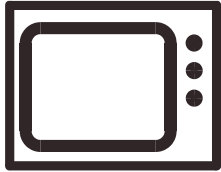


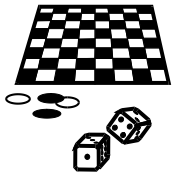
What to do at home



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

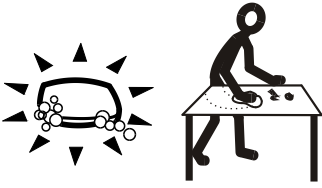
Stretch your body



Baking



Cooking



Cleaning



Social media – talking to your friends



Colouring and drawing