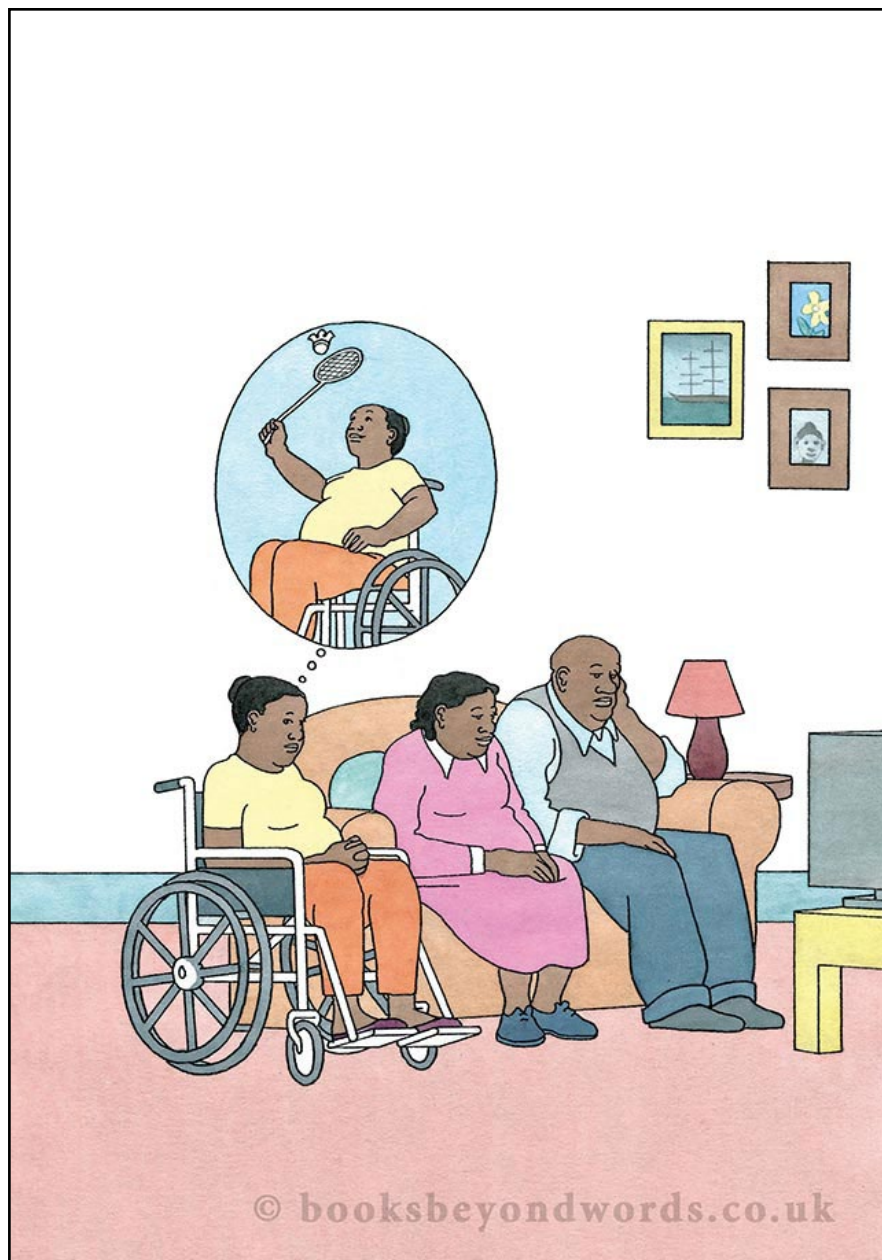
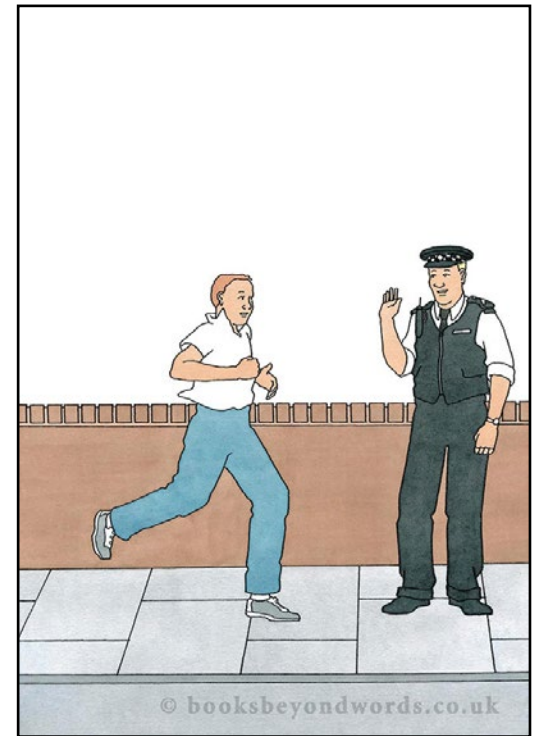


