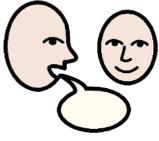


Self Isolation Plan

Activities that will help me whilst in self isolation



Talk to staff about my care, progress, for reassurance



Writing using the chalk board or crayons (I can write if I don't feel like talking)

Listen to Heart or Radio 1 Extra on the radio



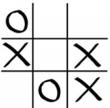
Listen to my rap music CD's



Watch Youtube or a film (using staff iPad or portable DVD player through window if available)



Play games with staff (use the shower pens to write on the window e.g. noughts and crosses)



Colouring in



Hit the mattress (I like to stand my mattress up so I can punch it, this helps me to release my anger without hurting myself)



Exercises (using print outs)

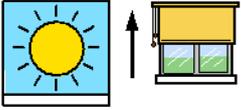


Relax and sleep

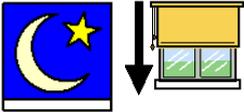


Self Isolation Plan

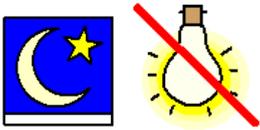
How the environment can help me in self isolation.



Please ask me if I want the **blinds up or down**. During the **day** I often like the **blinds up**



At **night** I would like the **blinds closed**



I like the **lights off at night**



I like to be **warm enough** so I can relax and sleep



I like **warm food**