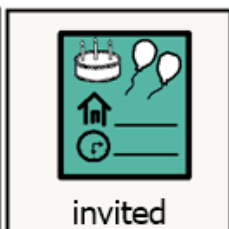
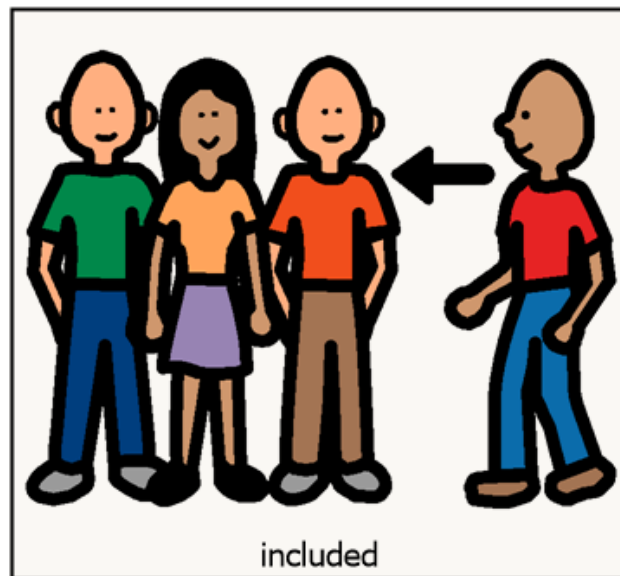
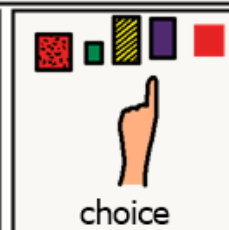
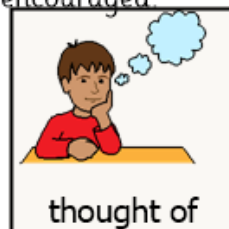




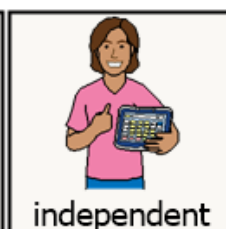
There are lots of ways for me to feel included when I am at home.  
There are lots of things adults do for me, but there are things I can do for myself.



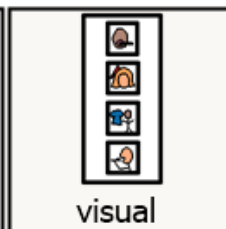
I can be included by arranging times to speak to or see my friends. I can be included by getting a message or letter or postcard to let me know someone is thinking of me and remembers me. It is important for me to be encouraged.



I am included when I am involved in making choices and when someone talks and listens to me.



I am included when I am given the help I need and when I am given responsibility.





There are lots of ways for me to be responsible when I am at home.  
There are lots of things adults do for me, but there are things I can do for myself.



I am responsible for completing any learning activities I am given. I may feel lots of different feelings and have lots of thoughts - how I react to these thoughts and feelings are up to me.



I need to be responsible for making good choices and trying to help out by being more independent like remembering to brush my own hair. I can be responsible by supporting and encouraging my family.



There are lots of opportunities for me to be responsible by helping with chores and looking after my things such as folding my clothes and putting away my toys when I finish playing.



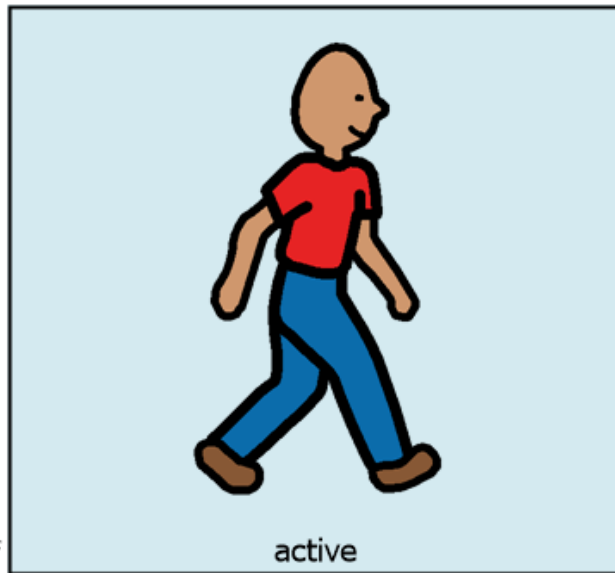


There are lots of ways for me to stay active when I am at home.  
There are lots of things adults do for me, but there are things I can do for myself.

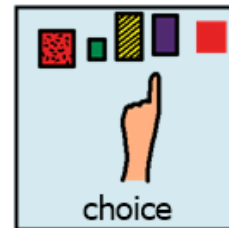
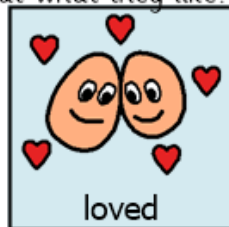
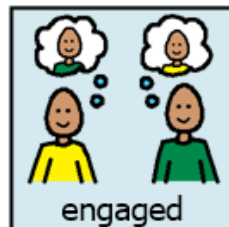


I can stay active at home by making full use of opportunities that my parent/carer gives me. For example if they ask me if I want to bake a cake.

