

# How to help your grown ups through lockdown

We know that you miss your friends, the grown-ups in your house probably miss their friends too...

Everyone is missing the 'good 'ol days' before lockdown. Lockdown can be hard for everyone...

We'd love you to take some responsibility to become a...

# LIFE-BETTER-ER\*

...and do some really simple things to make a really big difference.

Draw the first thing you're going to do after lockdown here...

Write or draw something that you're cross about in here.

ADD SOME OF YOUR OWN IDEAS HERE.

Life bettering daily challenges:

Tell your grown up something that you love about them.

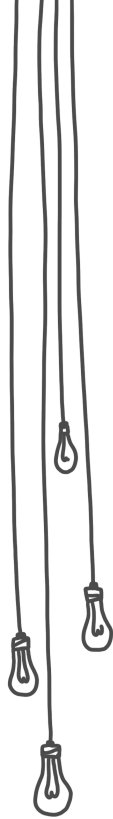
Take yourself off for 10 minutes of alone time

Make them a sticker chart

Offer to help

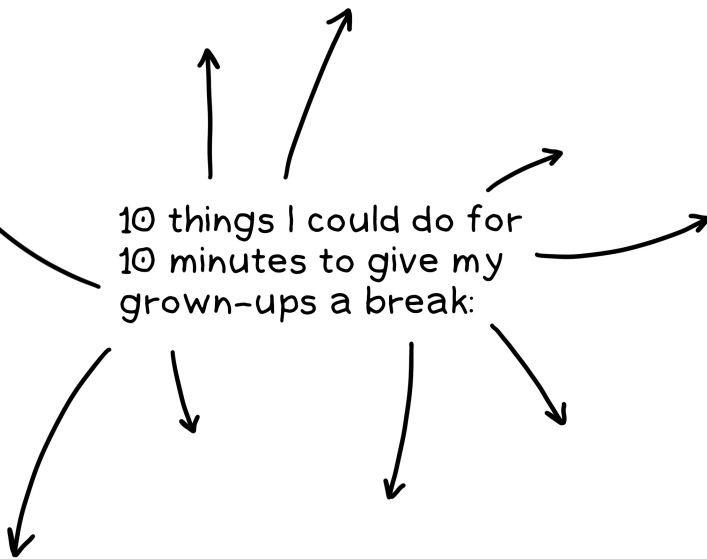
Who lives in your lockdown house? Draw them here.

\*YOU'RE RIGHT, THIS ISN'T A REAL WORD, BUT WE THOUGHT IT WAS QUITE A GOOD ONE...



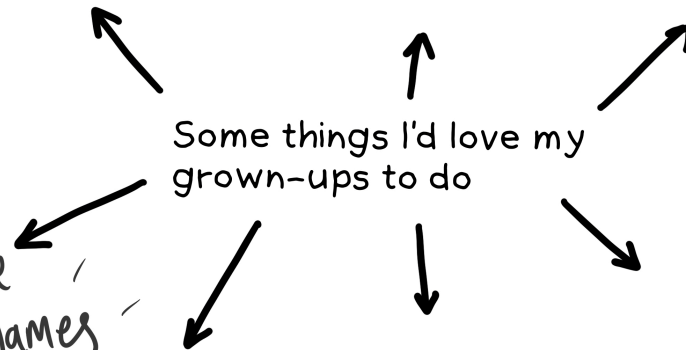
Tidy my room

10 things I could do for 10 minutes to give my grown-ups a break:



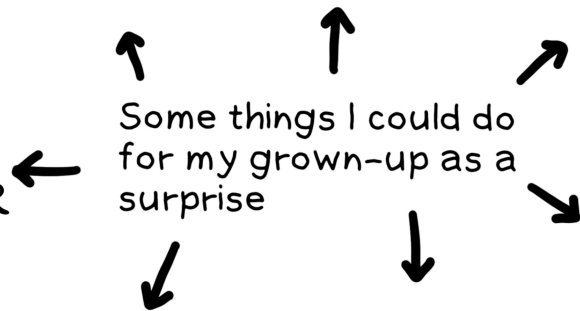
Some things I'd love my grown-ups to do

play more board games



Draw a Picture

Some things I could do for my grown-up as a surprise



What are some fun things that you could do to help your grown-ups have fun and make everyone smile?

