

Top Tips and Positive Messages from Young People!



Do something
you love
doing!



Do things you
would like to do
but never had
enough time for



Stay calm
at all times



Chill.
It will be alright
in the end



Relax!



Take care
of yourself



Explore new
ideas or plans
for the future



Each day is a
gift. That is why
it is called the
present!



Be
creative



Keep busy



Don't panic!
This won't go
on forever



Enjoy life
as it comes



You can
do this!



Keep your
hopes up and
carry on



We're going
to pull
through



and wash
your
hands!!!



Peace and
love





Thank You

**to the Young People in the SEND Participation Groups for
sharing their top tips and positive messages with us.**

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