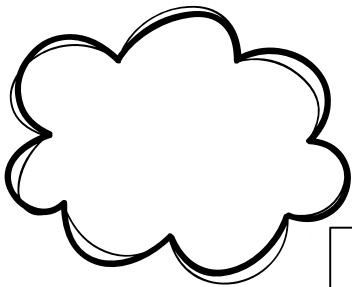
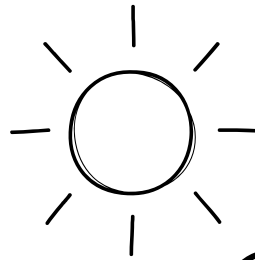
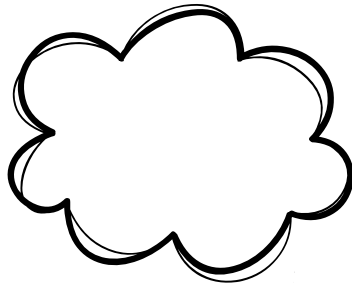
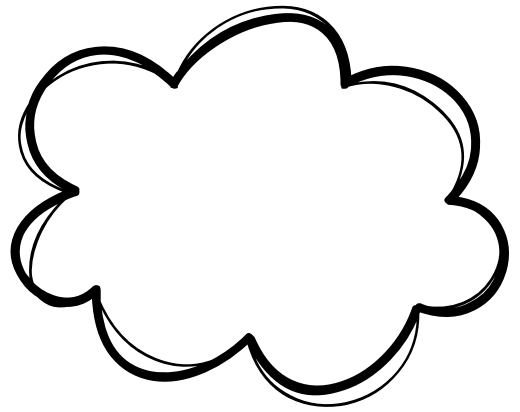
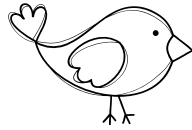
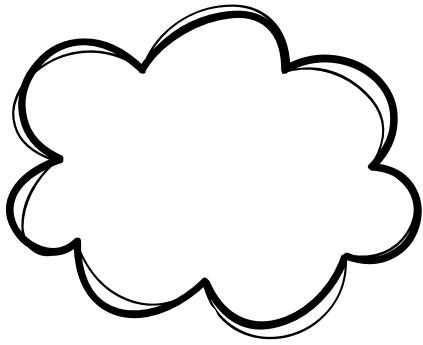
STAY PATIENT.

STAY POSITIVE.

THINGS WILL

GET BETTER.



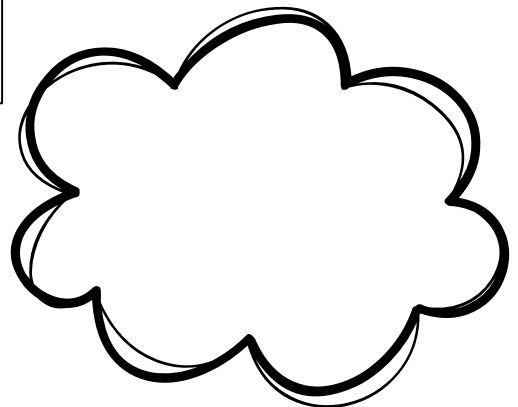


EVERY CLOUD HAS
A SILVER LINING

There is something **good** in every situation!
It's your job to find it! Write something
you're finding difficult and try and think of
the positive silver lining!

