

Virtual Messages

Many older people are having to stay inside to keep them safe and older people living in care homes aren't allowed visitors at the moment. But we can still remain connected to those we care about. Here's an activity you can do to make those you care about smile.

What you'll need:

- A device with a camera (ask your grown up at home to film you)
- Paper
- Felt-tip pens or anything you have at home to write with.

Instructions

- Write some kind messages or draw your best picture for the people you love on A4 paper. You can use felt-tips, colour pencils or anything else you have in the house.
- Once you have written your messages ask your grown-up to film you holding them one at a time.

Ask your adult to send your video to someone who you care about.

Please remember to think carefully about the information you share - only share what you want to share and ask an adult for permission

