

# THE BIG 5

## 1. YOU ARE NOT ALONE

None of us have been here before and we are all a little afraid

## 2. KINDNESS WILL GET US THROUGH

A smile makes a huge difference

## 3. EMBRACE THE CHALLENGE

We will all learn something new

## 4. LOOK AFTER EACH OTHER

... and look after yourselves

## 5. YOU ARE STRONGER THAN YOU THINK

We can TOTALLY do this!