



COMMITMENT

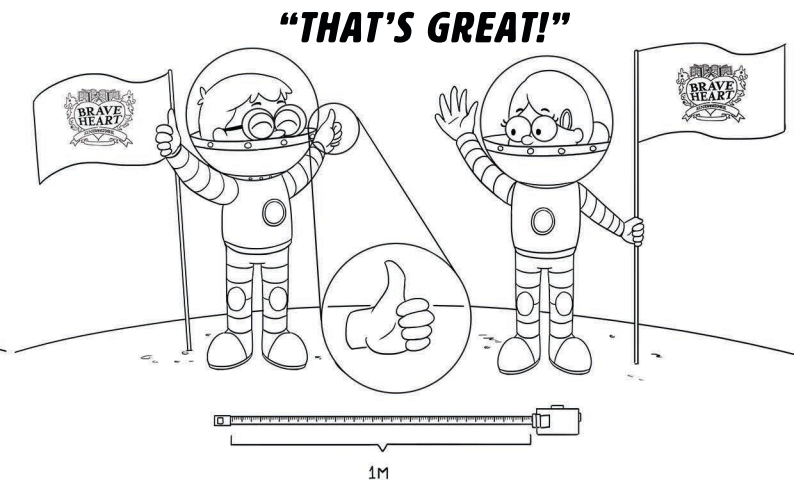
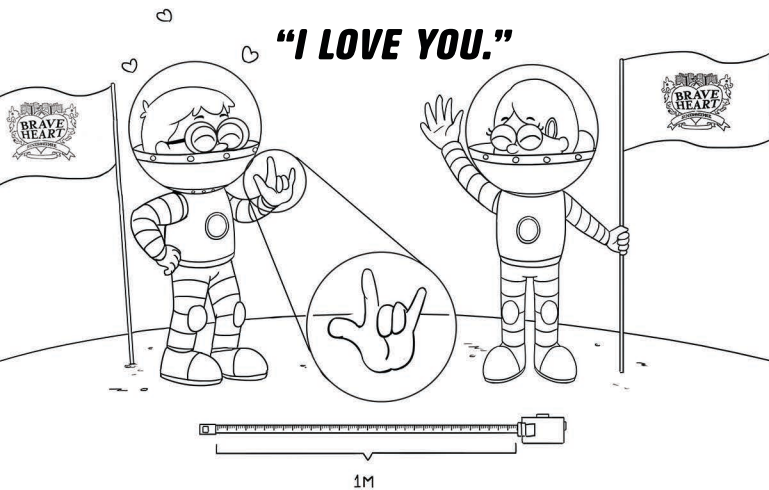
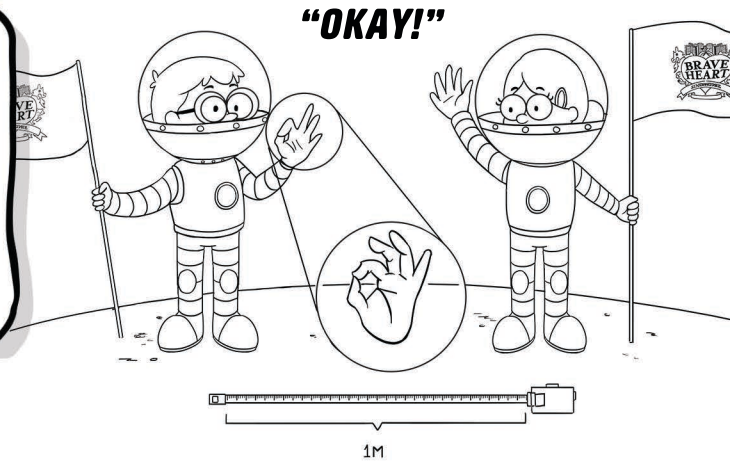
The world may feel like a very different place at the moment, but it doesn't mean we can't show care and tenderness.

ACTIVITY

Think about the friends and people in your life:

What do I miss being able to do?

What will I do instead?



Fill in the blanks with alternative ways to show friendship and care during this period, fill in your own ideas too!

1. I can't hug, so I will _____

2. I can't show my smile when wearing a mask, so I will _____

3. I can't _____, so I will _____

4. I can't _____, so I will _____

5. I can't _____, so I will _____

*I'm doing all of this,
because I want them to know _____*



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