

The way it was/ The way it is

BEFORE:

NOW:

Is there anything you enjoyed more during corona?_____

Is there anything you really don't like during corona?_____

Even if you can't fix it, what can you do to make it a little bit better now?

POSITIVE ACTIVITIES that make me happy

Cut out all the cards and sort them into groups of activities that you like the most.
Which ones makes you feel accomplished? Which ones do you not enjoy?

READING
A
BOOK



ORGANIZING
MY
ROOM



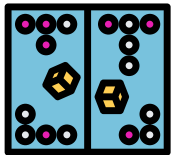
RIDING
MY
BIKE



WRITING
IN MY
JOURNAL



PLAYING
A
GAME



TALKING
TO
FRIENDS



DRAWING
OR
COLORING



CLEANING
MY
HOUSE



USING
MY
IMAGINATION



LISTENING
TO
MUSIC



COOKING
OR
BAKING



DANCING

