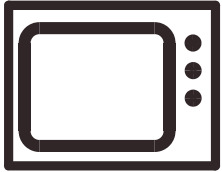


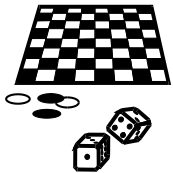
What to do at home



Read a book or magazine



Watch some TV



Play a board game or a card game



Do college work



Try to do some exercise

You could:

March on the spot

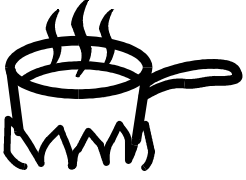
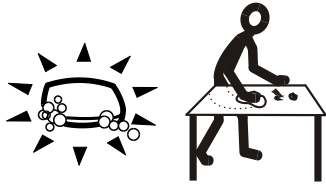


Jump on the spot

Lift your arms up and down

Stretch your body



Baking

	Cooking
	Cleaning
	Social media – talking to your friends
	Colouring and drawing

Produced by Speech and Language Therapy Notts Healthcare NHS Foundation Trust