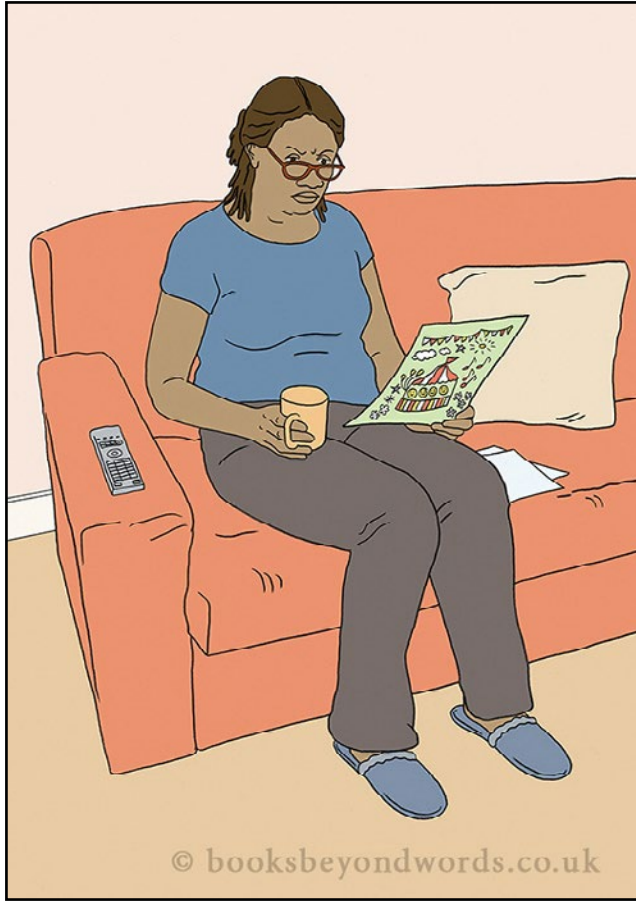
Good Days and Bad Days During Lockdown

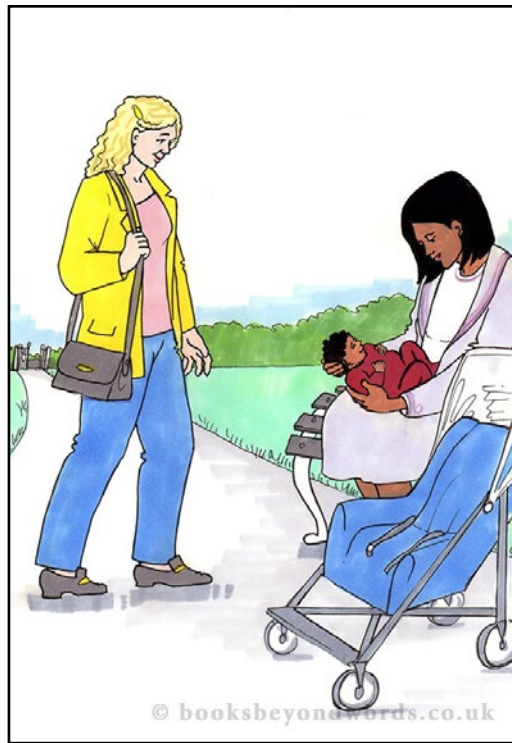


Having a bad day