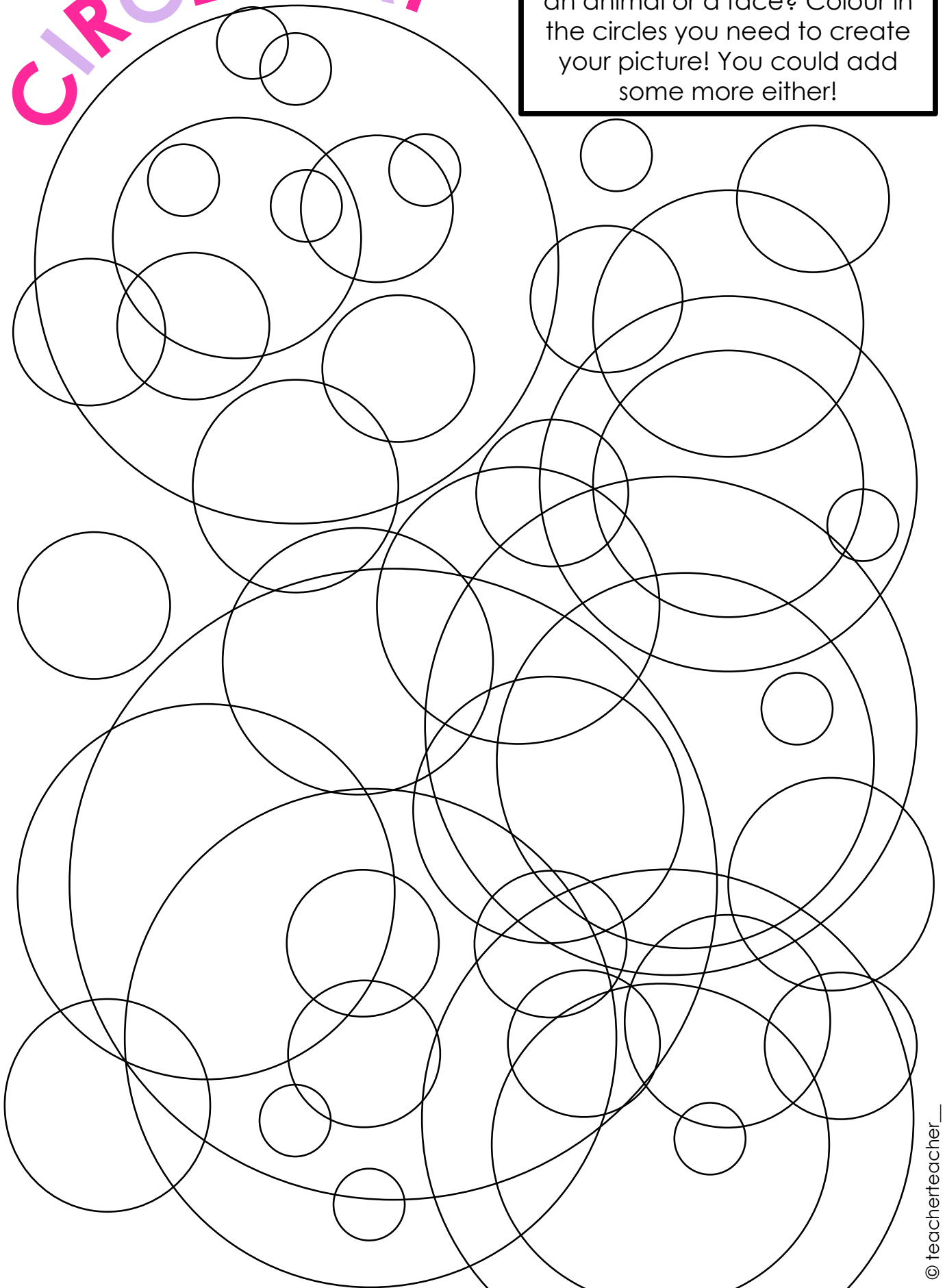
I can't see my friends at the
moment because I'm stuck
at home.

Being apart from
them has made me
realise how much I
love them!



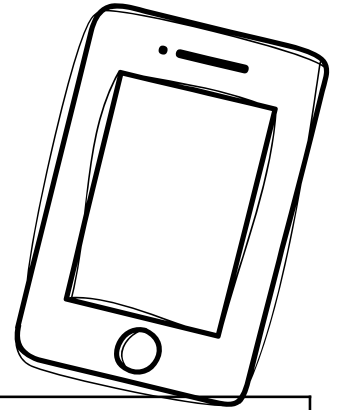
CIRCLE ART

What can you create from the following **circles**? Do you see an animal or a face? Colour in the circles you need to create your picture! You could add some more either!

