

# The Lift Up

THE HALF-TERMLY NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS EDITION: Things I can control, New Year's Resolutions, film quiz!

Welcome! A new year and a fresh new lockdown... we did it once, we can do it again!

With so much uncertainty around, recognising what is within our control and what isn't is so important. Check out the list below and try putting all those things out of your control out of your mind (writing them onto a piece of paper, screwing them up and then throwing them in the bin can help!).

## Things I can control

Talking to my teachers/tutors to ask for help with work if needed.

How much I watch the news/access social media.

Having positive people/social media/books/TV around.

Taking time each day to do the things that I enjoy.

Doing exercise and other cheerful activities in my day.



## Things I cannot control

Decisions made by the government or by schools.

Rules created by others to keep us safe.

What is happening in the world now.

What the future holds.

What other people do or don't do.

Other people's views and feelings.

# BOREDOM BUSTERS!

## KEEP ACTIVE



## ON THE WEB

Intriguing clips of just about anything!

<https://thekidshouldsee.com/>



## TO PASS THE TIME:



Try the three book S.T.A.G series by MA Bennet: S.T.A.G.S, D.O.G.S and F.O.X.E.S

## Cosy Corner

#NYResolutions #New Hobbies  
#Challenge yourself!

A new year is a good time to set yourself a new challenge – check out some of these ideas!



Decide on a distance for February (10miles, 20...) – walk or run.



Learn to play an instrument



Read 3 new books by new authors



Set some time aside in the day to be 'mindful.'

## Your Say



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We would love to hear from you about what you are doing.  
Get in touch at:

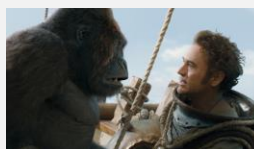
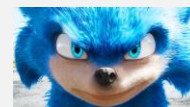
[SENandInclusion@Peterborough.gov.uk](mailto:SENandInclusion@Peterborough.gov.uk)

\*Please Note: We cannot publish any photos that contain images of people.

We also produce two other newsletters: 'I'm a Parent Get Me Out of Here' (for parents) and 'Cozy Crew' (for younger children) - all available on our local offer web page (Google 'Peterborough Local Offer').

**PETERBOROUGH**  
CITY COUNCIL  
Autism Advisory Teacher Service

## Guess the 2020 family films. Answers next time!



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