Having a good day



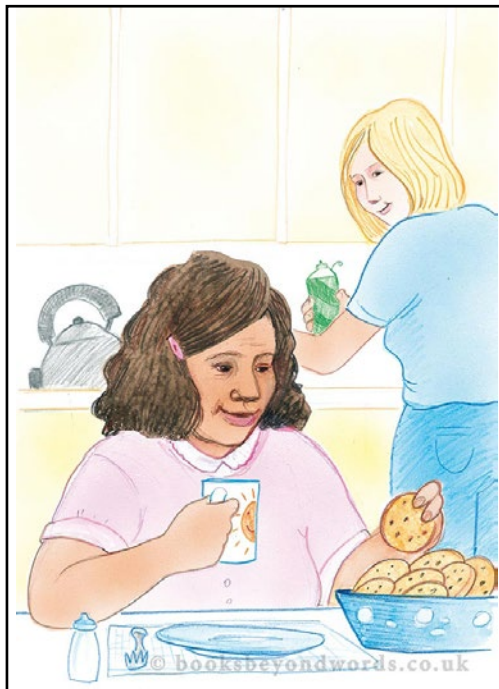
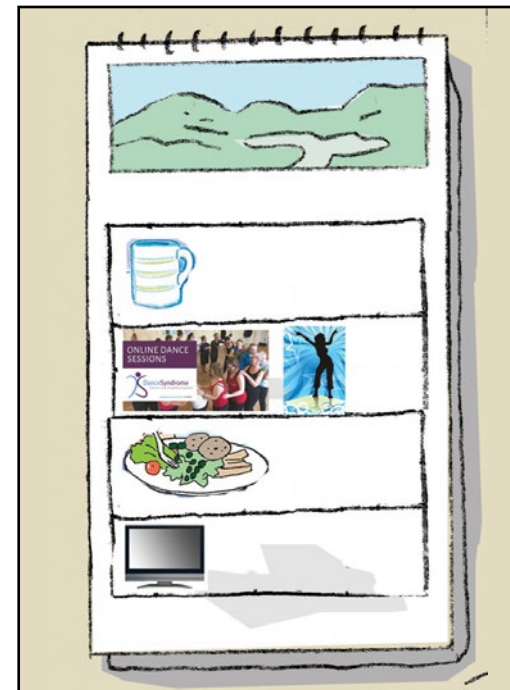
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