

Therapeutic  asis

2020 COVID-19 TIME CAPSULE

MY FAMILY

WRITE DOWN THE NAMES OF THE FAMILY MEMBERS AND PETS WHO YOU HAVE BEEN IN QUARANTINE WITH

MAKE A LIST, DRAW A PICTURE, OR WRITE DOWN
YOUR FAVORITE QUARANTINE HOBBIES

A large white rectangular area intended for drawing or writing, set against a background of blue and green watercolor-style splashes.

My Favorites

FAVORITE MEMORIES

FAVORITE SONG

FAVORITE BOOK

FAVORITE MOVIE

HOW DID I PRACTICE SELF
CARE?

Challenges we faced

WRITE ABOUT YOUR PERSONAL CHALLENGES OR CHALLENGES YOUR FAMILY FACED DURING THIS TIME:

HERE IS HOW WE RESOLVED THOSE CHALLENGES:

FUTURE PLANS OR THINGS YOU WANT TO DO AFTER QUARANTINE

A large white rectangular area intended for writing future plans or things to do after quarantine. The area is completely blank, providing space for the user to write their responses.