

Spiritual Journal:



Things to talk about at home linked to this question...

- Think about the things that make you happy. Can you make a list?
- Can you think of a time you've cheered someone else up, or a time someone cheered you up when you needed it, how did they do it?
- Why do you think people chose to take part in the celebration from their apartments?
- How do you think it made the healthcare workers on their way to work feel?

You can either just talk about these to someone at home or you could make a list or draw a picture.