



ACTIVITIES

Y G A M E S S T D H B E R E A D M
U Z O O M X T N I A P G A J O K M
W C X M B A K E W C T Z O E L I F
W D P V Y E L Q D L C K S C E E Y
C V G N P A L F P E P F J N C S H
B U C M N E N I M A I M A G N I S
H G Z R W H V R M N M Z J B A C S
W U U A I T Q D J S Y S D F D R H
B O L U D A L E N A Q C U Z P E O
J K N T Q E W B L E T I R W T X P
V X D W T R Q P C Y H S D M K E P
L D D V I B O N Q Y P U I L H W I
G I W E S F F A Z R A M A J X A N
C M I Y Y L Z P W C U T W H J W G
M E D I T A T E X G A R D E N M P
M T R U O L O C O F R I E N D S R
Q N R Z C N O I S I V E L E T L R

FIND SOME OF THE **COPING ACTIVITIES YOU MIGHT DO IN THESE TIMES, CAN YOU THINK OF ANYMORE?**

- BAKE
- GAMES
- DANCE
- ZOOM
- BREATHE
- FRIENDS
- PLAY
- PAINT
- GARDEN
- READ
- SHOPPING
- WALK
- SMILE
- CRY
- MEDITATE
- SEW
- CLEAN
- NAP
- MUSIC
- TELEVISION
- TALK
- EXERCISE
- JOURNAL
- COLOUR