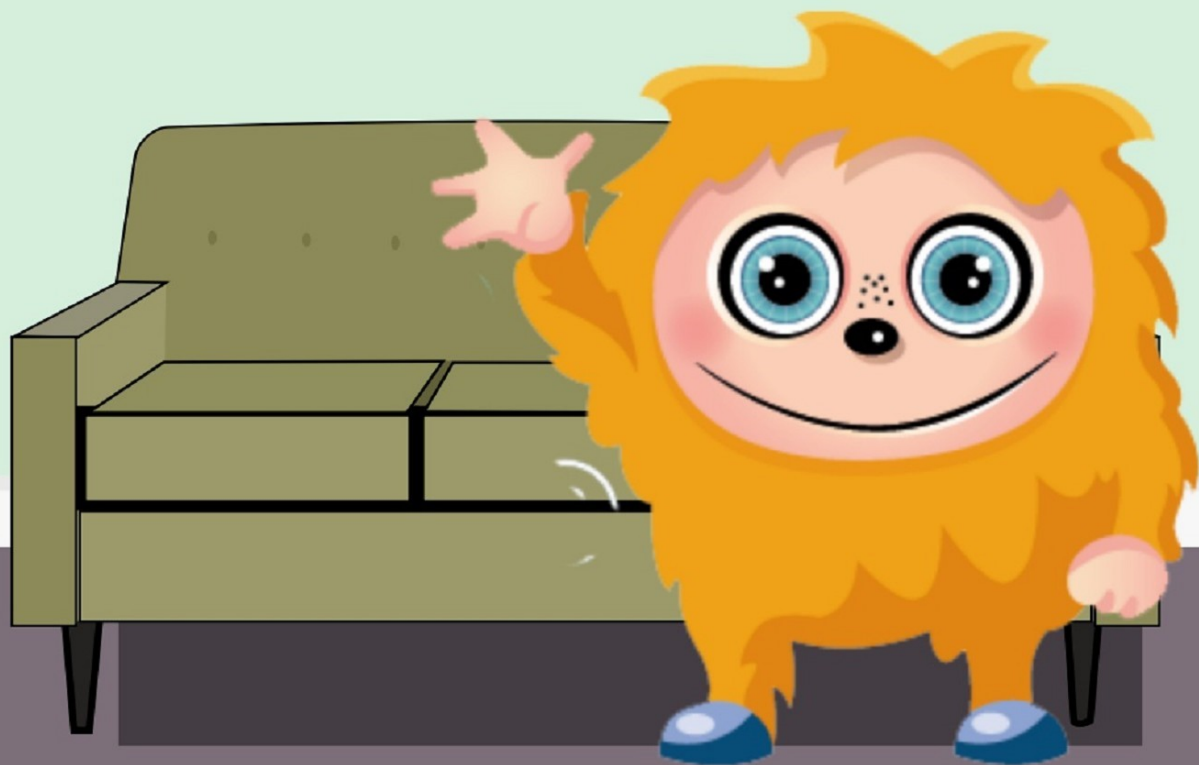
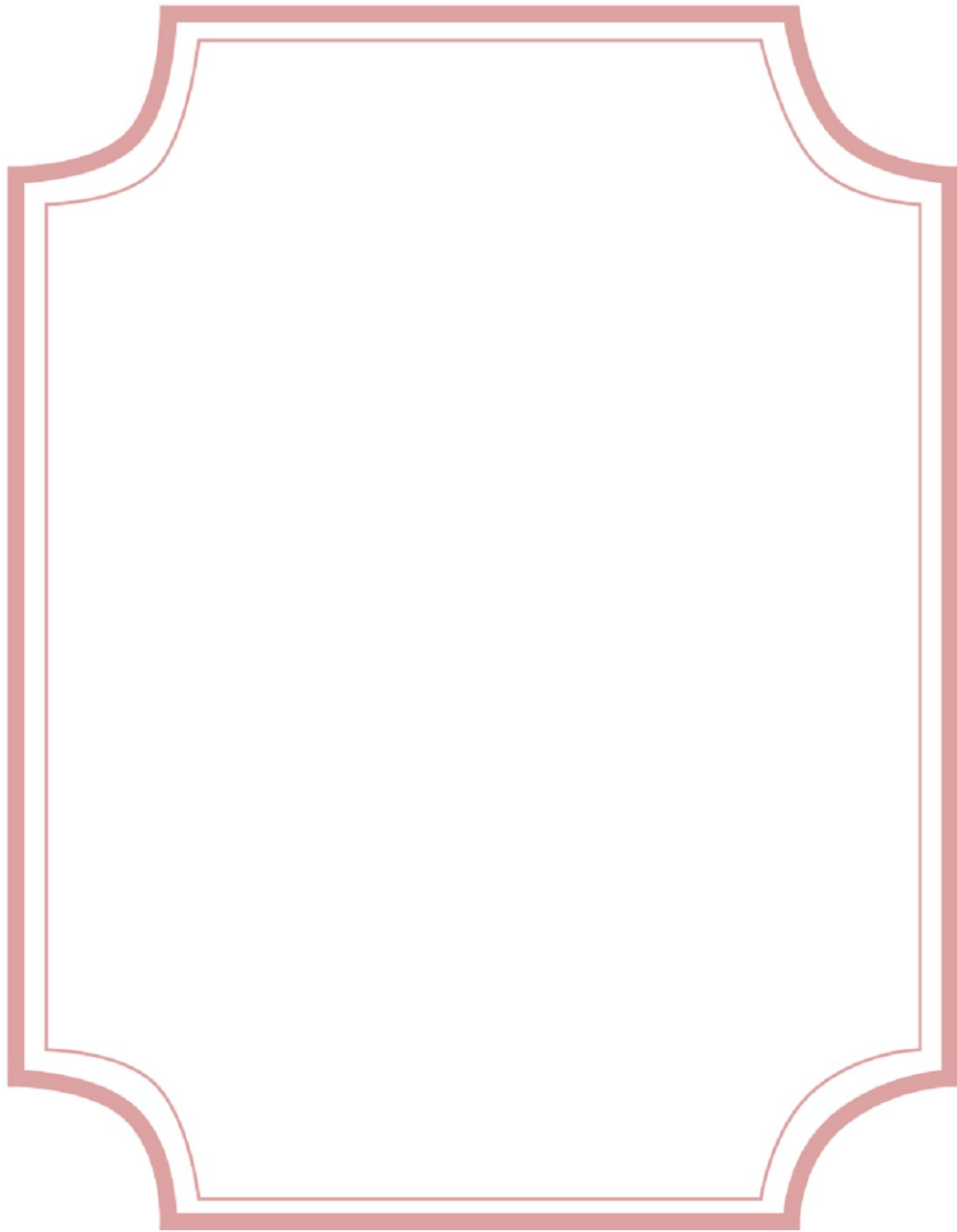


DESTY Stays at Home





I'm feeling sad today because
I want to see my friends but I
have to stay at home.



