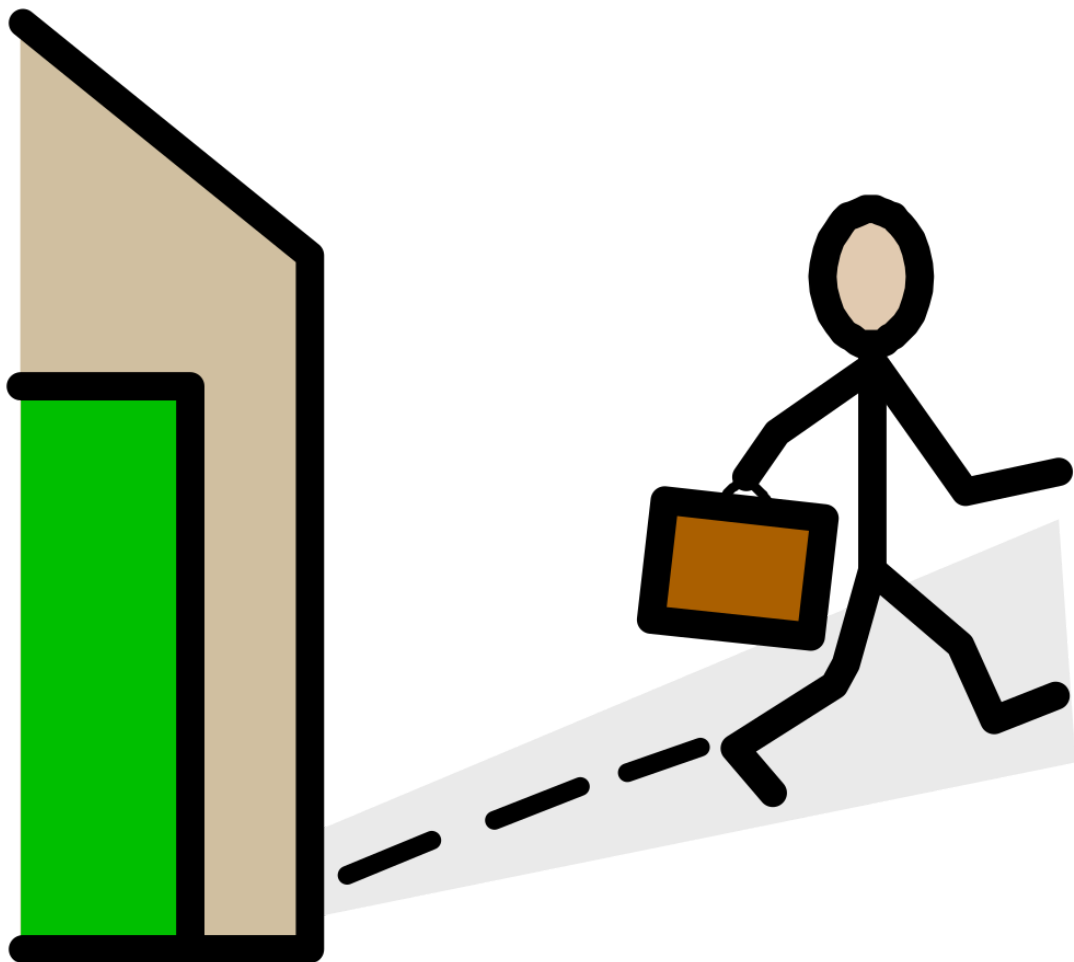
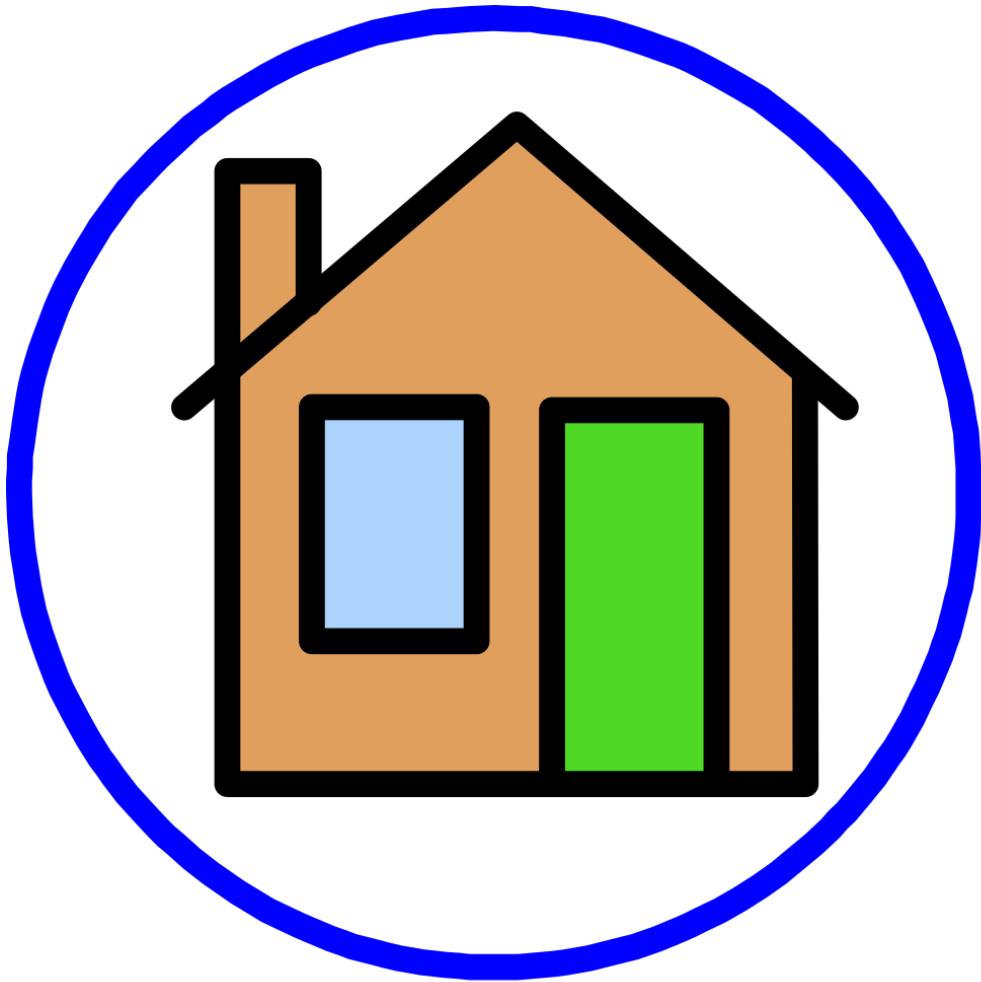