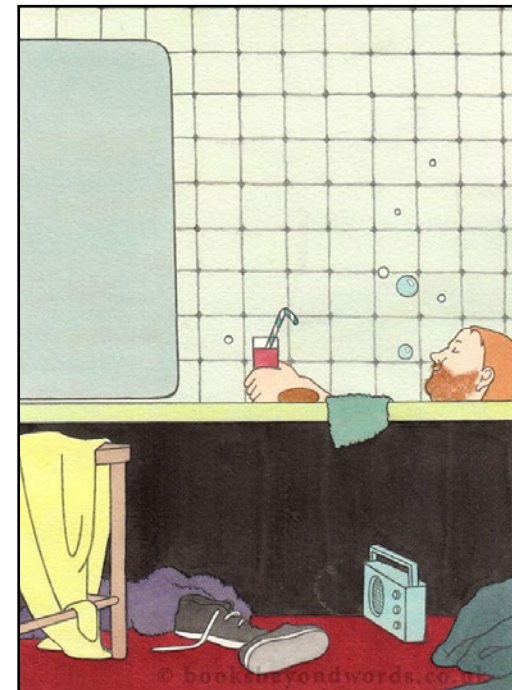
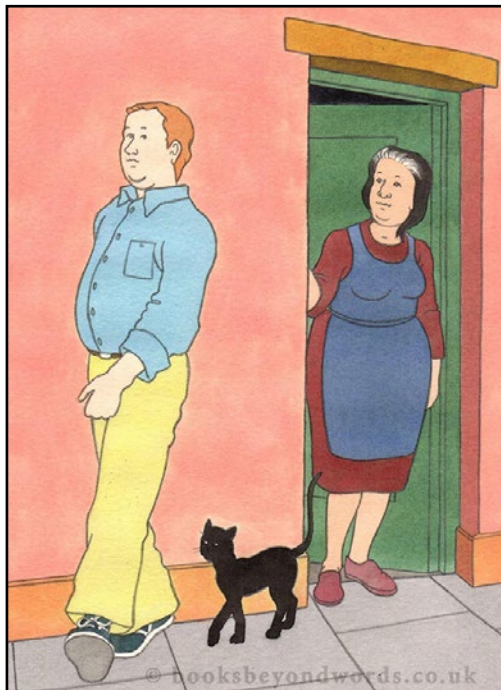
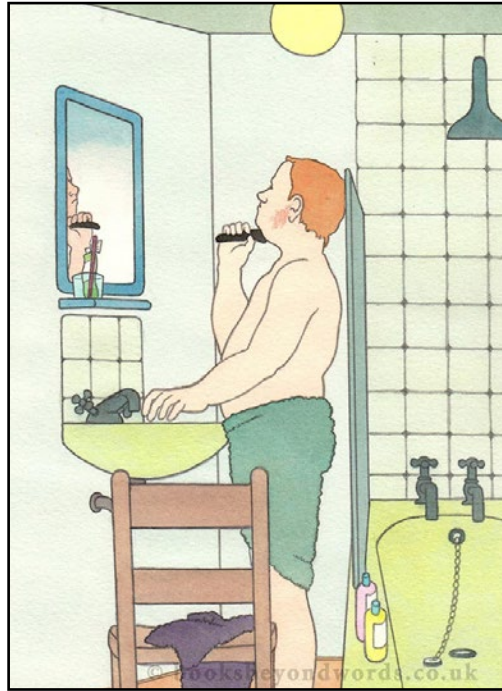
