









Going Outside

 Sometimes I  need to  go outside to  get some exercise. This  might be  going for a walk,







 going to the park,  going for a bike ride, or just  spending time in the garden with  my  family.


 The government have  said it is  safe to go outside and  exercise as  often as we  like




 each day.

 Lots of  my friends,  family and  teachers are  going outside to  exercise  every day.  I can

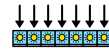
 do this  safely too.

 When I am outside,  away from  my home, it is  important to stay  2 metres apart from  other people,

 this is called social distancing.

 2 metres looks like  the length of a bed,  2 shopping trolleys put together, or

 2 regular park benches.



It is important to try and get out of the house every day to stay healthy.



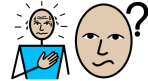
Going outside each day will help me to feel calm and happy, and help me to stay



fit and well.



I might feel anxious or unsure about being outside. It is okay to feel anxious or unsure



about being outside, lots of people feel this way.



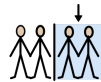
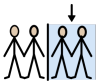
Someone from my family will be with me to help me feel okay.



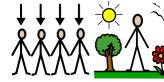
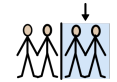
If I feel anxious or unsure, I might get upset - it is okay to feel this way. I can



ask to go home when I feel like this.



Other people know about social distancing too. They will try to keep their distance



from each other, and from me when we are all outside.



This will help everyone to stay safe and well.