Coming out of Lock-down

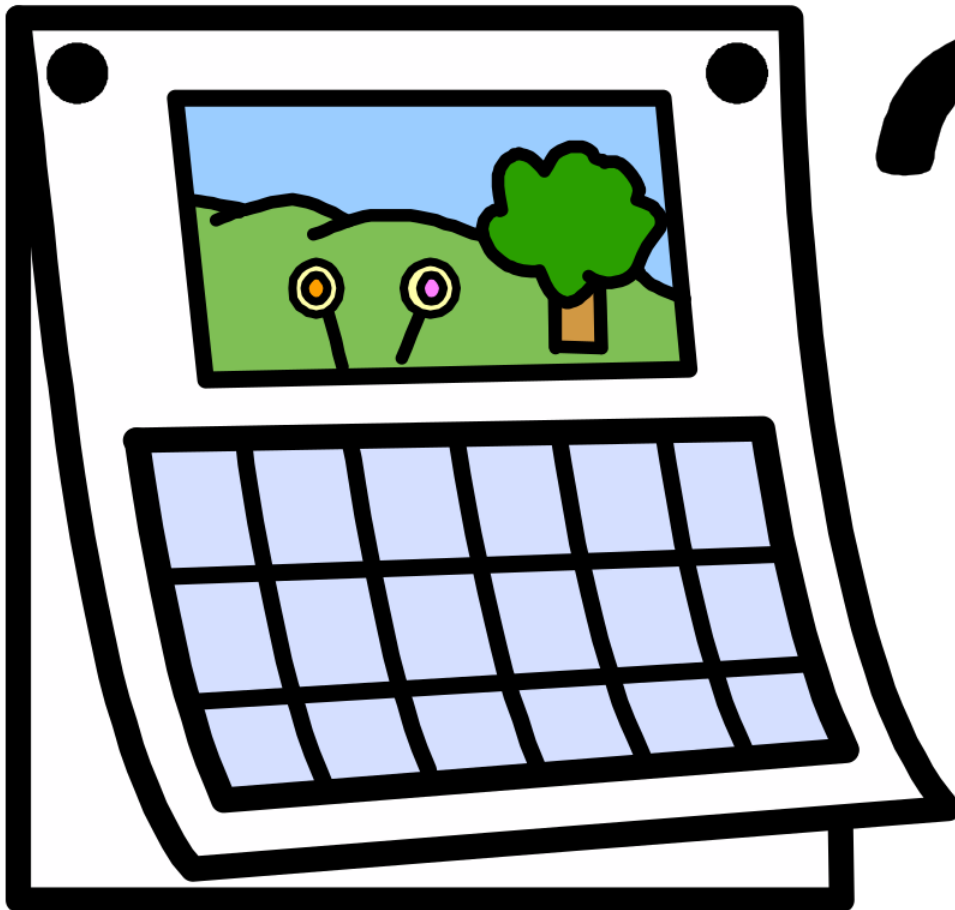




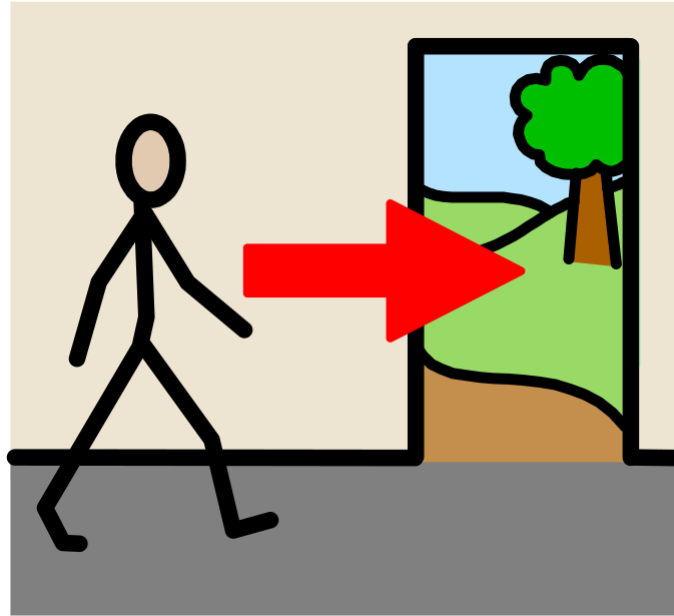
Most people have stayed at home for the past