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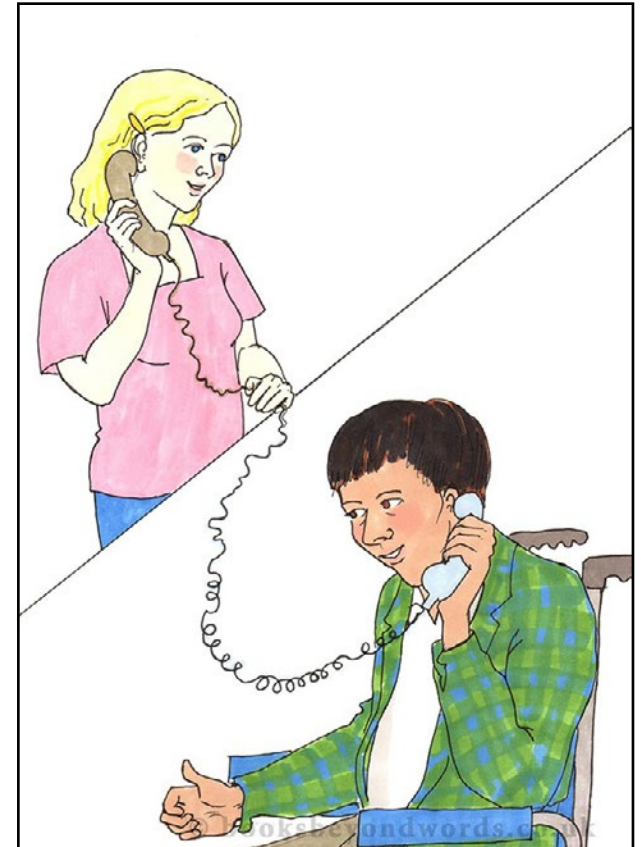
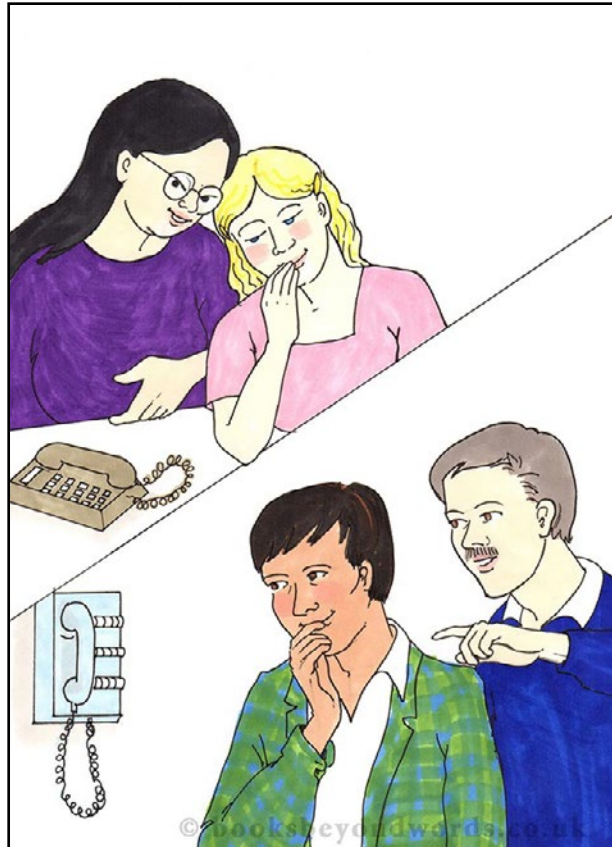
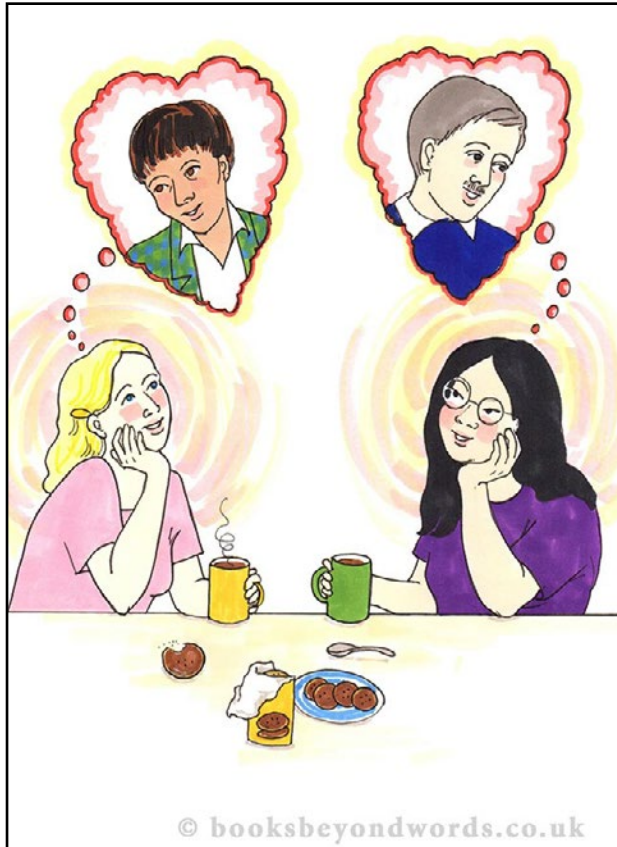


