

HOW HAS LOCKDOWN BEEN FOR YOU ?

- This week as Lockdown restrictions are tightened again as the number of COVID cases rises, a chance to make an 'INFO GRAPHIC' of how you have found the last six months.
- This is for both grown ups and children to, maybe together as a family or individually.
- Use colour to reflect feelings and emotions.
- Use drawings / cartoons / photos whatever to highlight the good and the bad
- It might be big emotions, it might just be little things.
- As you do it, think and pray about our world, family, friends, church, activities we do or miss. Pray for ourselves too.
- It is also a way of thinking about what you might like to change in your life, things to do in the future and things you can leave behind.
- Pray too for all who are working to keep us all safe and connected to one another.
- If you would like please send pictures of your 'INFO GRAPHICS'. It is good to share!

LOCK
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Positives....

LOCK
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Negatives....