How do you feel today?

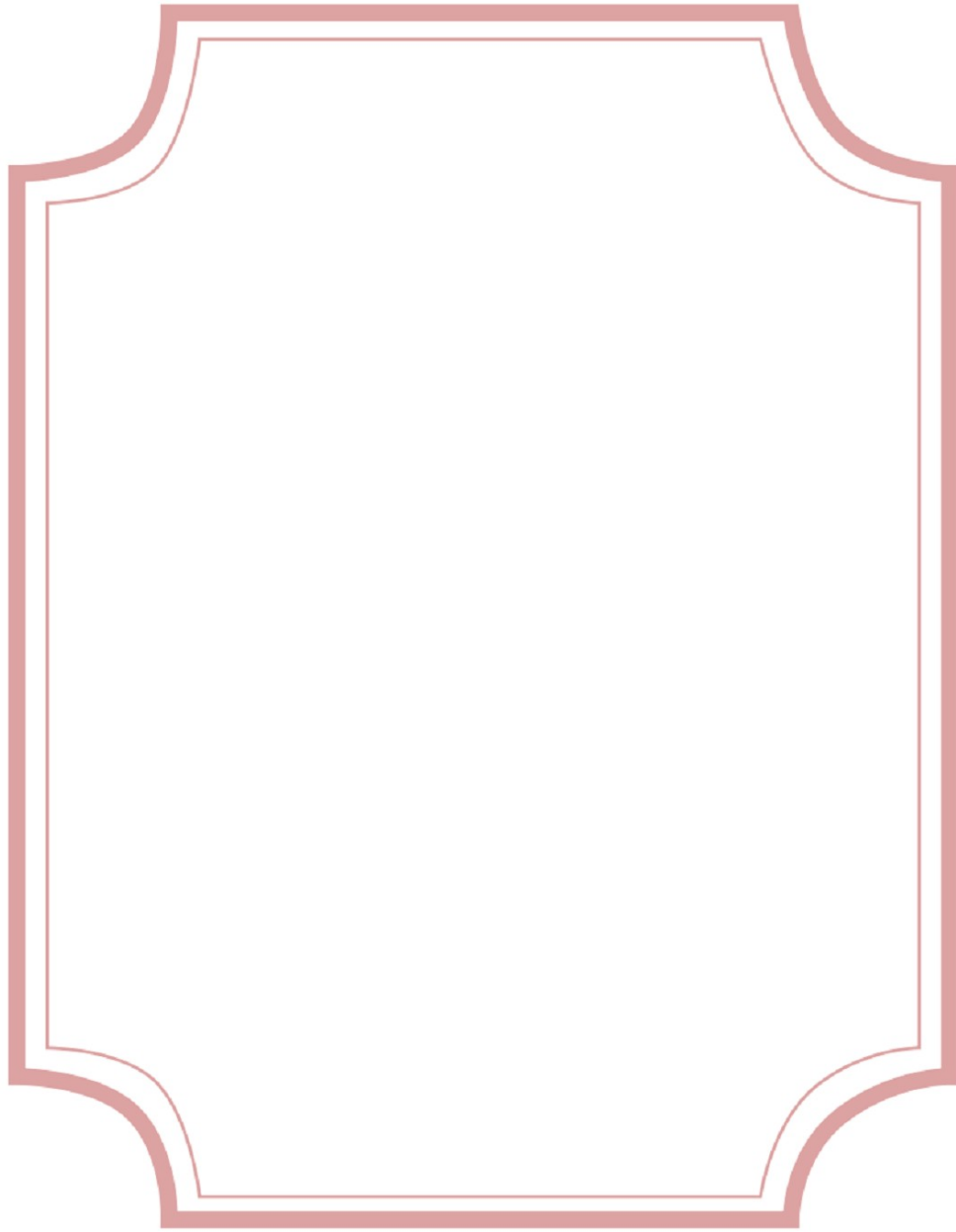


Your DESTY Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am							
10.00am							
11.00am							
12.00pm							
1.00pm							
2.00pm							
3.00pm							
4.00pm							
5.00pm							
6.00pm							
7.00pm							
8.00pm							

