



**KEEP
CALM**

**WITH
KINGSLEY**



Hi everybody! Everyone at Partick Thistle Family Club hopes that you are safe and well. Just like you, we are all staying at home and hope it won't be too long before we are back at Firhill supporting the Jags!

KEEPING SAFE AND WELL

Things might feel a bit scary at the moment, but remember, it will not last forever. The coronavirus is also called Covid-19 and can cause some people to become unwell, but not everybody. Find out more about the coronavirus by asking an adult to click on this link to watch a short video:

[**My name is coronavirus**](#)

Here are some things you can do to help:

- Wash your hands with warm soapy water often, especially after being outside
- Social distancing – this means keeping 2 metres (about the same length as an adult bed) away from people who do not live in your house
- Eat a healthy diet and drink plenty of water



KEEPING ACTIVE

Most people are allowed to go out once a day to exercise. Here are some fun things you can do to keep fit and active:

- Take a walk or bike ride with the people who live in your house
- Dance to your favourite music
- Learn to skip or use a hula hoop
- For lots of other ideas, ask an adult to click on this link: [**imoves**](#)

KEEPING CALM

When things change, it can make you feel anxious and worried. It's OK to be a little scared just now. If that happens, it is always best to talk to an adult and ask for their help. Try some of these things to make you feel calm again:

- Take a big deep breath, hold it for a moment and then breathe out slowly. Repeat this 4 times.
- Be creative – draw, colour in, or just doodle!
- Read a book or do a jigsaw
- For lots of free activities, ask an adult to click on this link: [**Activity Village**](#)

KINGSLEY CHALLENGE
make a model of me out of Lego, Play-Doh or anything else you have in the house!

WE ARE ALL PART OF THE THISTLE FAMILY



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