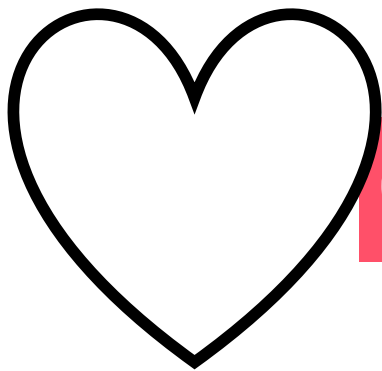
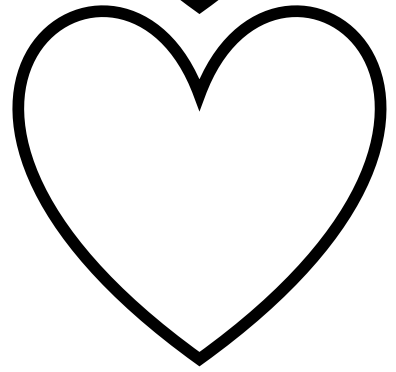
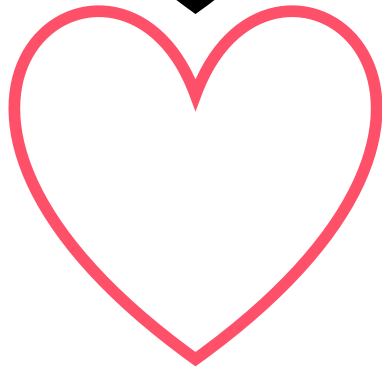
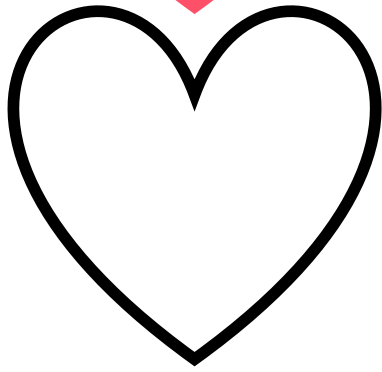
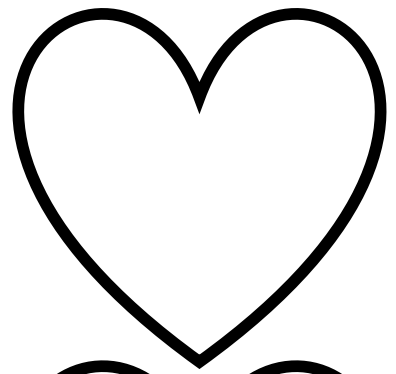
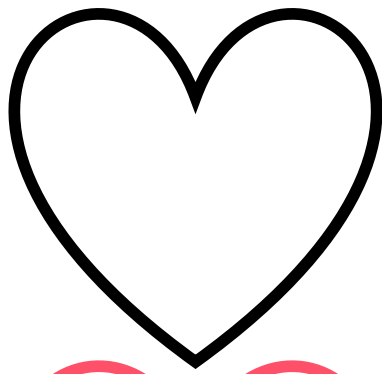


PHONE A FRIEND!