few months to help stop Coronavirus spreading.



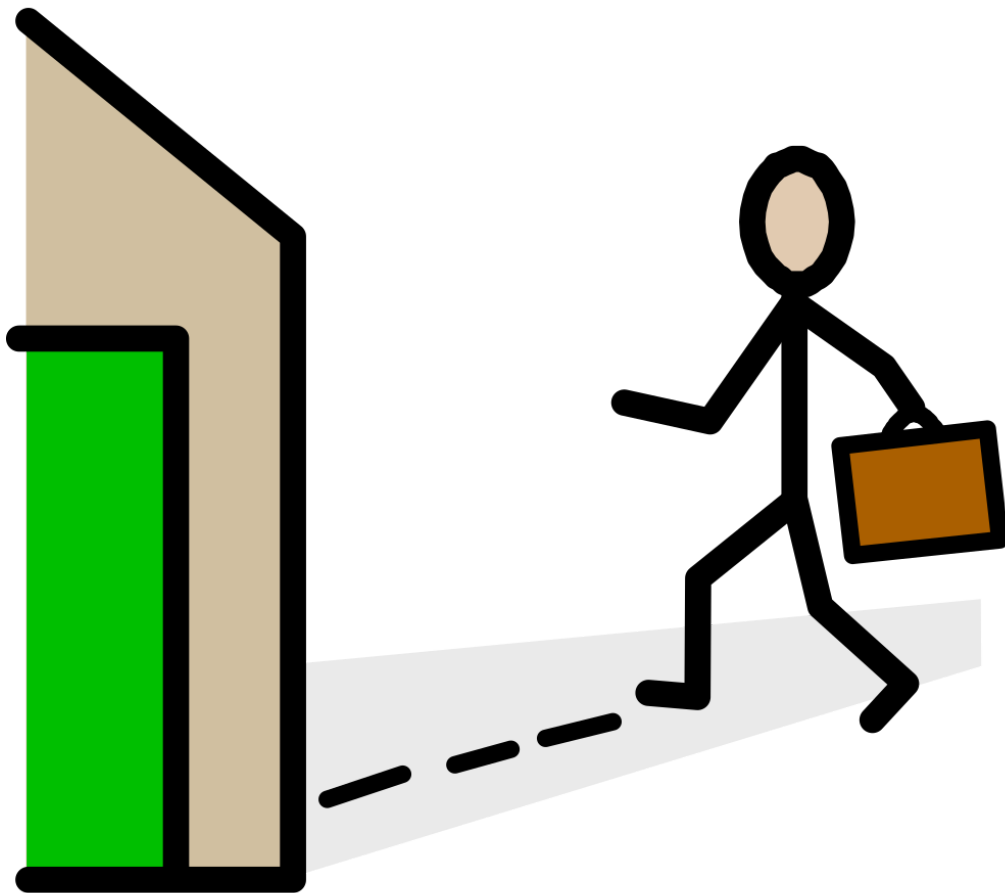
School has been closed for
most children.
I have stayed at home.



