

# Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Face coverings, pictiory and live zoo cams.



## Lockdown Lift Up's Lowdown on: Face Coverings

Welcome! This week the government announced that face coverings must be worn on all public transport and in hospitals (unless there is a specific reason not to). It is important to wear a face covering in busy places to help stop Covid-19 spreading. Some people will choose to wear their face masks in places like shops too. It makes people look a bit strange and it is very new to us in the UK, but in places like China it is very common to wear face masks when travelling through busy cities.



### How to guide:

- > The mask must cover your nose and mouth.
- > Wear a facemask on public transport (except school buses).
- > Wear a facemask in hospitals.
- > Try not to touch your mask once it is on.
- > Wash your mask when you get home.
- > You can take it off for a quick drink if needed.
- > You can make your own facemask or buy them.

### **Make your own....**

Use a search engine to find out how to make your own mask. You can even learn how to make one out of old  
**SOCKS!**

The BBC and Good to Know have some clear instructions.

### **Spotted: fab facemasks!**



# BOREDOM BUSTERS!

## KEEP ACTIVE

Try it before you miss it:

Joe Wicks is reducing his PE days to: Monday, Wednesday and Saturday



## ON THE WEB



AMAZING boredom busters here:

<https://diyprojectsforteens.com/>

## TO PASS THE TIME:

Don't forget lots of zoos have live cams. We love the panda cam at Edinburgh Zoo.



# Cosy Corner

Guess the Logo.



Your Say



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We would love to hear from you about what you are doing. Get in touch at:

[SENandInclusion@Peterborough.gov.uk](mailto:SENandInclusion@Peterborough.gov.uk)

\*Please Note: We cannot publish any photos that contain images of people.

Pictionary Round: Name that film....



LAST WEEKS ANSWERS:

What's that household item?  
Light bulb and Kitchen Tap

Name that Song:  
Ed Sheeran, Castle on the Hill

Word Pyramid:  
As, Ash, Mash, Shame, Thames