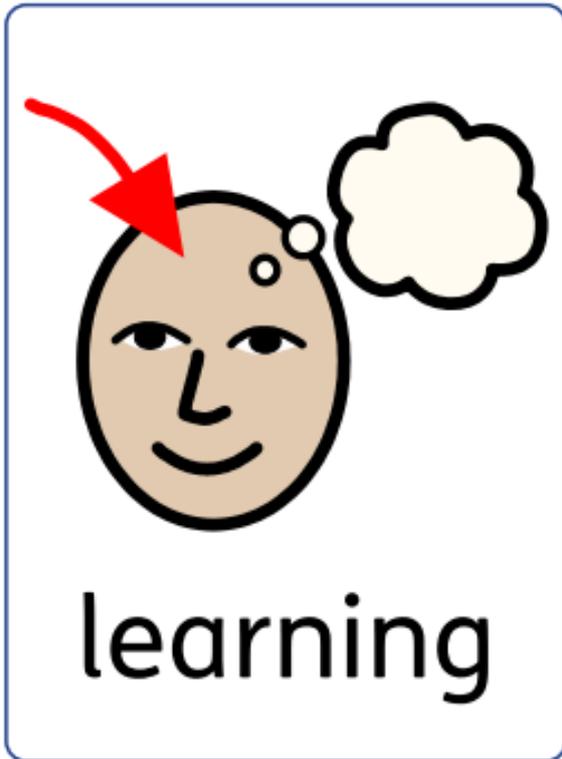
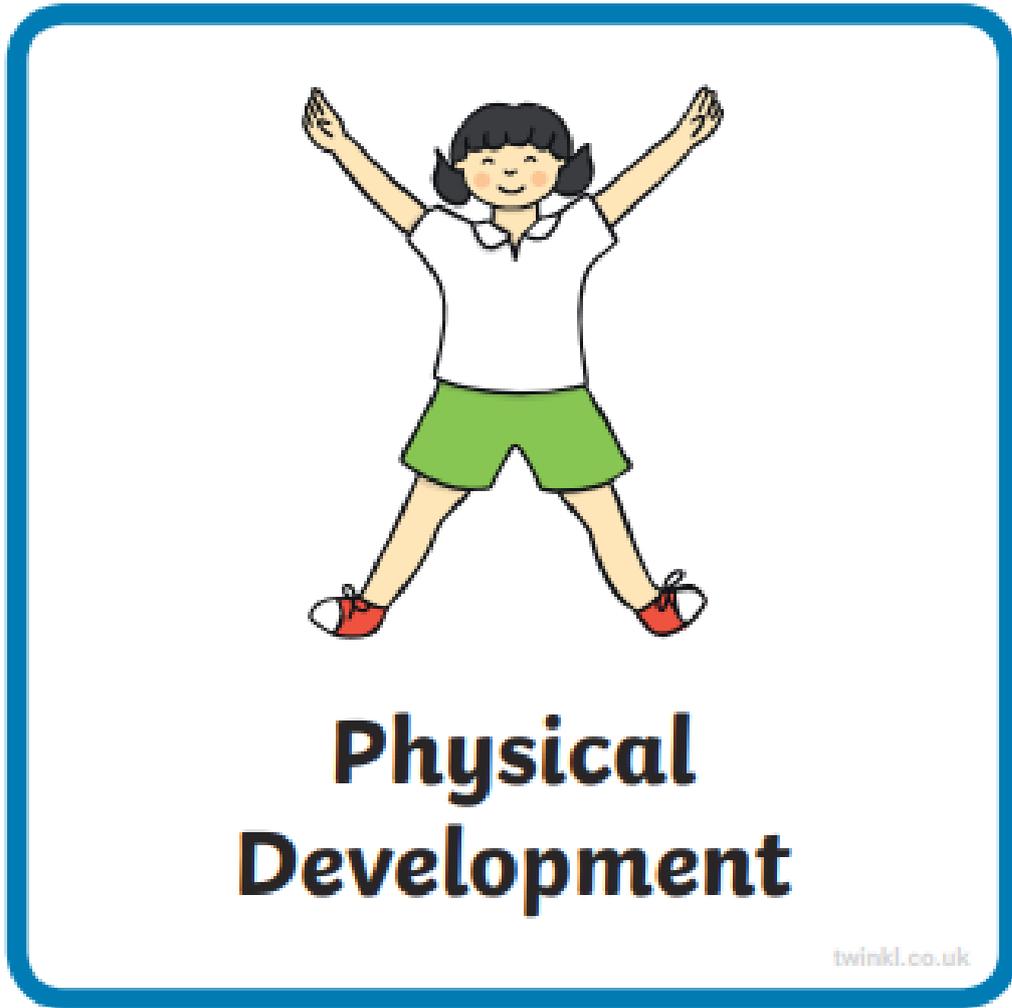




To help keep us
all safe from Coronavirus
Russell Lower School is
now closed to most
children.



My teacher has given my parents or carers some learning for me to do at home.



I still need to stay fit and healthy. To do this I should exercise every day.



garden

It is nice to play in
the garden
sometimes.

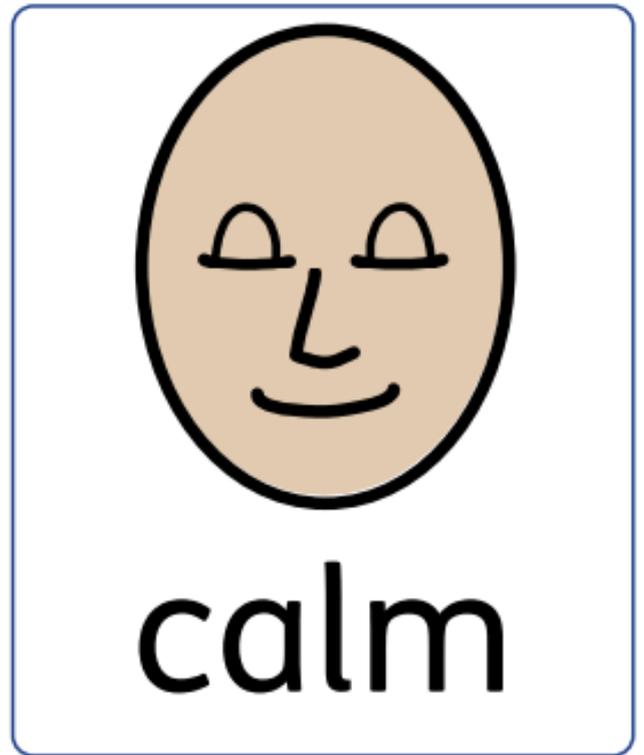
Walking



It is a good idea to go for a walk outside with my family once a day so that I can breathe the fresh air and get some exercise.



My parents or
carers will tell me
when it's time to
go back to school.



This change in my routine can feel tricky, I'll do my best to stay calm and have fun.