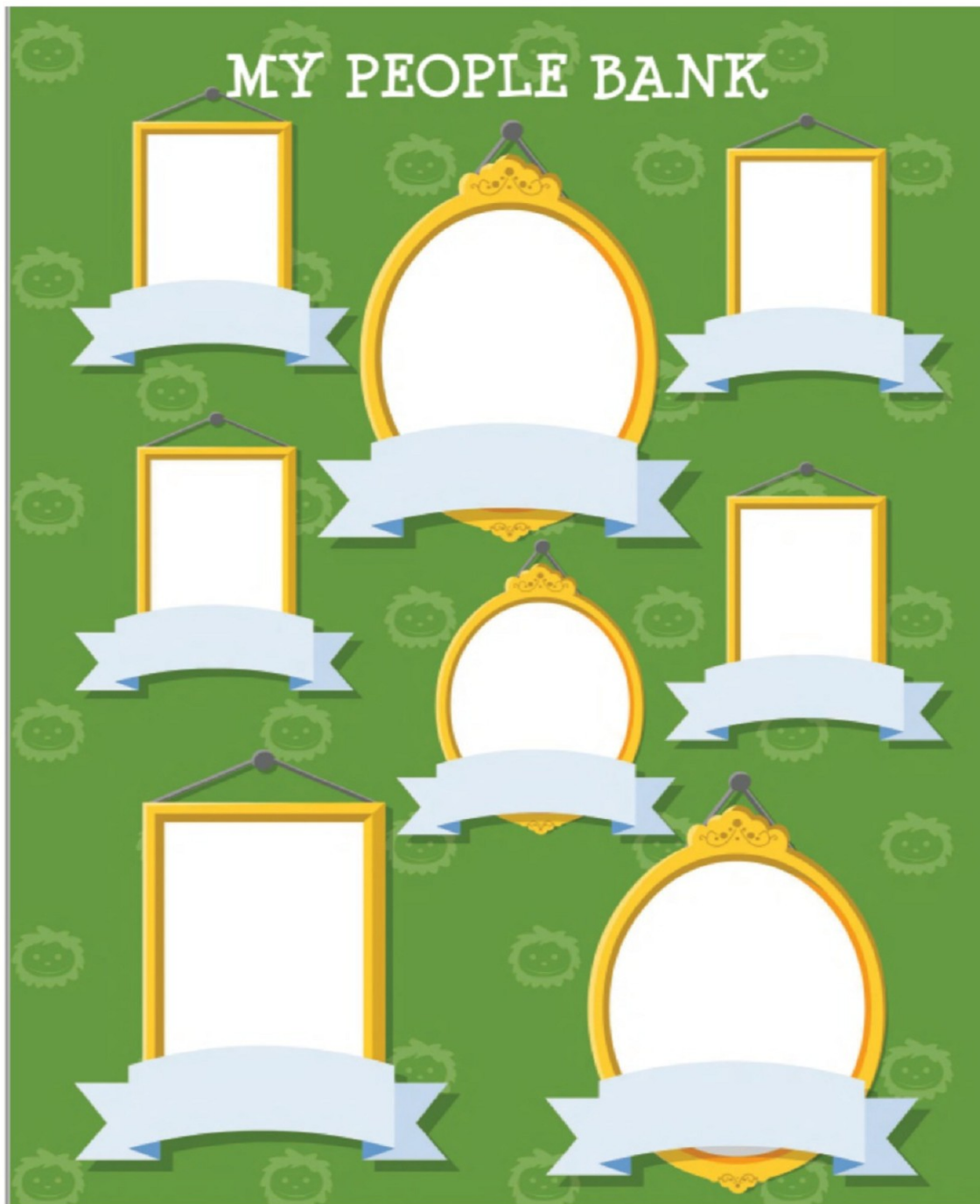
It's a bit strange because I don't do things at the same time every day like I did when I was in school.



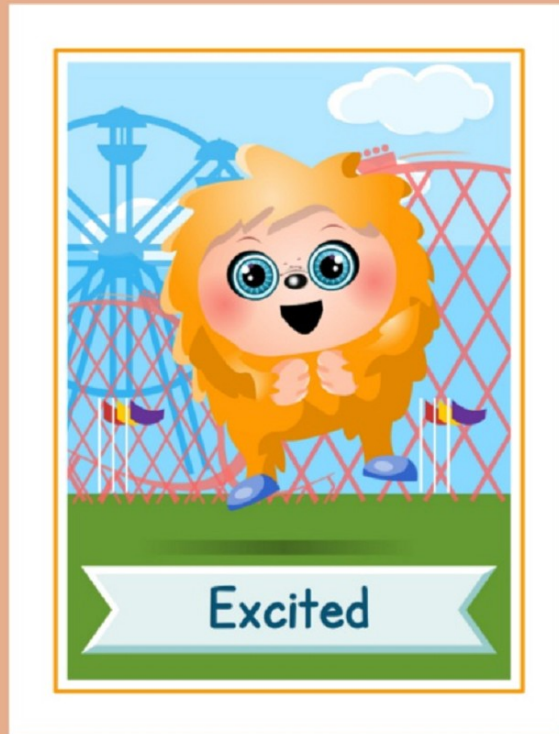
what is one thing you
like to do everyday?



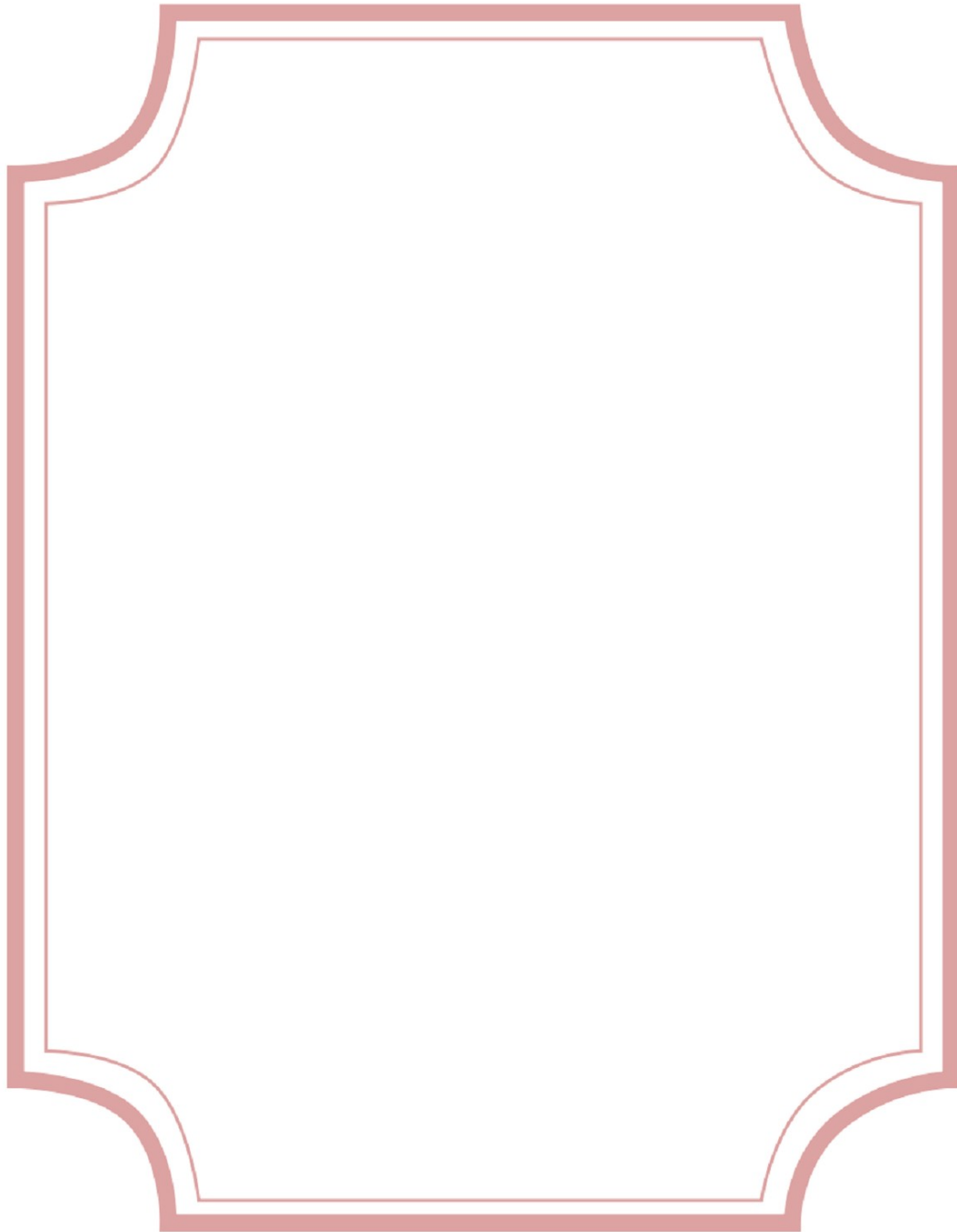
I know it is important that I stay at home because there is a virus that can make some people very sick and staying at home helps to keep everyone safer.