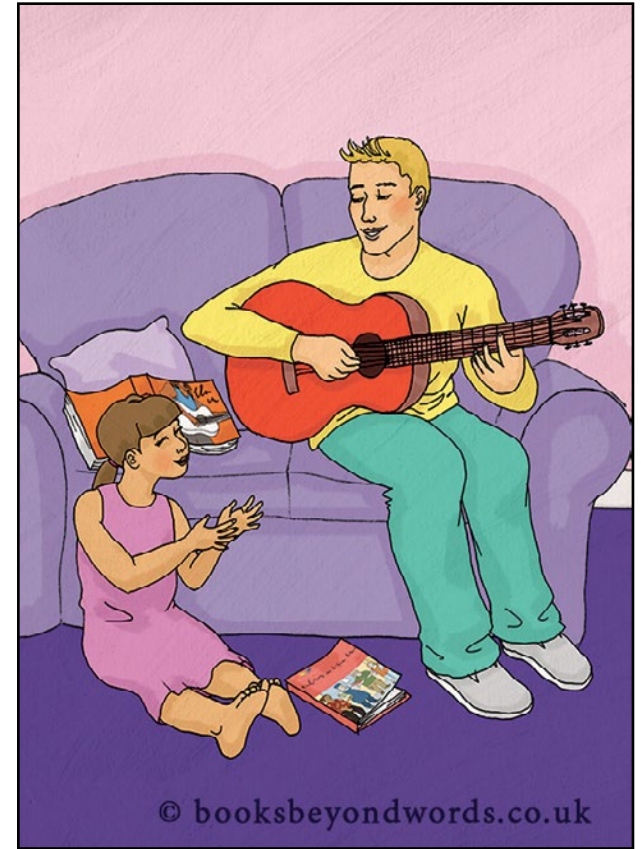
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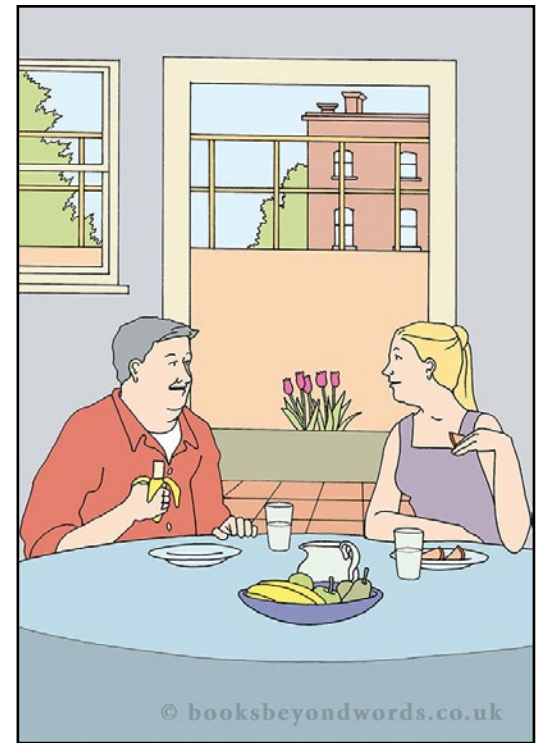


