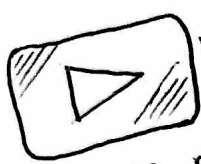


# STAYING AT HOME ★



YouTube

What are my favourite videos that cheer me up?

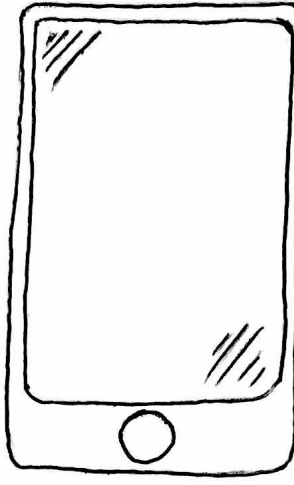
---

---

---

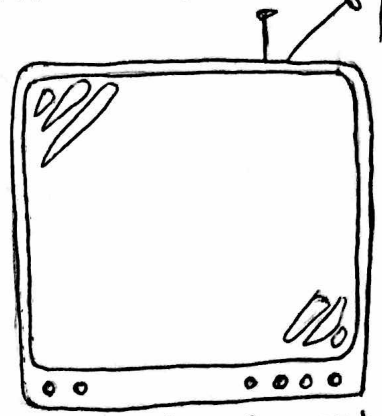
---

THIS IS YOUR PHONE



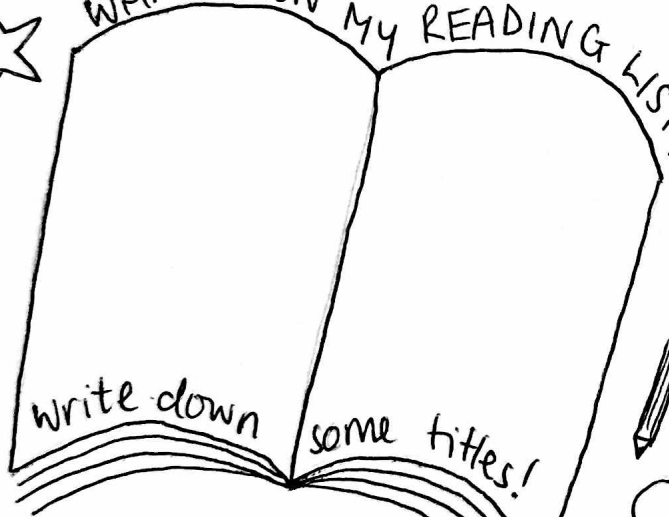
Who are you going to be checking in with?

THIS IS YOUR TV



What are you watching?

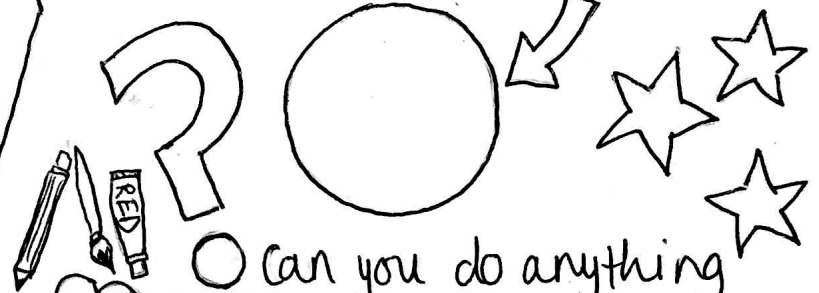
★ ★  
WHAT'S ON MY READING LIST?



Write down some titles!

How can I exercise my creativity?

HOW IS STAYING INDOORS MAKING YOU FEEL?  
fill in your own emoji-



Can you do anything to help this?

HOW CAN I HELP OTHERS AROUND ME?



FILL YOUR HEART ♥

HOW CAN I STAY ACTIVE?

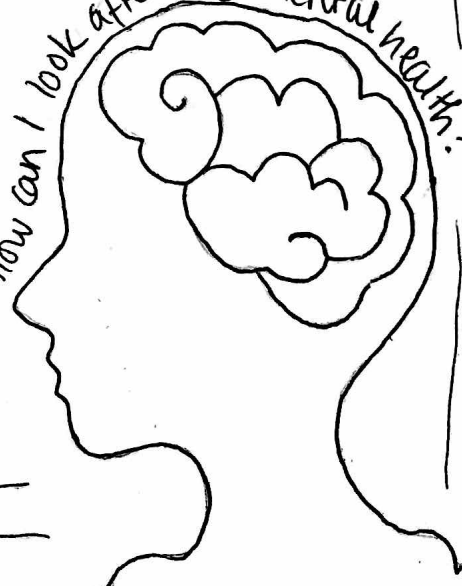
---

---

---

---

How can I look after my mental health?



fill your mind with ideas.