

# Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Welcome, Tips for Keeping Your Cool, Boredom Busters and More!

## Welcome to **your** weekly newsletter!

Hi! Thanks for joining us for the first edition of 'Lockdown Lift Up', the weekly newsletter designed to help you through being at home during school closures.

Check out Morgan's Top 5 tips exclusive to 'Lockdown Lift Up' this week!

Turn over for our regular features- 'Boredom Busters' (we promise you 3 every week!), 'Your Say' (you tell us and we'll include it!) and 'Cosy Corner' (Cheeky Alexa commands and a weekly puzzle).

Enjoy!



### Top tips for keeping your cool during COVID 19:-

1. **Walking-** Can be a good way to stretch your legs and get some fresh air. Just make sure that you are out for no longer than 1 hour and that you stay at least 2 metres away from anyone who does not live with you.
2. **Listen to nature-** Birds singing and rain drumming on a window can be really calming sounds. Take a moment to stand in the garden or open a window...what do you hear?
3. **Listen to music-** Put your fave tunes on and enjoy!
4. **Laugh-** Whether it's your favourite comedian, a funny cat video or a funny memory, laughter can help you feel great!
5. **Have a chat-** Sharing your worries with a trusted adult or friend can really help.

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COMING SOON: Top Audio books, Home Music Recording Apps, Netflix Top 5 and More.

# BOREDOM BUSTERS!

## KEEP ACTIVE:

YouTube channel:  
[Yoga with Adriene](#) has lots of free content for all skill levels!



## GAMING:

[RuneScape](#) is an online medieval themed game where you can earn points and level up!

## TO PASS THE TIME...

[Mango Link](#) provides links to live animal cams across the world!



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## Your Say



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We would love to hear from you about what you are doing.

What do you find good and bad about having to stay at home?

Do you have any advice or tips for other people?

Do you have a story, picture or article that you would like us to include?

Get in touch at:

[SENandInclusion@Peterborough.gov.uk](mailto:SENandInclusion@Peterborough.gov.uk)

\*Please Note: We cannot publish any photos that contain images of people.

## Cosy Corner

Alexa, high five!

Alexa, rap for me.

Alexa, meow



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## Keep calm and stay home

A	A	A	K	P	L	S	R	N	N	A	I	E	R
N	H	A	U	N	C	H	A	T	R	H	M	R	A
A	U	I	K	L	A	W	I	P	U	M	G	I	I
A	L	A	G	L	R	U	A	K	N	U	C	E	N
H	S	N	A	H	N	A	R	P	E	S	U	A	F
L	E	W	K	M	F	A	O	H	S	I	I	I	A
S	H	I	L	L	C	I	U	C	C	C	I	L	L
P	A	C	A	A	O	A	V	C	A	I	R	A	L
A	S	R	T	O	I	S	L	E	P	A	H	R	I
R	P	U	M	N	M	M	C	M	E	G	I	Y	E
L	O	M	A	N	I	M	A	L	S	O	Y	G	C
H	E	Y	M	A	P	H	S	C	C	Y	H	I	I
R	W	O	E	M	C	A	C	A	F	R	A	I	T
U	C	C	A	A	N	I	M	V	C	A	H	I	A

RUNESCAPE  
CALM  
WALK  
HIGH FIVE  
MUSIC  
ANIMALS  
CHAT  
YOGA  
RAP  
MEOW  
RAINFALL