

### **Red Light - I can't do this - Unsafe choices**

- Go to the park to play on play equipment
- Visit my friends and family
- Meet my friends outside for a get together
- Go shopping
- Use public transport - Unless it is urgent
- Go to school or college
- Go to the cinema
- Go to busy/crowded places

Changing the way you live is hard.

It is okay to feel sad, mad or confused about what is going on.

Most people are probably feeling the same way. If it helps talk to someone you trust.

We need to avoid situations where the germs can spread. We need to try hard to keep everyone safe.

**Life will go back to normal**, we don't know when but we are all in this together!

**Orange light - I should be very careful when I do this**

- Go to the grocery shop
- Go somewhere that isn't close to home

There are some things we have to leave the house to do. The most important thing is that we just do this when we **NEED** to.

When we **NEED** to go out to a public place it is important that we keep ourselves and others safe from the virus by **WASHING HANDS**. When you can't get to soap and water try to use antibacterial hand gel.

### Green light - Safe choices

- Spend time with my family at home
- Relax, play or enjoy the sunshine in my garden
- Go for a bike ride
- Go for a walk
- Go outside to do some exercise
- Say hello to people I know when I see them outside (I must remember to stay 2 meters away)
- Play video games
- Read a book
- Watch T.V
- Cooking or baking
- Play games with my family
- Video call my friends or family
- Start a new project - a craft or maybe organise something you have been meaning to do for a while.

There are lots of things we can't do anymore but there are still lots of things we can do to fill our time.

Try to create a schedule every day. Replace your old routine with a new one. Stay in touch with the people who make you feel good.

Ask your family and friends to help you make safe choices and remember - **THIS WON'T LAST FOREVER!**