

It's time to use those goggles again!



Think of a situation during the COVID19 Pandemic that has impacted you.

Now put on your very own **Perspective Goggles** and describe how this situation can be a good thing or a chance to grow.

A large, stylized pair of goggles with three horizontal lines inside the lens area for writing.

Stress is a way we prepare ourselves for challenging situations!
Draw and describe a situation where you have had to prepare yourself for recently.



Resilience is the ability to adapt to change



Draw OR describe one thing in nature that is resilient.

Now draw OR describe how YOU have been resilient because of the Coronavirus.

