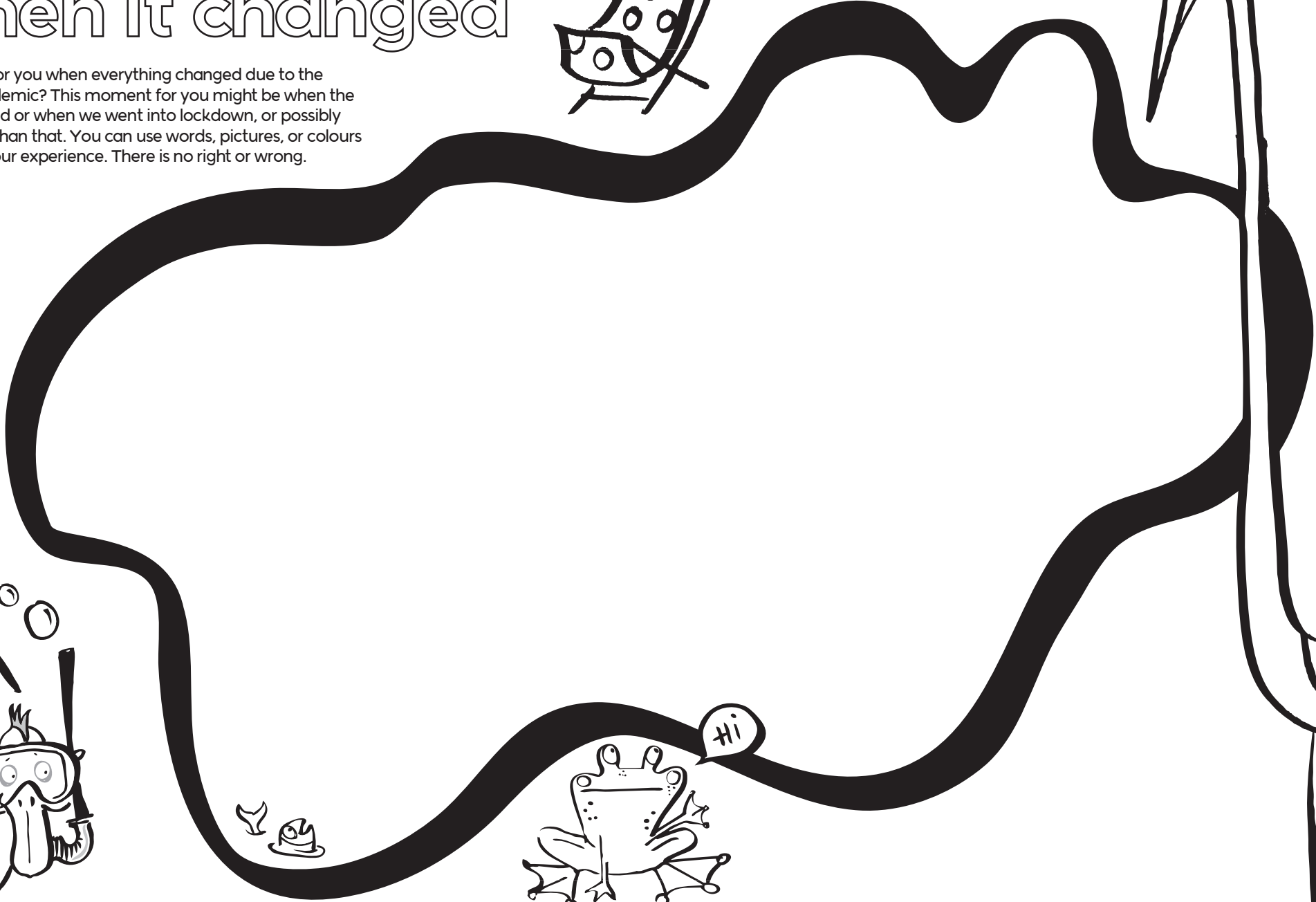
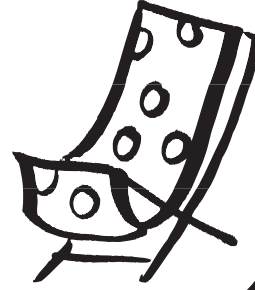


