



More? Less? The Same?

Start paying attention to new ways you are having to do things as a family because of the quarantine situation. After COVID-19 is better under control, what habits/routines/behaviors do you want to do more of, less of or keep the same in your lives?

Write down the activity and then check off if you want to do more of this when quarantine is over, less of it or you are happy with the level you're at now (same).



Action	More	Less	Same

