



Week Twenty Two



PERSONAL

The curfew has gone and the world is opening up slowly to us all. Explore your world again with a look at the stars and moon to inspire your thoughts of what is out there. Watch a sunrise or sunset or maybe take a walk on the grass barefoot, or a bubble bath soak to wash away the lockdown blues while listening to your favourite songs loudly. What can you suggest that would boost your spirits?



FAMILY

The return to the classroom might be a huge relief for parents but also a stressful time for students after so many months away from their friends, peers and the school routine. Some children will have preferred the home school method of learning whereas others will be ready and rearing to get back to the normal routine. Leading parenting educator and founder of *Parenting Ideas*, Michael Grose, suggests that being the 'neutral cop' can be a very powerful tool to combat the 'I don't want to go back to school' narrative. He says that part of a parent's job is to absorb that information, listen to it, but point out the positives of the day they just experienced. Good luck in the last weeks of the year.



FRIENDS

Friends love a treat and post Covid lockdown is the perfect time to surprise a friend. Maybe a picnic in the park to catch up in person on one of the sunny days ahead? Seems like for ever since we were able to catch up in person with more than one person. The nearest botanical gardens, lake or river would be perfect. So much nicer to see one another face to face than online or via the phone.





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COMMUNITY/NEIGHBOURS

Flowers from your garden for the local nursing home? Flowers from your garden for your neighbours? A cake, scones or homemade jam or soup or a walk in the park with your neighbours. What a lovely way to support your neighbourhood and say hello.