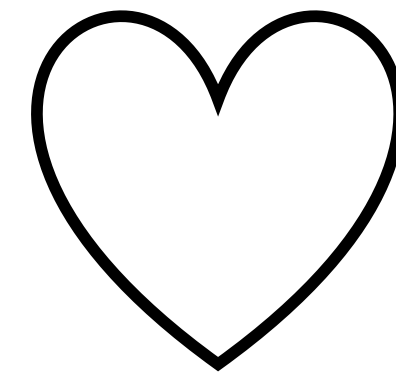
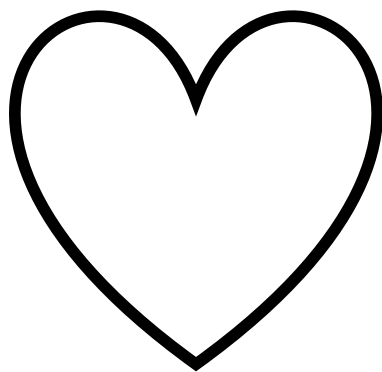
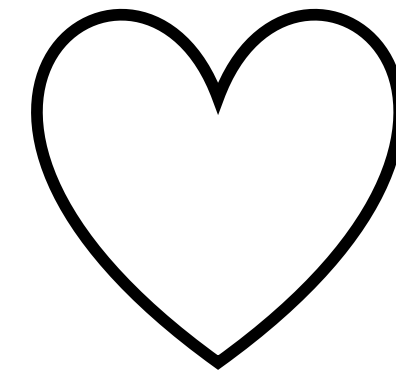
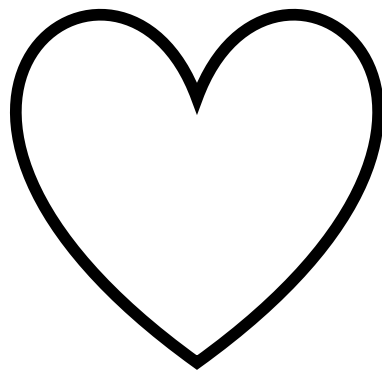
It is important to check in with the people you love! Use this questionnaire to see how well you know one of your friends or family members. You may learn something new!



QUESTION	MY GUESS	REAL ANSWER
What is your favourite food?		
What is your favourite hobby?		
What is your favourite animal?		
Would you rather be as tall as a house or as small as a mouse?		
What have you been doing to keep busy?		
Who is your biggest role model? Why?		
Who inspires you the most? Why?		
What is your favourite country you've visited?		
What is your favourite memory of me?		
What is your most embarrassing moment?		
What are you missing the most?		
Where is the last place you visited?		
Do you have a question for me?		

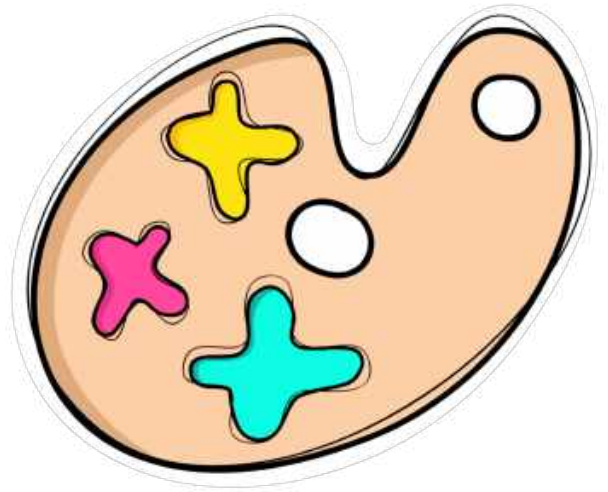


I Am
GRATEFUL
FOR...



COLOUR SEARCH!

Time yourself finding things in your house that match these colours!



