



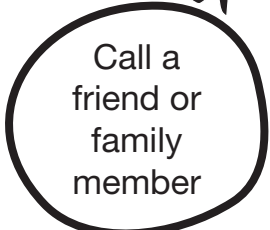



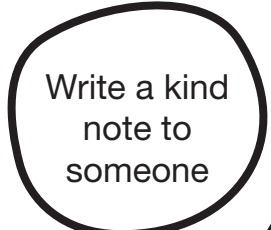

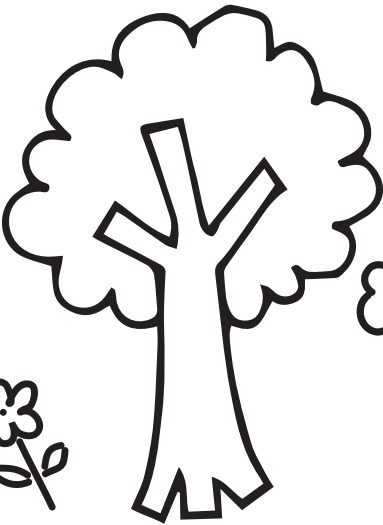
Make a cosy, quiet space in your house to chilllll outttt....

Play outside!




Spend time taking care of nature


# KEEP WELL AND LOOK AFTER OTHERS



Write a kind note to someone



Find some good quality clothes or blankets you don't fit into anymore and donate to Vinnies



Call a friend or family member