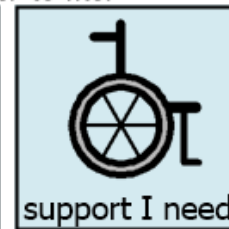
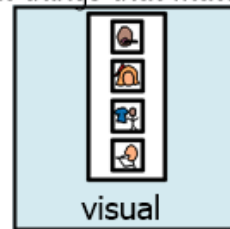
I can use this time to find different hobbies that I haven't tried before such as drawing or sports.



I can be active by being involved in activities around the house such as washing the dishes. I can be active by spending time with my family and talking to them about what they like.

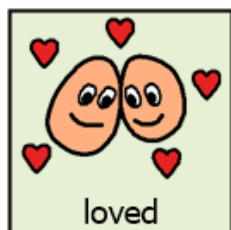
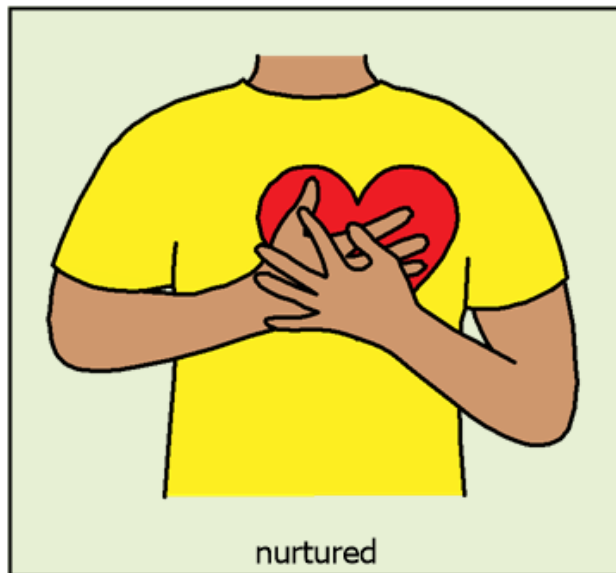


Being responsible for making sure I wear my glasses or hearing aids; eating healthy or using visuals to help me become independent allow me to have an active part in my life. I am able to make choices about things that matter to me.

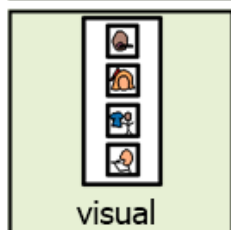
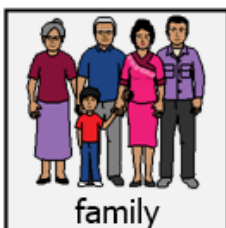




There are lots of ways for me to feel nurtured when I am at home.  
There are lots of things adults do for me, but there are things I can do for myself.



I know that I am loved by my family and my friends. I know that I may not be able to see them but that does not change how they feel about me.



I am growing up and learning new things. I am learning more about me and this is good. I am learning about what I need to keep me healthy mentally and emotionally.

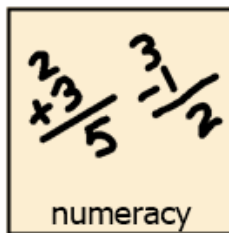
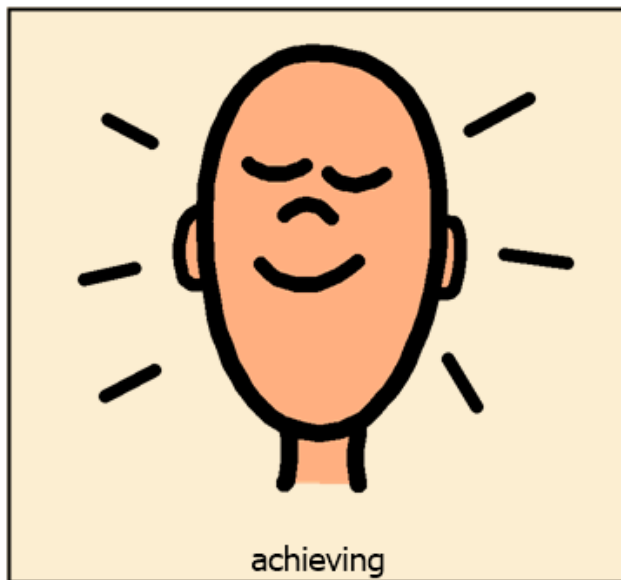


I am being nurtured by my family, friends and teachers. They are nurturing me by helping me to develop the skills I need for the rest of my life.





There are lots of ways for me to keep achieving when I am at home.  
There are lots of things adults do for me, but there are things I can do for myself.



I can complete some of the school work that my teacher or school sets for me to do. I can also try some of the other activities people are sharing on social media.



I can use this time to help me to develop my skills. I can try memory games or try things by myself.



