

## A School Chaplaincy's down-to-earth lockdown tips for students

**Pray, be kind, be imaginative, be positive!**



1. Pray to Our Lady, Help of Christians and St. John Bosco. They understand difficult times and can help you through. If you need to make a list of who to pray for, here are some to choose from: doctors and nurses; NHS workers; carers; ambulance workers; hospital taxi drivers; shop workers; the post Office workers; scientists who are working to find a vaccine; teachers; your families; YOU! ... and anyone else who needs our support.
2. Don't moan – we're all in the same boat!
3. Help your parents. If they like a cup of tea, a meal - whatever - when they come home, make sure it's there for them.
4. If you can't do your hair as you want – who cares? We're all adapting and looking forwards to new hairstyles in the future.
5. If you run out of shower gel or make-up, don't moan or hide away – use soap or moisturiser if you have any.
6. If you miss running about, playing football or netball, get a group of friends on Skype and work out a routine together.
7. Do your schoolwork! It keeps you in touch with school and saves time when you are working towards next year.
8. Clap on Thursday nights and keep on clapping.
9. Don't misuse social media: there are sufficient idiots doing this.
10. Above all, DO NOTHING that harms you or anyone else!

God Bless You all!  
We WILL meet again.

Mrs Fort, Savio Salesian College Chaplaincy Team