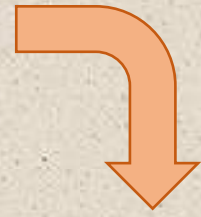


SOCIAL DISTANCING

WHAT I CANNOT CONTROL

(So I can LET GO of these things)



How others feel

What school assignments others are doing

Limitations to hanging out with friends

WHAT I CAN CONTROL



Future Impacts of COVID

Finding fun things to do at home

Changing my expectations

Setting a routine

How long this will last

Staying connected in a safe way

Completing school assignments

Asking for help when needed

Social Distancing guidelines

My reactions & positive attitude

How others follow social distancing guidelines

