

# Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Lockdown Checklist, Boredom Busters, Cosy Corner, Your Say

## CONGRATULATIONS!

You have now completed 4 weeks of lockdown (almost a whole month!). This is no easy task so well done. You definitely deserve this message tweeted by our Prime Minister Boris Johnson:

THANK YOU  
THANK YOU  
THANK YOU

It is important that you continue to be a hero- watch this cool [Lego video](#) to remind you how!











So, how have you been spending your time? How many things from our 'Lockdown Checklist' have you managed to do over the past 4 weeks?

As always, don't forget to turn over for this week's 'Boredom Busters', and 'Cosy Corner'.



### Checklist

- \_\_\_\_\_
- \_\_\_\_\_
- Drawn/painted/coloured a rainbow to display in your window 
- Stood at your door/window on a Thursday to clap for carers  
- Washed your hands (whilst singing happy birthday) too many times to count 
- Talked with friends and family using FaceTime, Skype, Zoom or Houseparty 
- Learnt a new skill 
- Completed a Joe Wicks PE session 
- Watched a Daily Briefing from the government 

# B O R E D O M B U S T E R S !

## KEEP ACTIVE:

If you haven't tried it yet, check out PE lessons with Joe Wicks on [YouTube](#)



## Harry Potter

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## GAMING:

[Hogwarts is Here](#) is an online social network for Harry Potter fans with forums and games.

## TO PASS THE TIME...

[NASA](#) are offering lots of free activities: DIY projects, colouring sheets, online games and puzzles!



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## Cosy Corner

This week we thought we'd try something a bit different- an Emoji Quiz 😎  
Can **you** figure out the **5 TV shows** below from the emoji clues?  
Answers will be in next week's Lockdown Lift Up!!

## Your Say!



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We would love to hear from you about what you are doing and what you think of the newsletter!

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.

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