

**LUCY ROBINS
SCHOOL
OF DANCE**

CARE PACKAGE

**BECAUSE WE CARE ABOUT
YOU AND WE WANT YOU
TO BE HAPPY DANCERS!**

HERE ARE SOME TOOLS, INFO, TIPS AND THINGS TO HELP YOU...

HOW TO USE THIS GUIDE:

1

QUOTE POSTER - PRINT IT OUT AND PUT IT SOMEWHERE WHERE YOU CAN LOOK AT IT OFTEN. REMEMBER THAT "THIS TOO SHALL PASS"

2

DAILY JOURNAL - USE THIS AS A TOOL FOR REFLECTING ON WHAT HAS HAPPENED IN YOUR DAY, CELEBRATE THE WINS AND LET GO OF THE THINGS THAT DIDN'T GO SO WELL.

3

COLOURING PAGES - USE THESE PAGES AS A GREAT TOOL FOR GETTING OFF SOCIAL MEDIA AND AS A BIT OF ART THERAPY, DOESN'T HAVE TO LOOK AMAZING, NOBODY NEED SEE IT, IT IS SIMPLY FOR YOU TO FOCUS THE MIND ON A SIMPLE TASK.

4

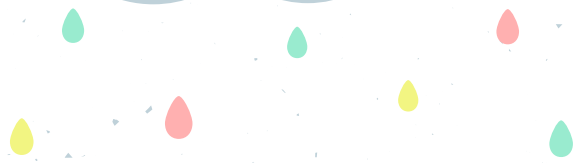
SELF CARE TIPS - STUFF TO DO WITHOUT YOUR PHONE. DRAW, DO A CRAFT, READ A BOOK, GO FOR A WALK...DO THINGS AWAY FROM SCREENS.

5

GET DANCING - CHALLENGE YOURSELF TO DO AT LEAST ONE THING A DAY THAT MAKES YOU HAPPY, DANCE REGULARLY EVEN IF IT IS JUST YOU JUMPING AROUND YOUR BEDROOM ALONE!

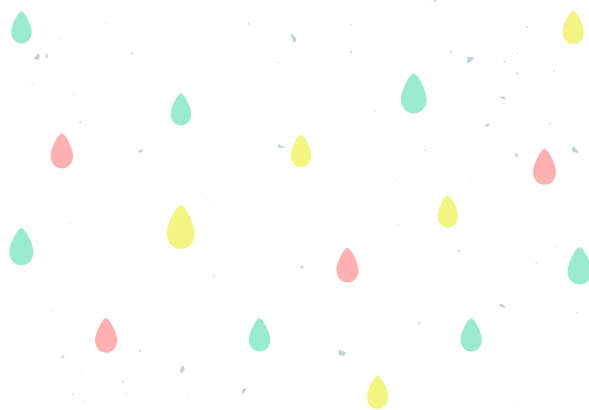
DIFFICULT ROADS
OFTEN LEAD TO
BEAUTIFUL
DESTINATIONS

LUCY ROBINS
SCHOOL
OF DANCE



if you want
the rainbow,

you gotta
put up with
the rain



MY DAILY JOURNAL

"IF YOU CAN DREAM IT, YOU CAN DO IT!"

Today I am going to enjoy:

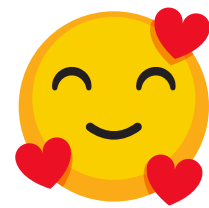
Three things I am grateful for:


-
-
-

Today I will do one thing that challenges me:

Today I will do one thing that excites me:

Today I feel:





THINK
HAPPY,
-BE-
HAPPY









SELF CARE TIPS

READ A BOOK

It's the best form of escapism! I have always really enjoyed reading and now you can also listen to some really good audio books.

GO FOR A WALK

Get out and go for a walk with the family, the dog... Just to get some fresh air and a clear head space.

TOP TIP: Don't take your phone with you, leave it behind.

YOGA AND MEDITATION

Find a quiet spot and sit in a seated position. Close your eyes and sit quietly for a few minutes. Do some stretches - nose to toes in butterfly legs - standing with feet apart and reach for the floor

TOP TIP: Get your dog or cat involved!

LISTEN TO MUSIC

Choose your music carefully though! Try and go for something that suits your mood. Look for something happy! Spotify do some great playlists to suit any mood.

TOP TIP: Look back at some old stuff, there are gems!

WRITE A DIARY

We have added a journal page to this guide but it can be more than that or less, even if it is just writing down your feelings sometimes that's enough. I also like to write things in a list format so I can get my thoughts in order.

TALK TO YOUR FRIENDS

But I don't mean in a text, I mean actually pick up the phone and talk. Doesn't have to be about anything special. Things written in a message sometimes get skewed.

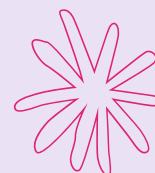
TOP TIP: Try and use free apps to do it rather than creating a huge phone bill...



IMPORTANT!

2021 CHECKLIST

SELF ACCEPTANCE



USE YOUR POTENTIAL

MINDFULNESS & YOGA

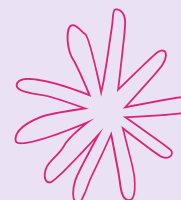


GET ORGANISED

DRESS TO IMPRESS

TALK TO A FRIEND

RELAX MORE



BIGGEST TIP OF ALL...



LIKE NOBODY'S WATCHING

DANCE AS MUCH AS YOU CAN, WHEN YOU CAN...

Get dancing - challenge yourself to do at least one thing a day that makes you happy, dance regularly even if it is just you jumping around your bedroom alone! Don't dance to record yourself for social media, don't try and follow a routine even, just dance for FUN.

THANK YOU FOR READING THIS

If you've got this far in reading this, thank you and I really hope it helps. Remember that this will all pass and we will be able to dance together soon. Please try and be kind, stay active and keep talking about how you are feeling. A problem shared is a problem halved.

Take care
Lucy and the LRSD Team x