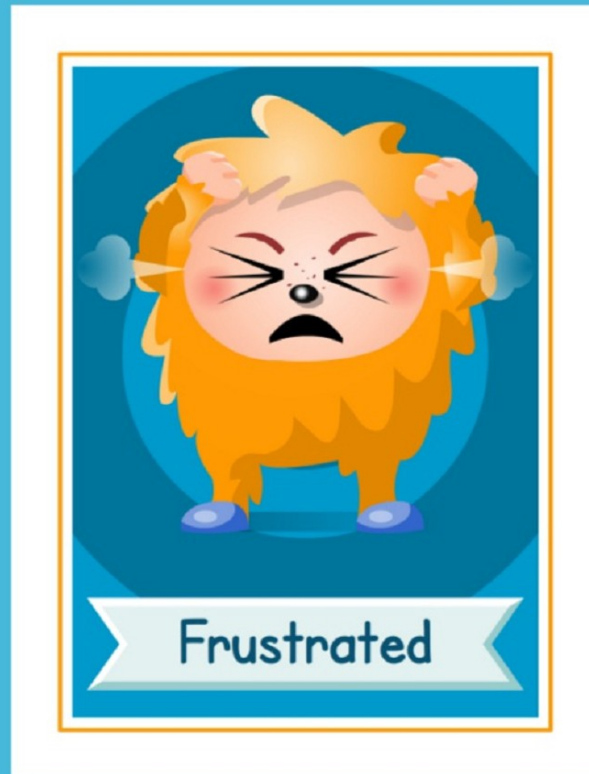
Who are the important people in
your life?



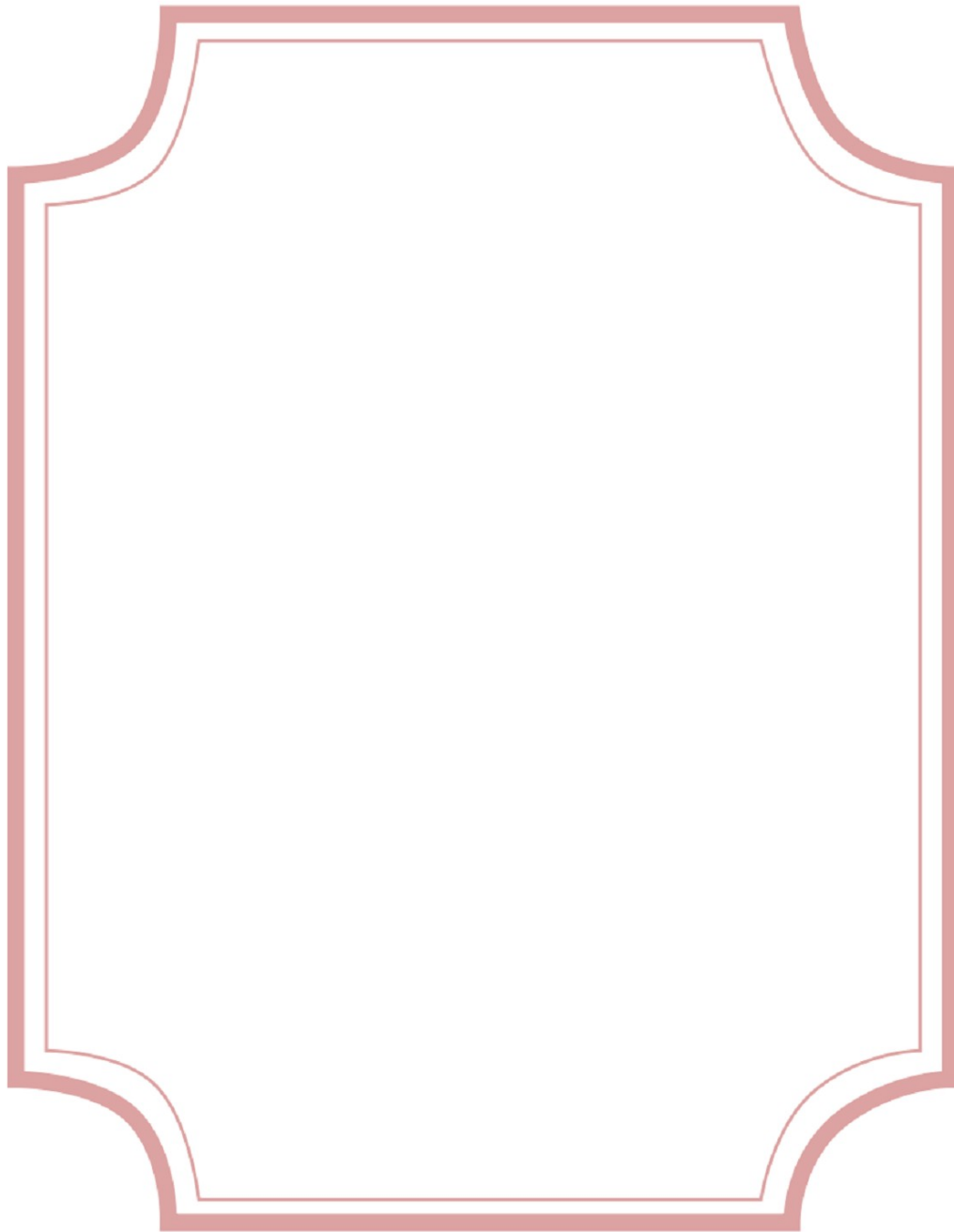
Sometimes I feel excited at home because I do fun activities. I also feel excited thinking about all the fun things I will do when this virus goes away.



what do you feel excited
about?



