

# Letting Go & Future Plans

You will need:



There are lots of things that we haven't been able to do due to coronavirus – see friends, hug a grandparent, go shopping or visit a favourite café.

Use our activities to encourage your child to accept and let go of the things they missed out on due to the lockdown, and to look forward to things they can do in the future.

## Things I've missed out on - Letting go

Talk to your child about things they couldn't do during lockdown. They can write or draw each item on a small piece of paper. Ask them how they feel about each thing they've missed. We can't change this situation, so we need to accept that those events are gone for ever. One by one, scrunch up the pieces of paper and throw them away, letting them go for good.



## Things I am looking forward to - Future plans

Encourage children to make a list or draw pictures of things they are looking forward to doing in the near future. Stick this on the fridge to remind them of good things coming up. They can add new things at any time.

