

Social distancing video

<https://www.youtube.com/watch?v=2PnnFrPaRgY>



We are living in a difficult time and can't see or touch some of the people we love. We are told we must social distance which means we can't hug loved ones we don't live with. Some days you may be in a bad mood, some days you may need cheering up, some days you may feel happy and want to share it with others. All of these feelings are normal and okay to feel. Here is a video about social distancing and shows us lots of different ways we can show our loved ones we care about them and are thinking about them. Even though we can't hug them there are lots of other ways to show our love.

From the video, we would like you to choose a way you can show someone you love that you are thinking about them and you care about them. Some ideas are write a letter, draw a picture, make up a dance or write a song just like hedgehog and tortoise did.

Whats so nice about this activity is that you're not restricted to doing it for just one person. If you want to write a letter to 5 friends, go ahead.