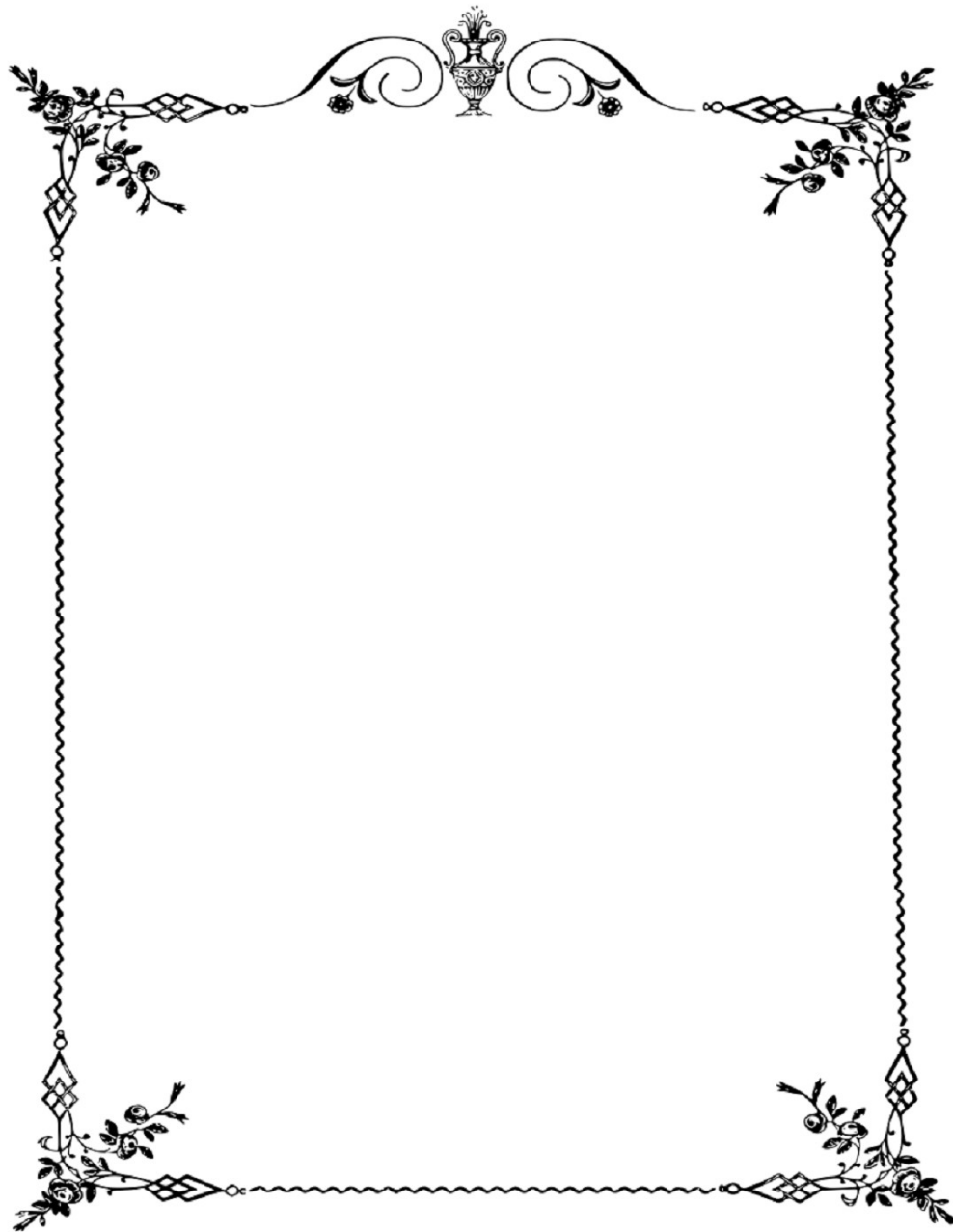
Other days I feel frustrated
because I can't do what I
want to do like play games
with my friends.



what do you feel frustrated
about?



When I feel sad or angry I
talk to someone special and
we think of things that I can
do to help me feel better.



Who do you like to talk to when
you feel angry, sad or
frustrated?