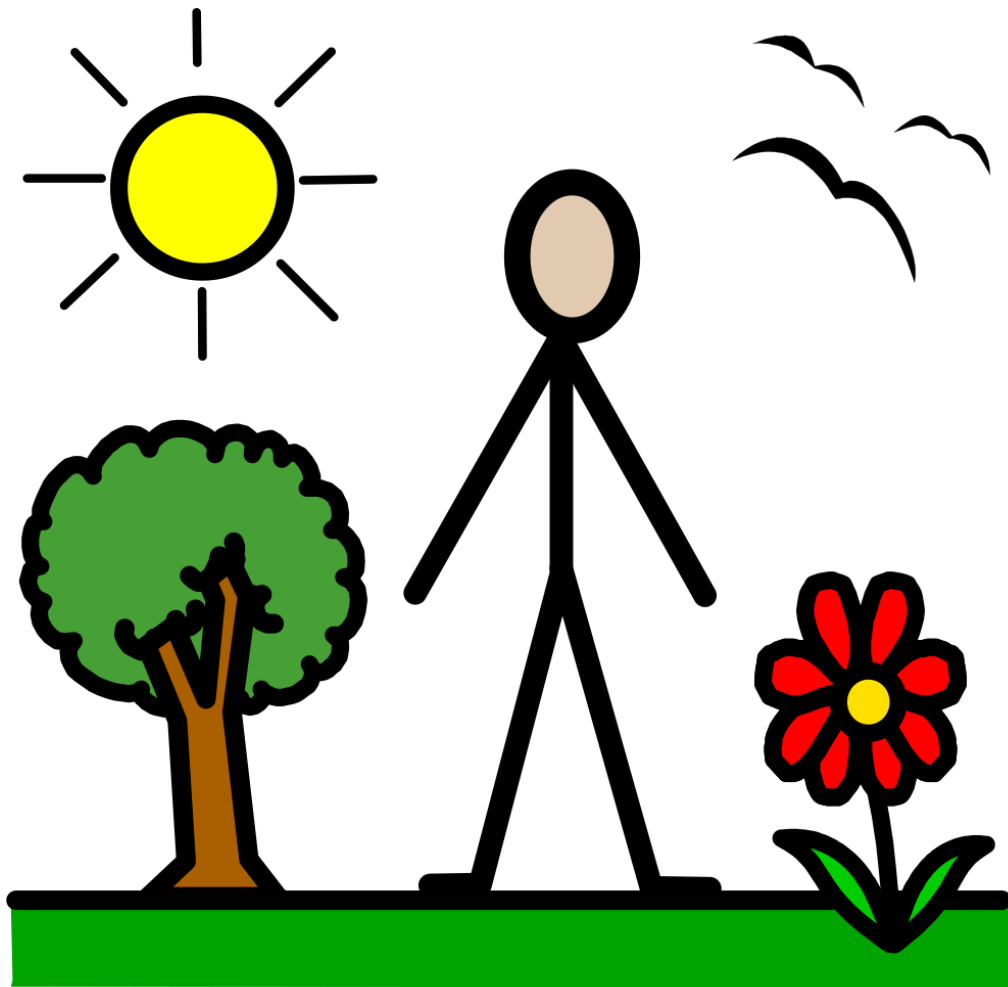
When we need to stay at home it is called 'Lock-down'.



