

Name: _____

Period: _____

Social Distance Self-Care Prompts

(This is an optional activity, not graded.)

Directions: This is an optional activity to complete while school is closed due to COVID-19. Journaling relieves stress, boosts memory, inspires creativity, and allows for self-reflection. How are you coping with social distancing during the Bay Area's shelter-in-place (aka: shutdown)? Feel free to type your responses into this doc by answering some or all of the below questions.

1. What strategies are you implementing to take care of yourself during social distancing?
 - a. Physically: _____

 - b. Mentally/Emotionally: _____

 - c. Socially: _____

2. What do you find you are struggling with the most right now? _____

3. How have you attempted to maintain some sort of routine for yourself? _____

- Has your family attempted to maintain a routine? _____

4. What worries do you have about the Coronavirus (COVID-19)? _____

5. Who have you reached out to for support? Or to support? _____

6. How have you checked in with your family members/friends to see how they are handling the shutdown? _____

7. Is there anything you have been pleasantly surprised by during this time? If so, what?

8. What do you look forward to when the shutdown is over? _____

9. How do you think you will use this experience in the future? _____

10. Knowing that health, in general, has the power to create global shutdowns, how do you plan to support your health and the health of your family members in the future?