DESTY STRATEGIES

Mindfulness
Superpower



Count
Slowly
to 10

Talk to
Someone
I Trust



Do some
Chill-out
Time

Listen to my
Favourite
Music



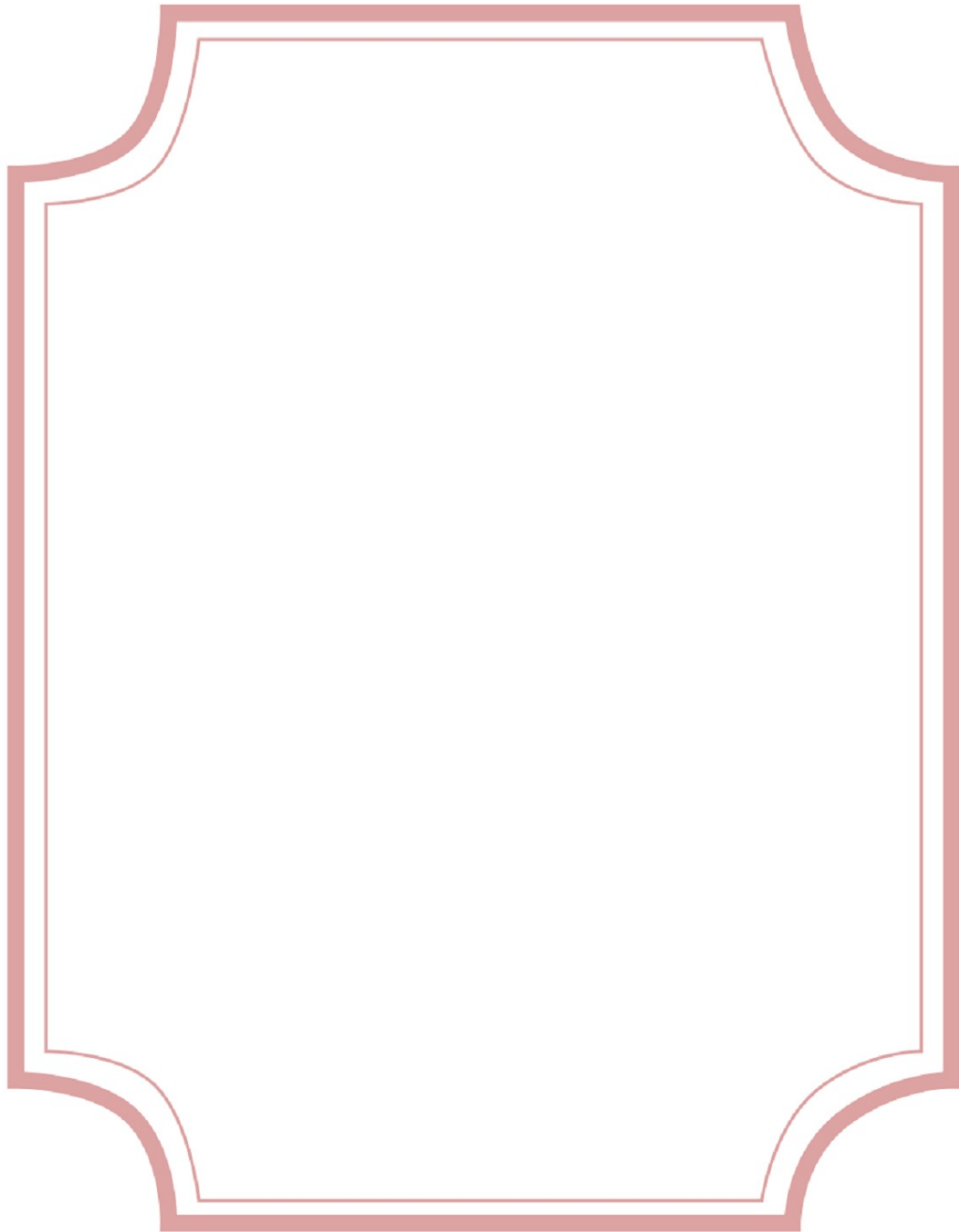
Do my
Belly
Breathing

Walk
Around

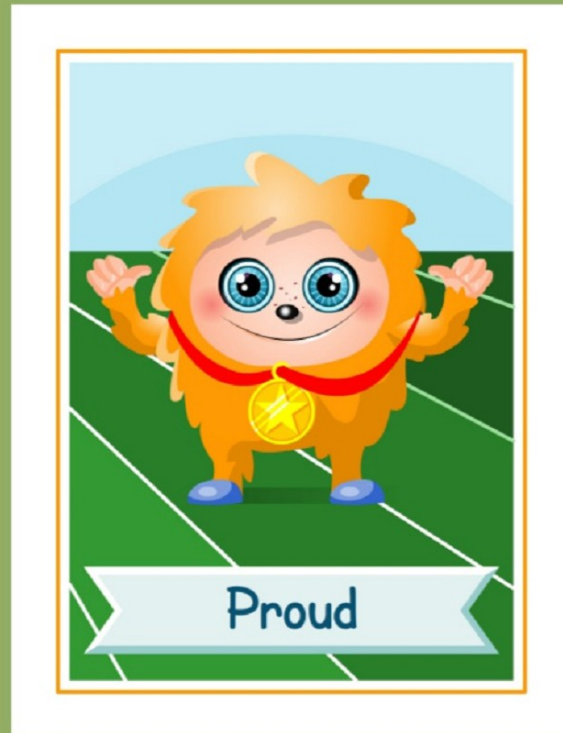


Draw a
Picture

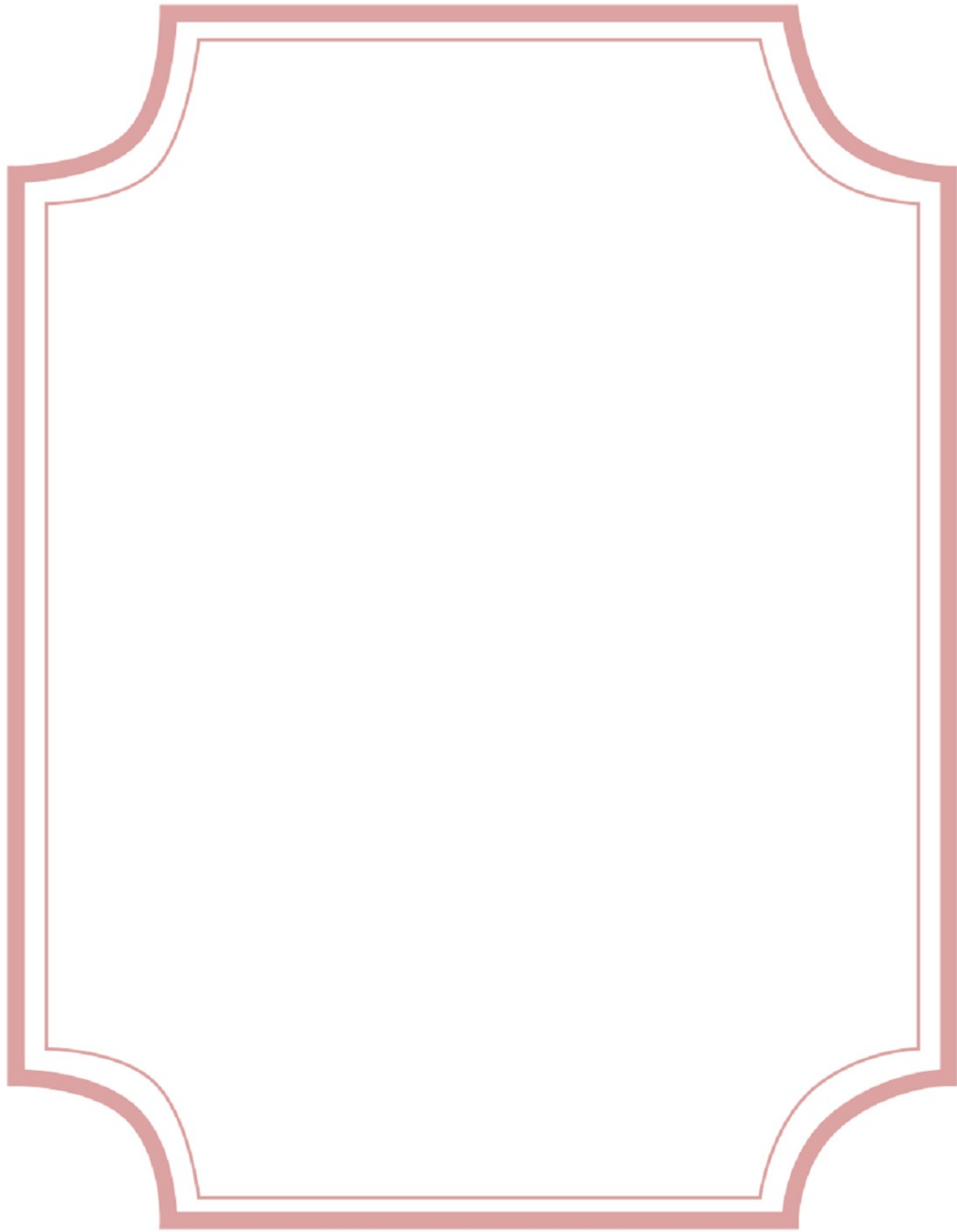
I often choose from one of my Superpowers to help me feel better.



