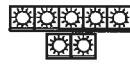




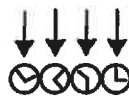
When I have to self isolate



Sometimes the Coronavirus makes people stay at home for several days.



This is called self isolating.



If my family have to self isolate it is important to keep our routines.



This means me and my family get up every day just as if I was going to school.



We will get dressed, have a wash, brush our teeth and eat breakfast.



I will go onto the Abbey Hill website and do my school work.



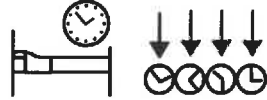
My family take some time to relax together.



We make sure we eat dinner and tea.



If we can we get some exercise and fresh air.



I keep a good bedtime routine



This might be...



bath



shower



story



game



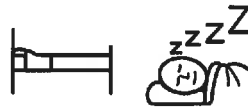
TV



snack



drink



Then I go to bed, relax and go to sleep.



This will all help me to...



stay happy



be healthy



keep learning



and be ready for school when I come back.