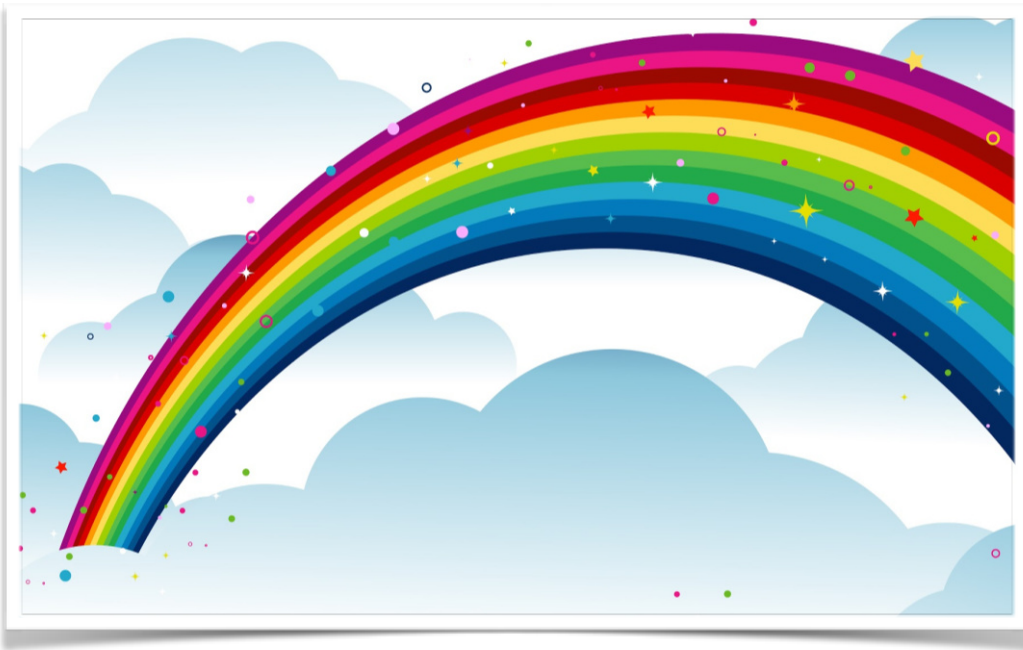


Health and Wellbeing Advice



It is a challenging time for us all at the moment.

All of the staff at Kender are thinking about you and we hope that you are safe and well.

It is really important to look after your mental and physical health during this period of uncertainty.

Make sure you are eating well, getting outside, having fun and know that this will end and you will see your friends again.

Simple things you can try to improve your mood.

1

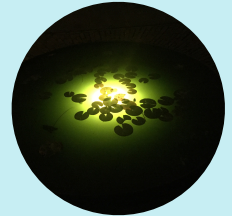
**TALK TO YOUR
FRIENDS AND FAMILY
ABOUT YOUR
FEELINGS**

2

**GET SOME EXERCISE
AND GO OUTSIDE IF
SAFE TO DO SO**

3

**DO THINGS YOU
ENJOY, DANCING,
SINGING, DRAWING**



BREATHE

Try new activities

Origami

Painting



We all feel different emotions.

It's ok to feel all of these emotions.

Know that your feelings change from day to day and you will get through this.

**'We are all in this
together'**

This Friday 8th May is Victory in Europe VE Day. It is the 75th Anniversary of the day that the Allied forces celebrated victory over Nazi Germany. This day in 1945 marked the end of the Second World War.

You could celebrate with your family by having a traditional tea party make your own Union Jack Bunting or perhaps try making a paper aeroplane.



INSTRUCTIONS FOR MAKING A PAPER AEROPLANE

