SOCIAL DISTANCING

WHAT I CANNOT CONTROL
(\textit{So I can LET GO of these things})

- Limitations to hanging out with friends
- How others feel
- Future Impacts of COVID
- What school assignments others are doing
- How long this will last

WHAT I CAN CONTROL

- Finding fun things to do at home
- Staying connected in a safe way
- Social Distancing guidelines
- Changing my expectations
- Completing school assignments
- Setting a routine
- Asking for help when needed
- My reactions & positive attitude
- How others follow social distancing guidelines

My reactions & positive attitude