

# anthem KIDS

Top tips for being at home...

Make a plan!

Make a list of what you will do today and tick things off.



STAY CLEAN!



Get moving!

Do some exercise  
everyday

66 99

TALK chitter chatter  
FACETIME natter



Spent some time  
in your room

DO WHAT YOU LOVE!



HAVE FAMILY  
TIME

Play-talk-listen-sing-dance-joke

TAKE CARE WITH  
SCREEN TIME...  
TOO MUCH TIME  
ON SCREENS IS  
NOT GOOD FOR  
YOU

