Learning from home

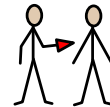A lot of children and young people are now learning from home again. This also happened last year in **2020**.
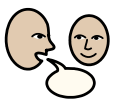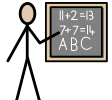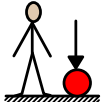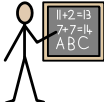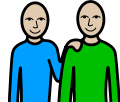
Watch the online video and use this to help you.

https://www.bbc.co.uk/newsround/51896156
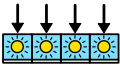
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1. Talk to a trusted adult, like a teacher or parent.

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2. Stay in touch with teachers and friends by joining the virtual sessions.

3

3. Do daily exercise.

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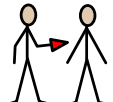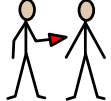4. Listen to trusted sources of information and ask a trusted adult if you are confused by any information.

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5. Follow the advise of hands, face and space.

6

6. Do not worry about things you cannot control.