

Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Create a time capsule, Easter egg (picture) hunt and more!!

You are living history!

We may feel stuck at home at the moment. We might feel bored or sad that we can't see our friends. BUT we are living through history! How will YOU remember it? In years to come, children will study about the time of COVID 19. They will learn how rainbows were a sign of hope. They will hear how we stood at our doors and windows to clap the people who helped us all. You can be a part of what they remember by creating a time capsule

↪ Also, don't forget to turn over for this week's 'Boredom Busters', and a special Easter edition of 'Cosy Corner'.

Have a choc-tastic Easter and remember- staying in is the new way to be a hero!



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What can I put in a Time Capsule?

- Your art work
- List of Your dreams or goals
- About me pages
- Family Pictures
- Pet Pictures
- Local newspaper pages or clippings
- Current event worksheet
- A list of statistics from that day: gas/food prices, movies, artists, TV shows, etc
- A note to the child from you, for them to read when they are older
- Write down some fun family memories
- You could write a letter to Your future self
- Handprints or footprints
- Favorite family recipes
- A CD or DVD with video or pictures of your family

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BOREDOM BUSTERS!

KEEP ACTIVE:

Oti Mabuse from Strictly Come Dancing has [online dance tutorials](#) on her YouTube channel- get your groove on!



GAMING:

Check out the [Origin](#) sale for amazing deals on Sims, FIFA, Dead Space and Star Wars downloadable games

TO PASS THE TIME...

[PaperCutz](#) have free downloadable resources and comics available!



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How about creating a an Easter egg hunt with a difference by putting egg pictures into your window?

Create your own or use the free templates at <https://funsensoryplay.com/easter-egg-hunt-community-social-distancing/>

Your Say!



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We would love to hear from you about what you are doing.

Get in touch at:

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



EASTER
EGG
BUNNY
CHICK

HUNT
BASKET
BONNET
CHOCOLATE

C
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C
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