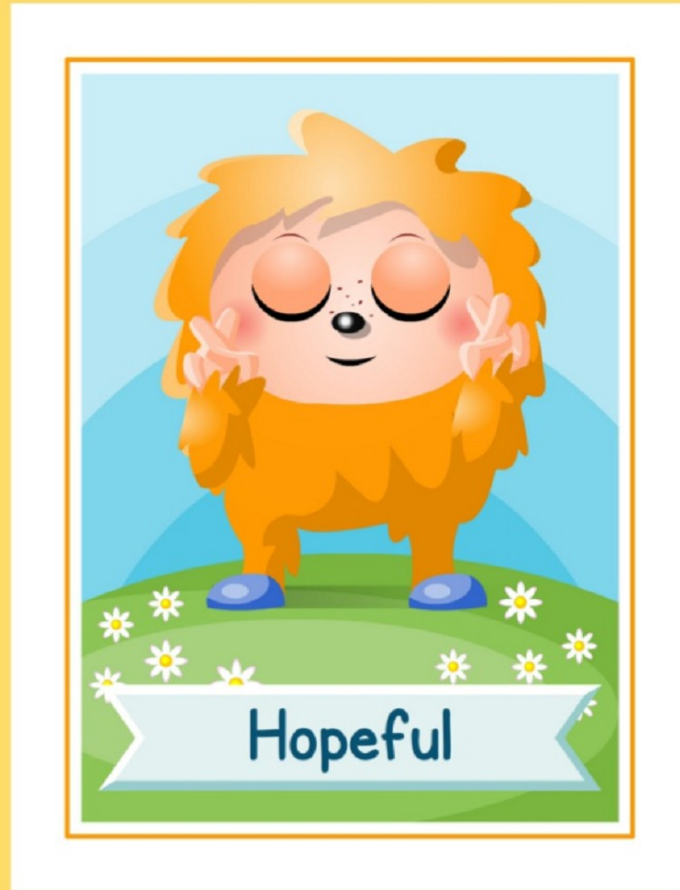
what Superpower helps
you feel better?



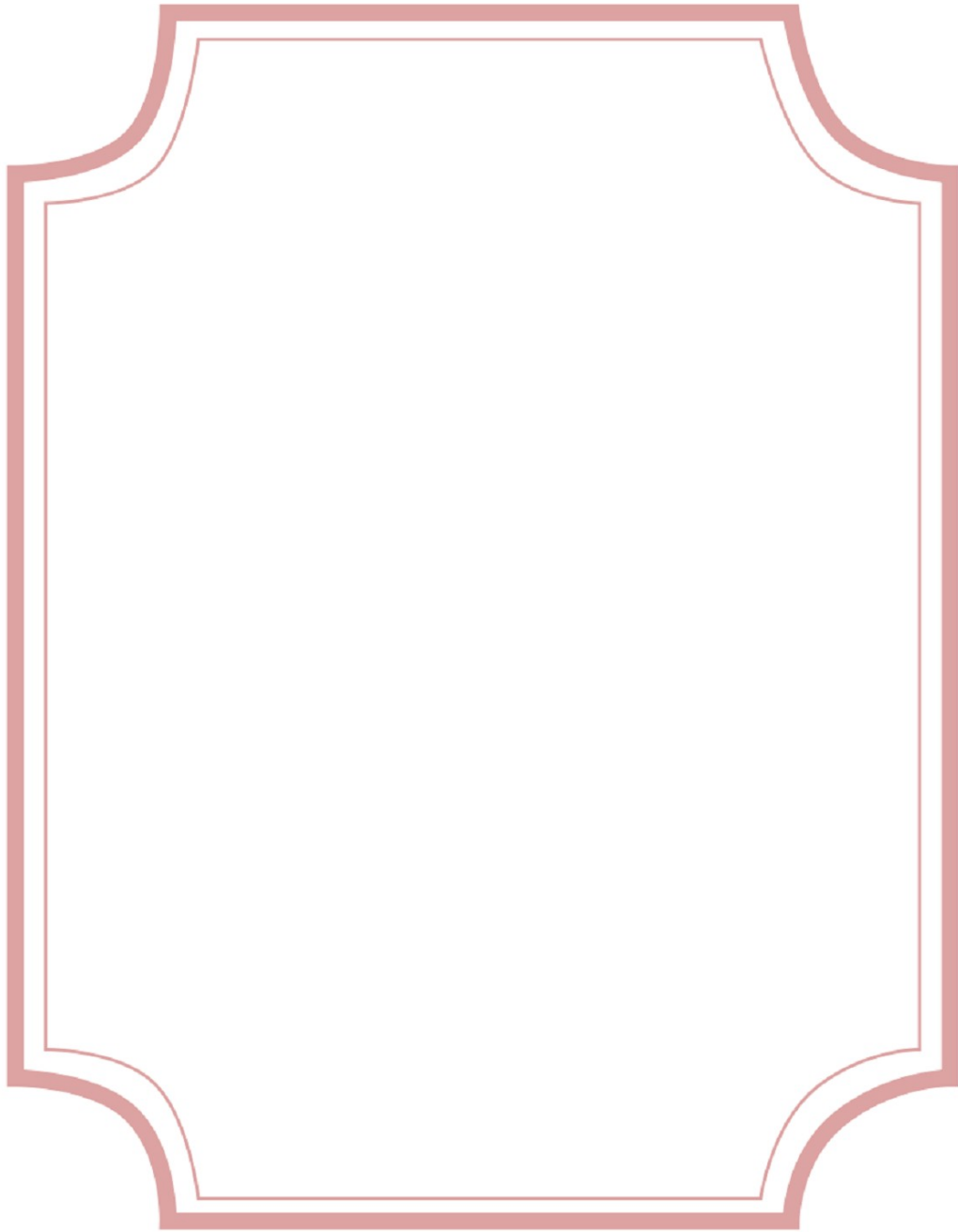
I know there can be Some
tough days but I feel really
proud of how I can work
through my feelings by talking
to Someone Special in my life
and doing Some of the things
that help me feel better.



