





**Part 2: Writing Prompt**

**Please include your name on this one. I will also share this online as a Google Form.**

**Name:** \_\_\_\_\_

**During difficult, or unexpected times it is important to reflect. I would like you to respond to the following prompts as a way to reflect on the last few weeks.**

- 1. What have you been up to? Examples: What activities have you been doing?, Have you been able to spend more time with someone close to you? Have you been working?, etc...**

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- 2. How have you been handling the current situation? Have you been enjoying the time, have you been stressed/worried, or somewhere in the middle?**

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