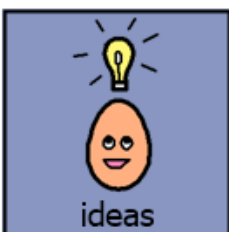
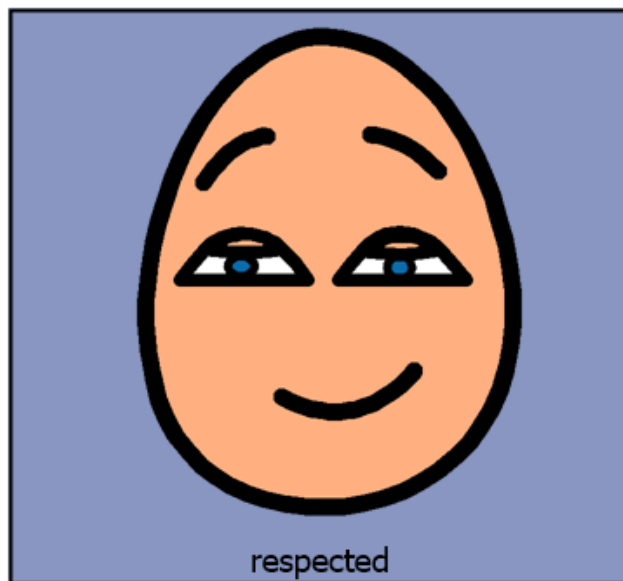
This is a great opportunity for me to try something new. I might try to learn a new language or to cook or to play basketball. I might even try new foods.



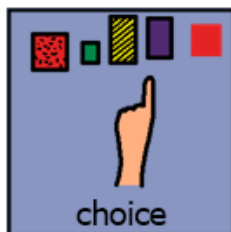




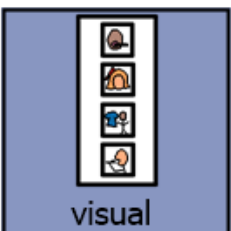
There are lots of ways for me to feel respected when I am at home.  
There are lots of things adults do for me, but there are things I can do for myself.



I can feel respected when I am given the opportunity to be listened to. My feelings are valid but I might need help to express them.



I can feel respected when I am given what I need to succeed.

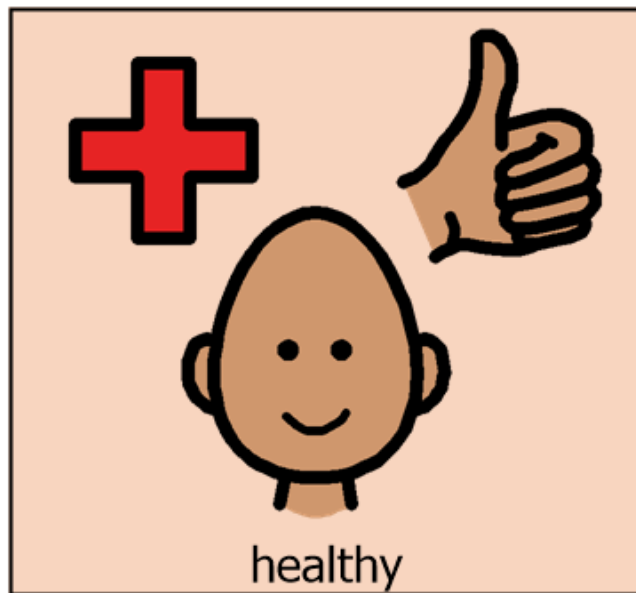


I am respected when I am supported, encouraged and challenged. I am also respected when I am given the opportunity to try things myself.

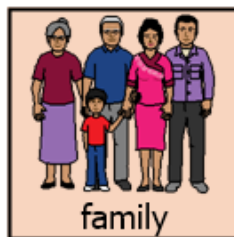




There are lots of ways for me to stay healthy when I am at home.  
There are lots of things adults do for me, but there are things I can do for myself.



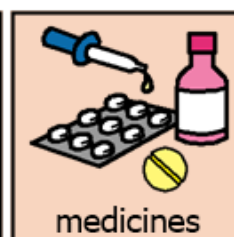
I can exercise inside during the day. It is important for me to exercise as it keeps my body and brain healthy. I can go for a walk with my family outside.



Keeping in touch with family and friends will help me to stay healthy. I can phone, text, email or video call them. There are lots of ways I can keep in touch without being there.



I can stay healthy by having a healthy diet. I make sure I don't eat too much or too little. I go to sleep at my normal bedtime and get up when I normally would.

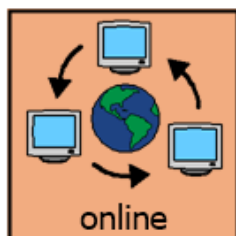




There are lots of ways for me to stay safe when I am at home.  
There are lots of things adults do for me, but there are things I can do for myself.



I need to remember to be safe by agreeing to time limits and not adding people without my parent/carer's permission. I know not to share my personal details online.



I need to remember that if I go into my street for my daily exercise, I can stay safe by staying with my adults. I also know that I need to stay about two metres away from others.



I can get myself dressed, eat my breakfast lunch and dinner. I can have baths or showers. I can go to bed at my usual bedtime. All of these will help to keep me safe.