DARK
BLUE

LIGHT
BLUE

DARK
GREEN

LIGHT
GREEN

TEAL

DARK
PINK

LIGHT
PINK

DARK
PURPLE

LIGHT
PURPLE

GREY

NAVY

YELLOW

ORANGE

RED

MAROON

BLACK

BROWN

WHITE

GOLD

SILVER

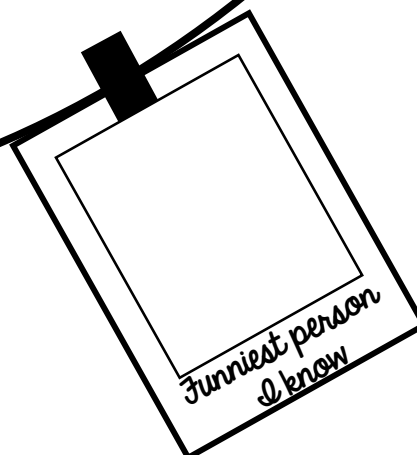
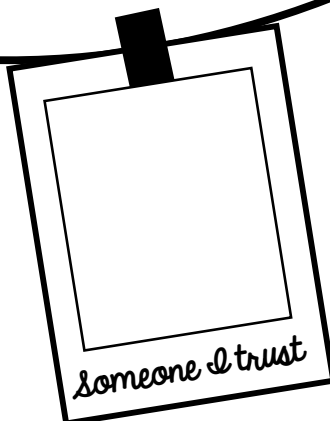
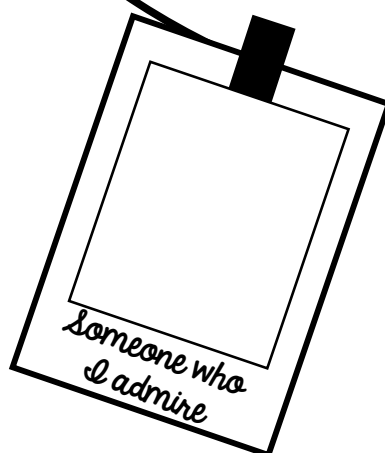
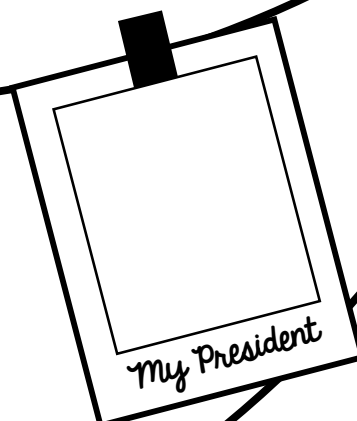
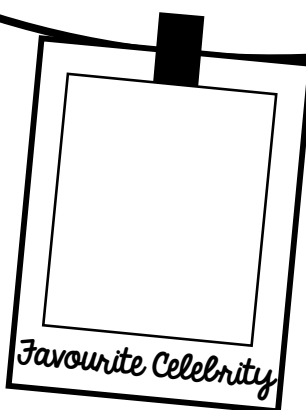
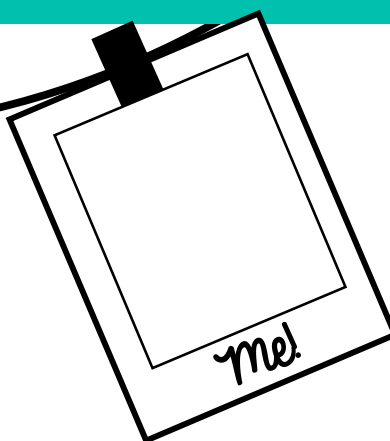
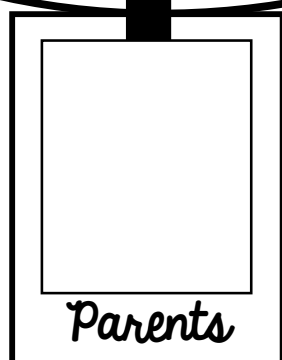
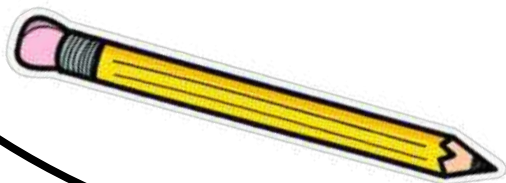
"Just make a DOT and see
where it takes you"

Watch the story "The Dot" by Peter H. Reynolds on YouTube. Then,
have a go creating your own masterpiece below!

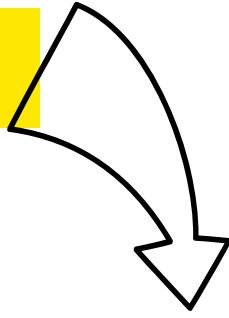


Draw your best portraits
of the following people!