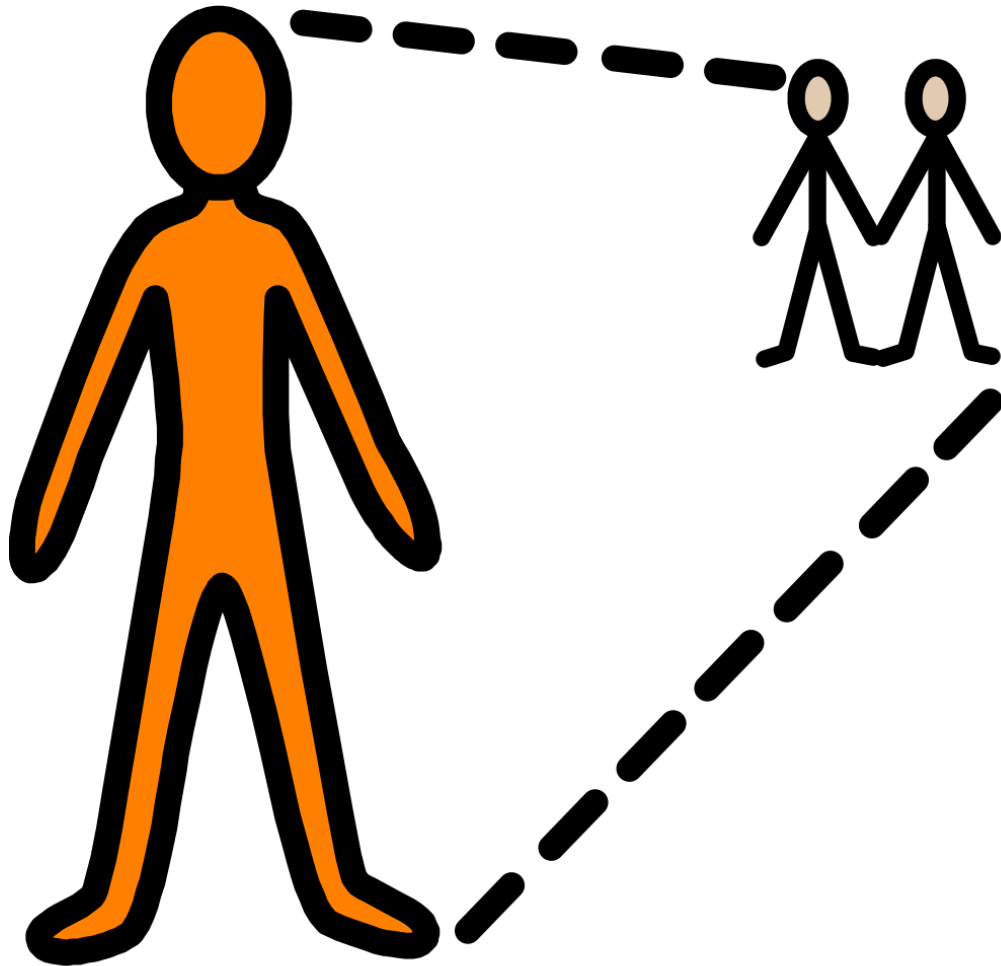
Lock-down is being lifted now because the number of people getting Coronavirus has gone down. It is safe for people to start doing things they used to do.



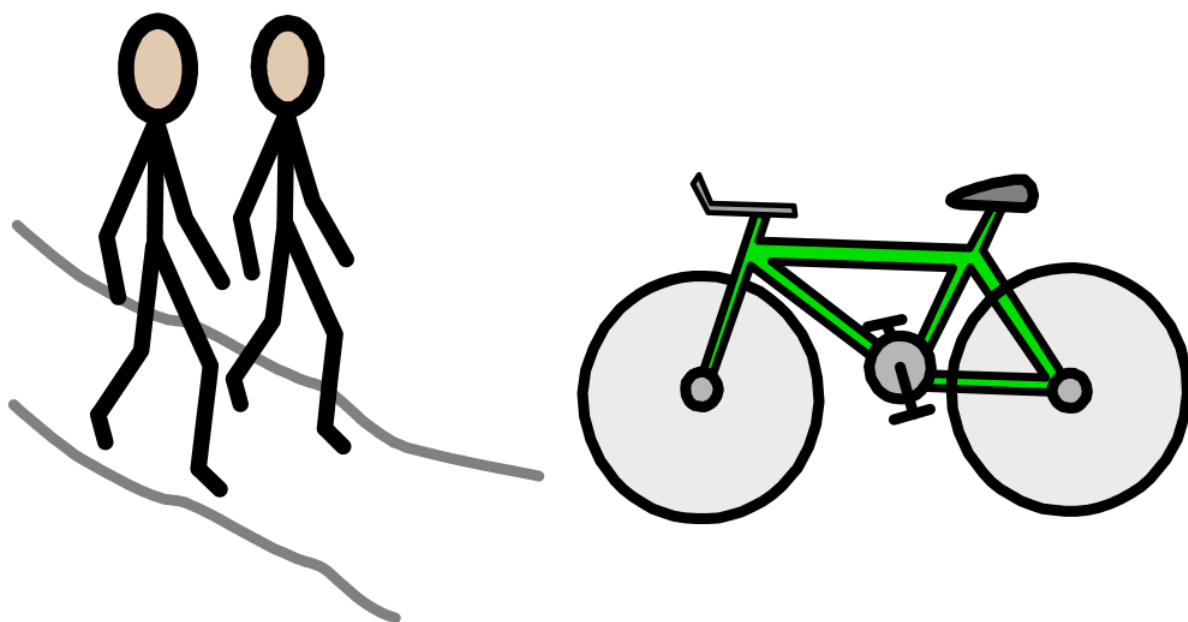
This means some grown-ups are returning to work and some children are going back to school.



