

Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Meet up checklist, word wheel and cake in a mug!

Welcome back, hopefully you all had a relaxing, sun-filled half term! This week, the government has eased some more of the restrictions for lockdown. This issue of Lockdown Lift Up is a quick no-nonsense review of what's occurring.

REMEMBER: just because we can meet more people, it doesn't mean that we have to. We must all take it at our own pace and be guided by those that know us best.

Meeting family and friends
A quick glance...

Up to **six** people
Handwash regularly.
Outside only, this can include sport or sitting in someone's garden.
Two metres apart, that's as far as two people stretching their arms out without touching.



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Alternative ways to greet someone.



The casual raise of the hand



The finger point and wink



The classic thumbs up



The enthusiastic wave and "hi"



It is absolutely OK to politely ask someone to step back a little if you feel they are too close.

Meet up checklist

- ✓ Picnic blanket (just for you to help you to keep your distance!)
- ✓ Your own snacks and sweets (no need to share!)
- ✓ Your own drink and/or a cup
- ✓ Your own plate and cutlery
- ✓ Hand sanitiser and tissues
- ✓ Sunscreen and shades
- ✓ Exact money or card
- ✓ A mask if you want to wear one.

Remember:
You must stay 2 metres apart, that means it is difficult to show other people images on your phone. Instead, share info like that using relevant apps/bluetooth etc!

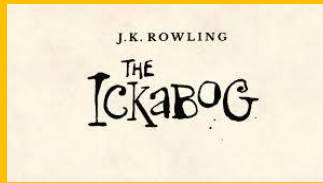
BOREDOM BUSTERS!

KEEP ACTIVE

If you like walking but need a bit of inspiration try downloading the 'Map My Walk' app. People map out their walk for other people to try - why not add one of your own for other people!



ON THE WEB



JK Rowling's new book Ickabog is being released chapter by chapter online at:

<https://www.theickabog.com/home/>

TO PASS THE TIME:

Have you tried making a cake in a mug?

<https://www.bbcgoodfood.com/recipes/microwave-mug-cake>



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Your Say



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We would love to hear from you about what you have noticed is changing.

How are things different for you now?

Do you have any questions about it all?

Get in touch at:

SENandInclusion@Peterborough.gov.uk

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

Cosy Corner

Word Wheel

How many words can you find of 3 letters or more, no plurals.

Can you find the 9 letter word?

