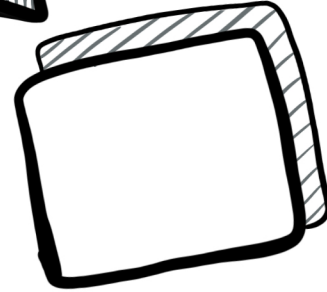




**YOUTH
FOR CHRIST**

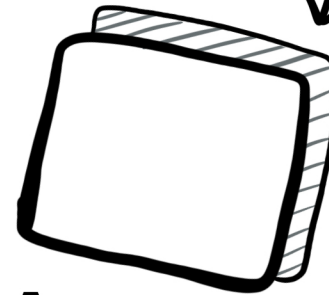
HOW TO HELP THOSE IN YOUR HOME THROUGH LOCKDOWN

Life feels odd right now and lockdown is a weird situation. You might feel great or you might not feel too great at all about it. But...we think you've got something to offer others & a role to play in your home. Take a moment to reflect on lockdown & make a difference.



A highlight
of lockdown

A lowlight
of lockdown



How've they been doing
during lockdown?

Write down everyone in your
home here.

BE A...

LIFE BETTER-ER*

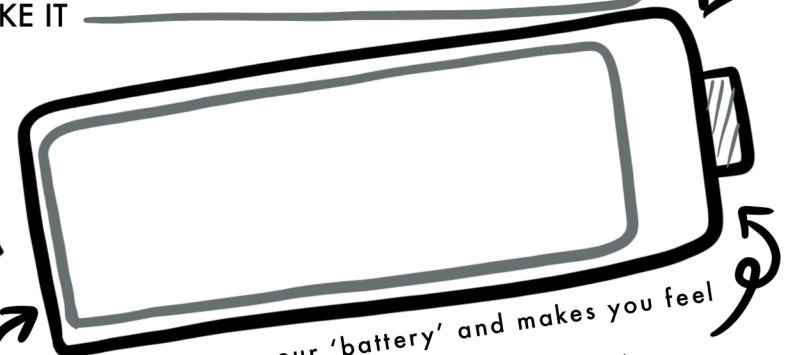
DEFINITION : SOMEONE WHO MAKES OTHERS LIVES BETTER THROUGH SIMPLE ACTS THAT MAKE A BIG DIFFERENCE

*NO IT'S NOT A REAL WORD, BUT WE LIKE IT

SELF-CARE ISN'T SELFISH

...the better we look after ourselves, the better we can look out for others. Taking the time to care for our minds and bodies, and doing things we enjoy is important. We're much more likely to help others we'll if we're in a good place ourselves.

Take a minute to think about looking after yourself.



What charges your 'battery' and makes you feel happy?
Eg. Taking the dog on a walk, painting, running...

✓ x
I get enough sleep
I drink plenty of water
I eat healthily
I exercise regularly
I get outside often
I connect with others

LIST OF HELPFULNESS

Why not help those in your home?
Fill in the list with ideas and tick them off as you do them.
We've done a couple to get you started.

- ☐ tidy up a mess that's not mine
- ☐ do the washing up/empty the dishwasher
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

YOU'VE GOT THE POWER

...to change the atmosphere in your home through your words and actions


IDEAS OF WAYS
TO MAKE MY
HOUSEHOLD SMILE


HOME MOOD TRACKER


COLOUR IN THE KEY BELOW
THEN TRACK THE MOOD
IN YOUR HOME FOR A WEEK


in what ways do you
contribute to the mood at
home?


MON	TUES	WED	THURS	FRI	SAT	SUN

 STRESSED

 CHILLED

 FUN

 BORING

 OTHER