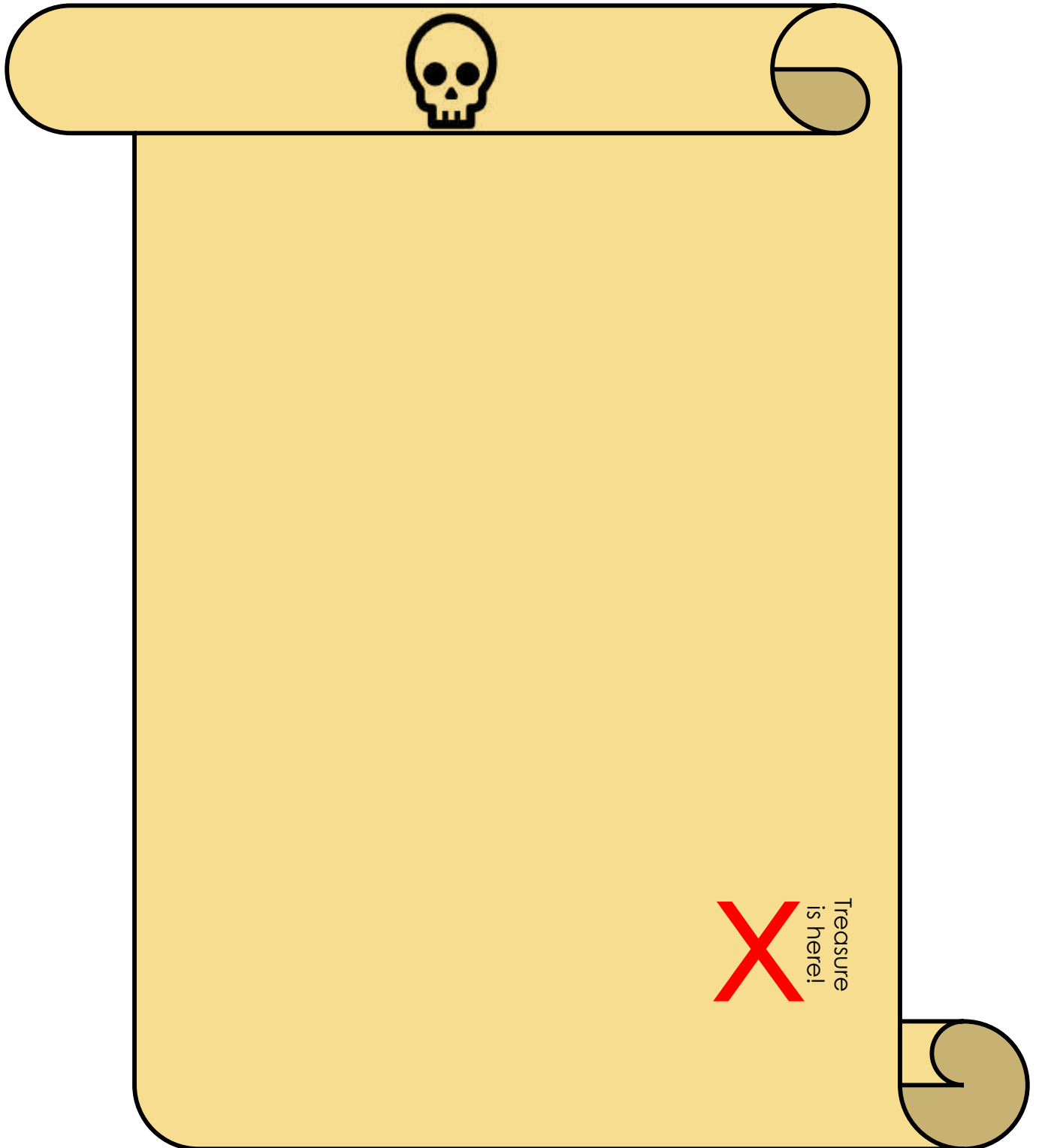
SMILE FOR THE CAMERA



TREASURE HUNT!



Plan a treasure hunt
around your home
for your isolation
buddies on the
treasure map below!



MY **TO-DO** LISTS!



Things to organise

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People to contact

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Activities to try

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Jobs to do

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