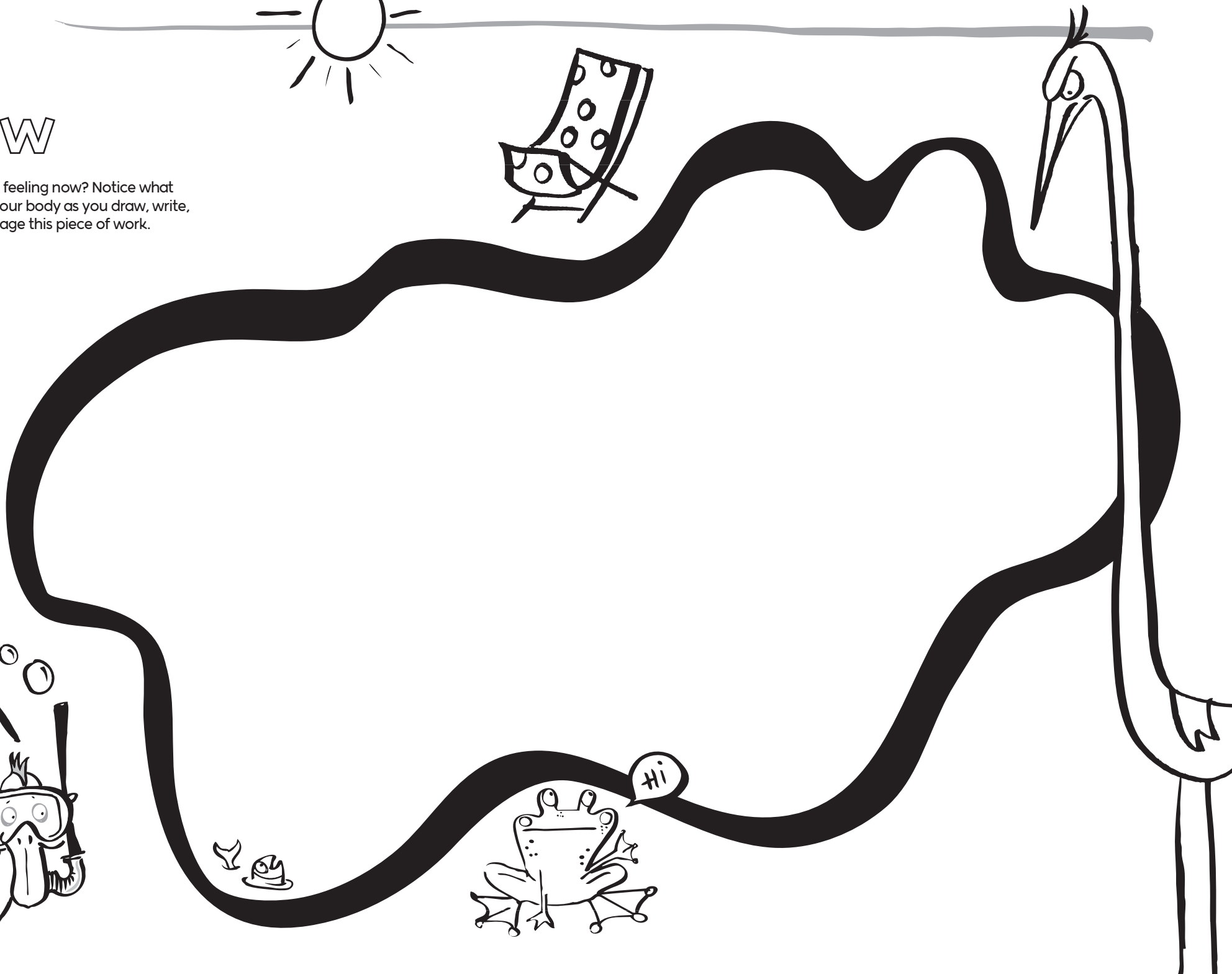
When it changed

How was it for you when everything changed due to the covid19 pandemic? This moment for you might be when the schools closed or when we went into lockdown, or possibly even earlier than that. You can use words, pictures, or colours to explore your experience. There is no right or wrong.