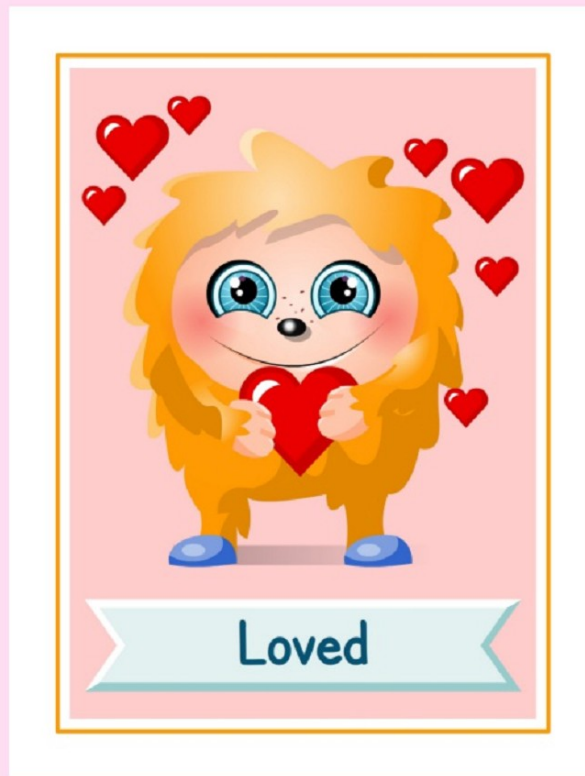
what do you feel proud of?



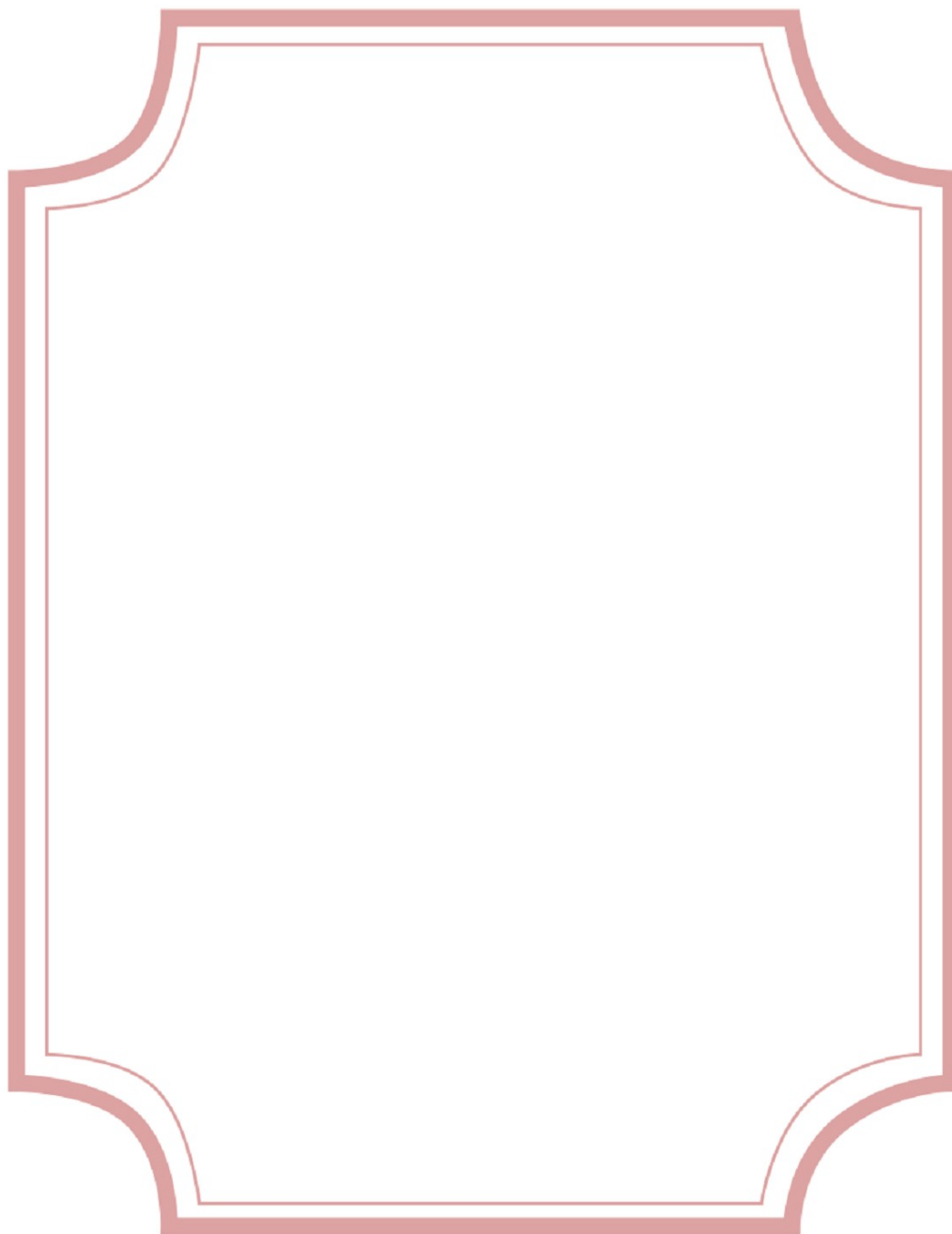
I feel hopeful that this virus
will go away soon and..



What do you feel hopeful
for?



I am Sending all my love to
everyone I know until I see
them again.



How can you Send love
to people in your life?

WITH LOVE FROM DESTY ISLAND

