



Questions to ask during social distancing

What is something difficult for you during social distancing?

What is something you are enjoying about social distancing?

What worries are you having during this time?

What are you doing to manage your worries during this time?

What are you doing to stay healthy during this time?

What are you doing for exercise during this time?

What have been some benefits of having this time at home?

What have been some challenges of having this time at home?

What has been a new or fun activity during this time?

What tips do you have for others during this time?