

CREATED BY GIRLS, FOR GIRLS

# GUIDING, IN YOUR POCKET!



## WEEKLY CHALLENGE

### Set a routine

What else can you do to prepare yourself for spending more time at home? How can you keep yourself healthy, happy, and well?

Set up a home routine and stick to it for a couple of days – then review it and change what didn't work. Remember to include some time outside in your front or back garden if you have one!

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