



# Kick Out Those Lockdown Blues



- Seven weeks of Lockdown making me feel Blue



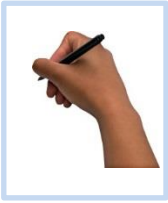
- I know that staying in is the right thing to do  
But ...



- Then I had a thought



- Have I learnt anything new?



- Make a list of new things:



- I have made new friends on Zoom



- I have baked a cake



- From a quiz I learned that there are 50 stars on the American flag



- I have found some great new shows on TV



- I can sing all the words to a Freddie Mercury Queen song



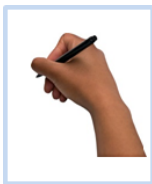
- On a walk near home I saw bluebells



- What else?
- Massage and Yoga



- What new things have you learned



- Make a list