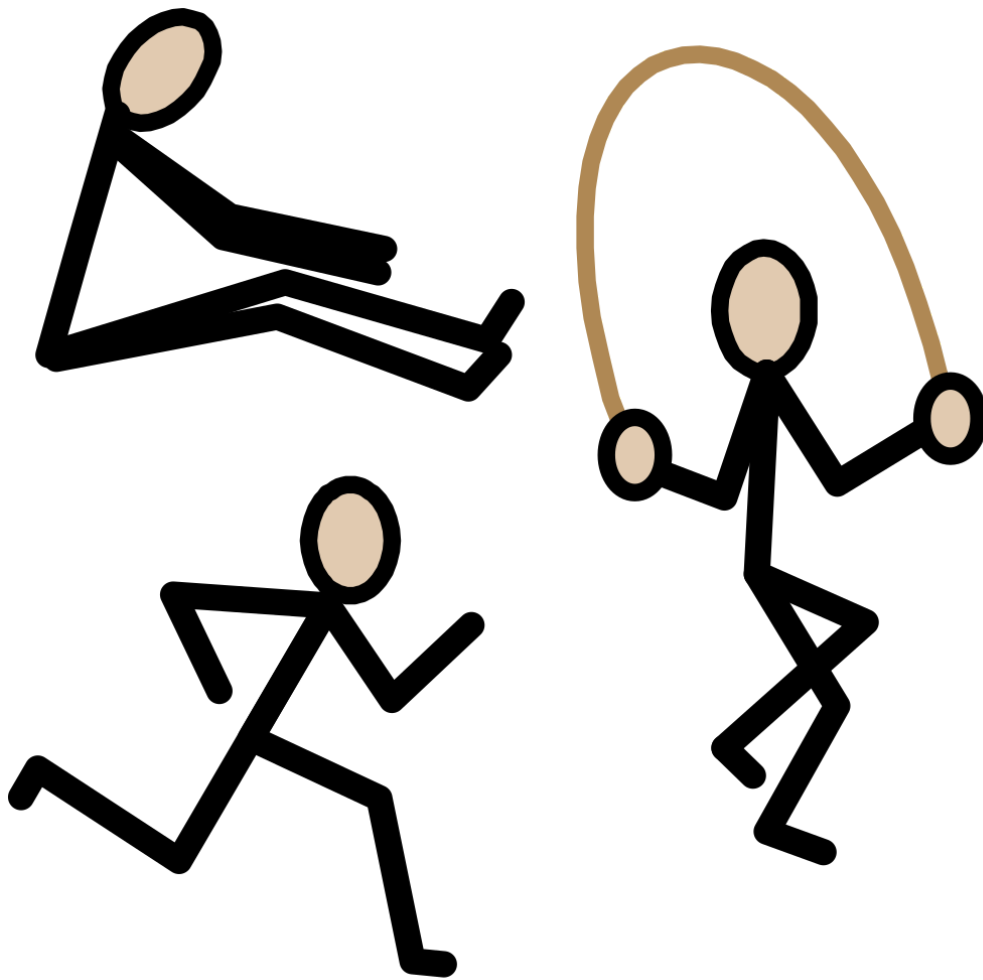
It is okay for me to go outside. There is lots of space to keep me safe.



