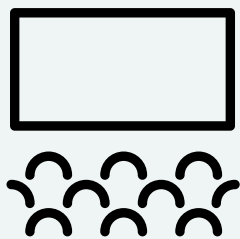


Letting go & future plans



THINGS I'VE MISSED OUT ON - LETTING GO

Talk to your child about things they couldn't do during lockdown. They can write or draw each item on a small piece of paper. Ask them how they feel about each thing they've missed. We can't change this situation, so we need to accept that those events are gone forever. One by one, scrunch up the pieces of paper and throw them away, letting them go for good.



THINGS I AM LOOKING FORWARD TO - FUTURE PLANNING

Encourage children to make a list or draw pictures of things they are looking forward to doing in the near future. Stick this on the fridge to remind them of good things to come. They can add new things at any time.

