

Message from Mrs Dyson :



Everyone processes things differently: - remember

It's OK to fall apart from time to time.

It's OK to scream and shout when things just get too much,

It's OK to have a cry when you are missing the ones you love.

Always remember, we are all in this together, you are not alone in your feelings!

It will get better in time.

Make plans for then.....

- ♥ Think of what you will say to your friends and family-
- ♥ Tell them how much you have missed them,
- ♥ Celebrate missed birthdays and family 'get -togethers '
- ♥ Give someone a hug!
- ♥ Go spend some of the money you have saved during 'Lockdown', Treat yourself!
- ♥ Really look at your surroundings- learn to appreciate the sounds, smells, colours of wherever you are.
- ♥ Check in on people you haven't seen for a while.
- ♥ Make a scrap book/folder of all the wonderful crafts, pictures, photos you have achieved during 'Lockdown'.
- ♥ Make an effort to be a kinder, more understanding person.
- ♥ Think of everything that other people do for you in times of need and on a daily basis... Say a big THANK YOU!
- ♥ Enjoy every day!

You are going to be fine!!

Colour the bees in on the next page, cut them out and display them around the house or in your bedroom.

Remind yourself how special you are!

Missing you all -- will catch up with you soon! 🐝

Love Mrs Dyson xx