

How have each of your family members been coping during this period?

Take turns to share your experiences, thoughts and emotions with your family, and discuss how you can plan your next steps as a family with the questions below:

(1a) What has changed over the past few weeks for our family?

(1b) What may change in the weeks to come?

(2) How do I feel about these changes?

(3) While things will change, what will stay the same for our family?

For example, 'we still care for each other' or 'we will still celebrate birthdays as a family'.

(4) What is 1 thing I can do to support and help my family during this period?

For example, what are some chores you can help parents with around the house or new fun family activities that you can do at home?

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