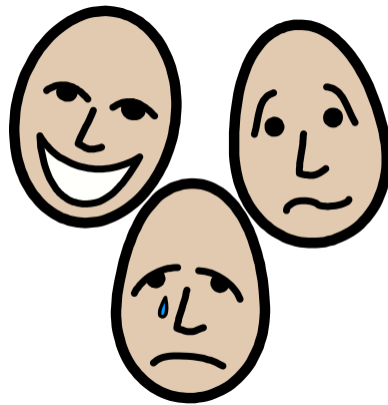
I can stay 2 metres apart from other people. This is called 'social distancing'.



I can try to go for a walk
around the block or go to
the park with my family.
I can ride my bike.

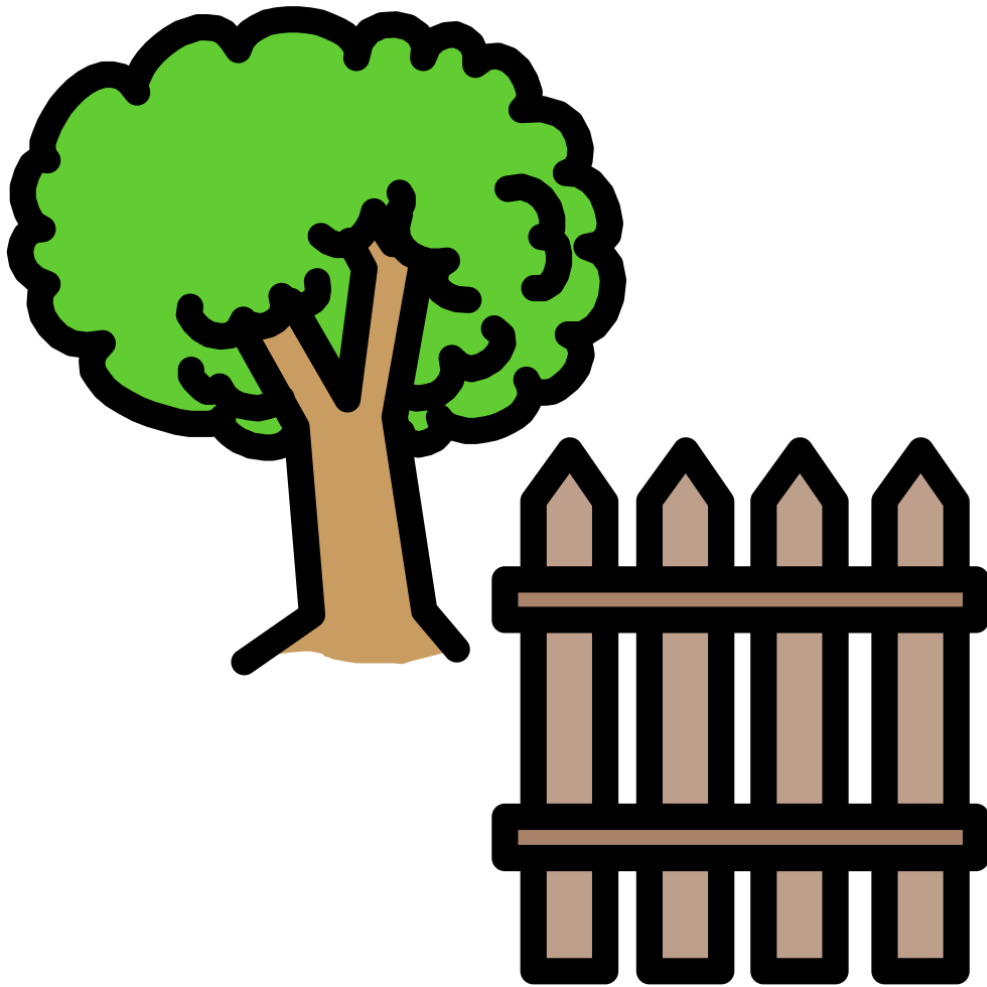


Having exercise is
important to help me stay
fit and healthy.
This is a good thing to do.



Some people may be happy
leaving the house again.
Some may feel anxious.
This is okay.

If I feel a bit anxious I can try
to take three deep breaths to
help me stay calm.



I will try to go outside.
This will keep me fit and
healthy for when things
return to normal.