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Good Days and Bad Days During Lockdown

Having a bad day

1. Jasmine is bored – so are her Mum and Dad. They are watching TV but Jasmine wants to go out. She says, “I am going to play badminton.” Her parents say , “No!”
2. James smashes up his bedroom. He feels angry. He runs out of the house, but a friendly policeman stops him. He walks home with him and listens to him. James says, “I just need some exercise.”
3. Kali is fed up. She has a leaflet about a fair. She wants to go, but she can’t. She throws it in the bin.
4. Lisa goes for her daily walk. She says someone sitting down reading and goes to say hello. That’s not social distancing! The woman gets up quickly and rushes off. Lisa rings a friend when she gets home and talks about about how she feels.

Having a good day

1. Susie

Susie wakes after a good night's sleep. She looks forward to a day at home. She has some breakfast and then washes up. She looks at her timetable for the day – she loves dancing so the plan is to join in an online dance class (like the ones by [Dance Syndrome](#)!). It's time to relax with a cup of tea, chatting to her Mum, then she watches some TV. Susie has a relaxing bath ready for bed. She has eaten well, had some exercise, learnt something new and done ordinary everyday things. Importantly she helped her Mum/ carer in the kitchen and had time for a chat.

2. George

George and his cat wake up. George gets washed and shaved. He helps Mum put his dirty clothes in the washing machine and she irons the clean clothes before he puts them on. George has planned his day – usually he goes running with his friends, but he must go for a walk on his own until lockdown ends. His mum waves goodbye and says, "Don't get close to anyone – see you soon." George has a relaxing bath before bed.

3. Janet and Kim

Janet and Kim think about their boyfriends and keeping in touch with them. They decide to use the phone but they could use an online video app or a messaging app.

4. Phil

Phil reads a wordless book with his Mum. He loves music and teaches himself to play guitar. His sister claps along.

5. Fred

Fred and Louisa prepare and enjoy a meal together. Later, Fred gets some exercise in the garden.

These short stories show how to look after our mental health and wellbeing, and how important it is to be connected to other people and to belong.

The [**BELONG Manifesto**](#) reminds us of the six things we can do each day to keep well. Plan your day around these six things and help the people you care about to plan too. Some of the activities suggested in the manifesto aren't allowed during lockdown (like swimming and hugging), but there are still lots of other choices.

This is especially especially important during periods of isolation and lockdown, as being lonely can affect both mental and physical health. This might include being irritable, sad or angry or might lead to the person stopping communicating or neglecting healthy sleep, exercise, regular meal times or spending all the time playing games on a phone or computer or watching News.

**B**

Be active and be healthy - like eating well, dancing, swimming and joining in.

**E**

Enjoy our friends and family and show them we care.

**L**

Love ourselves and welcome the love and support of others. And if things go wrong say yes to help.

**O**

Ordinary things - like choosing where we live, and what we do and share.

**N**

New things to make our lives more interesting - like drama, drawing, singing and sharing stories - with the support we need.

**G**

Give something nice - like our time, our work or a hug everyday.

The Books Beyond Words series

All our stories are available as paperbacks and ebooks, so you can read them wherever you are. Here are some stories you might enjoy while you're staying at home:

[Belonging](#) (2018) Sheila Hollins, Valerie Sinason and Access All Areas artists, illustrated by Lucy Bergonzi. Kali is lonely. She has no real friends and no reason

to leave the house to socialise; community activities seem remote and pointless to her. When things go wrong, Kali finds herself in a position to help Stefan, another vulnerable and lonely person. In the aftermath, they forge a friendship and begin to find themselves in the centre of a community where they feel they belong.

[Speaking Up for Myself](#) (reprinted 2017) by Sheila Hollins, Jackie Downer, Linnett Farquarson and Oyepeju Raji, illustrated by Lisa Kopper. Having an intellectual disability and being from an ethnic minority group can make it hard to get good services. Natalie learns to fix problems by being assertive and getting help from someone she trusts.

[Making Friends](#) and [Hug Me, Touch Me](#) (both 2015, 2nd edition) by Sheila Hollins and Terry Roth, illustrated by Beth Webb. These books tell the stories of Neil and Janet who want to get to know new people but go about it in the wrong way. The stories tell how they learn when you can and can't touch other people.

[The Drama Group](#) (2015) by Hugh Grant, Sheila Hollins and Nigel Hollins, illustrated by Lisa Kopper. Dean goes to the theatre with his family. He enjoys it so much his friend James encourages him to go to a drama group. He's very nervous and finds it hard to join in at first. But once he gets to know people he has a really good time, doing both backstage roles and acting.

[Falling in Love](#) (1999) by Sheila Hollins, Wendy Perez and Adam Abdelnoor, illustrated by Beth Webb. This story follows the relationship between Mike and Janet from their first date through to deciding to become engaged to be married.

A New Home in the Community (2015, 2nd edition) by Sheila Hollins and Deborah Hutchinson, illustrated by Beth Webb. Simon has to leave his long-stay hospital for a group home where he soon discovers that his new friends are there to help. This book is designed to help people with intellectual disabilities make a happy transition to a new home.

George Gets Smart (2001) by Sheila Hollins, Margaret Flynn and Philippa Russell, illustrated by Catherine Brighton. George's life changes when he learns how to keep clean and smart. People no longer avoid being with him and he enjoys the company of his work mates and friends.

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