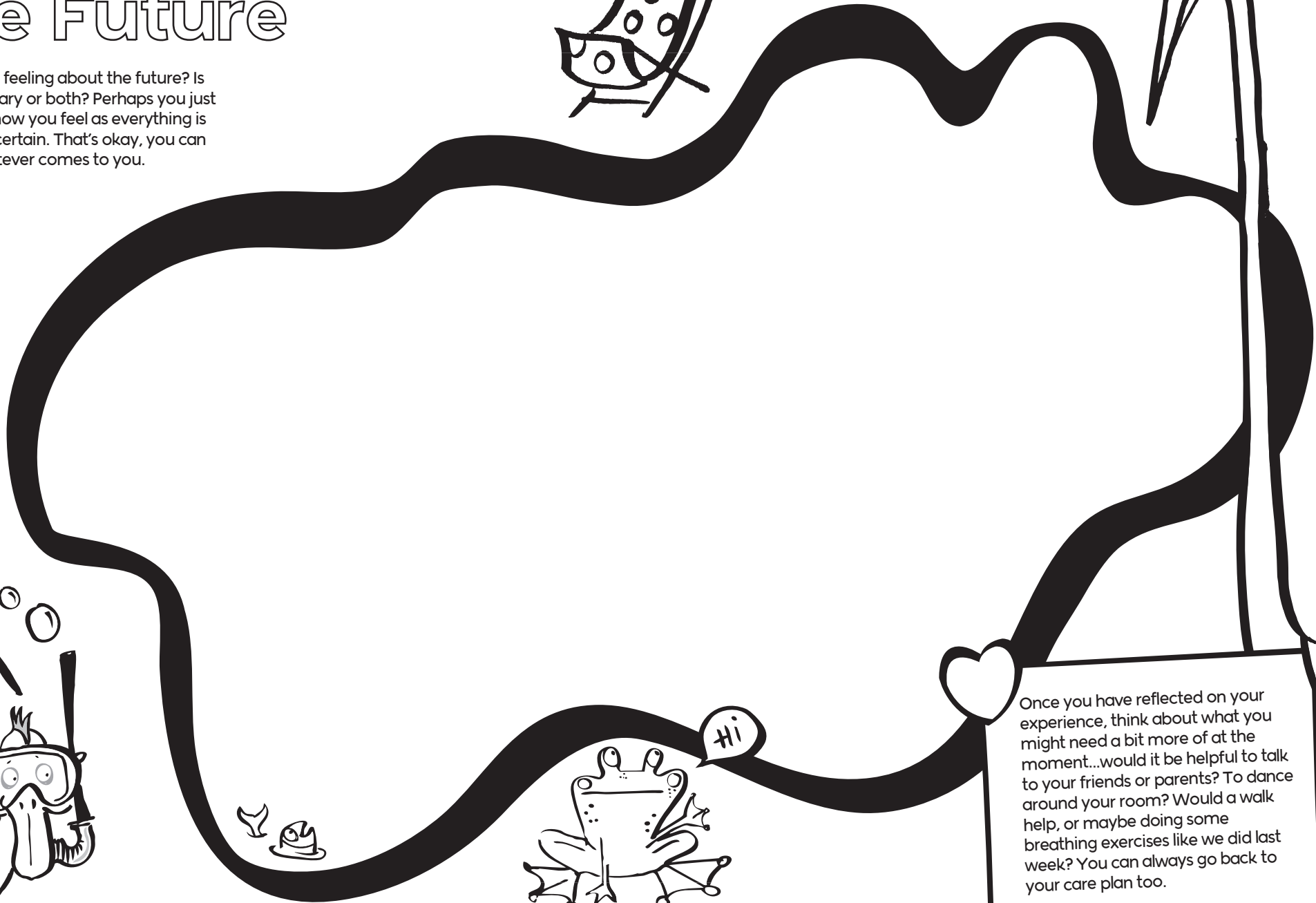
Now

How are you feeling now? Notice what happens in your body as you draw, write, colour or collage this piece of work.



The Future

How are you feeling about the future? Is it hopeful, scary or both? Perhaps you just don't know how you feel as everything is still quite uncertain. That's okay, you can explore whatever comes to you.



Once you have reflected on your experience, think about what you might need a bit more of at the moment...would it be helpful to talk to your friends or parents? To dance around your room? Would a walk help, or maybe doing some breathing exercises like we did last week? You can always go back to your care plan too.