

# Pre-Summer Check-In:

School is out and summer is here! Transitions are a natural time to pause as a family and reflect on what's gone well, what could be better, and what you'd like to change. Discuss expectations for what this summer will look like. Share disappointments as well as build excitement to the new memories you can create in-spite of COVID-19. Great things lie ahead!



## Looking back...

### Reflecting on COVID-19 so far...

What are you most proud of from COVID-19?

---

What memory have you enjoyed the most?

---

What has been your least favorite part of COVID-19?

---

What do you think you could have handled better?

---

What have you learned from COVID-19?

---

How do you plan to use what you've learned in the future?

---

Some day your kids may ask you what role you played in the Coronavirus pandemic, what would you like to tell them?

---

## Looking Forward...

### Planning a great summer...

How will this summer look different?

---

What tradition will you miss the most this summer?

---

Brainstorm, what summertime activities are COVID-19 friendly?

---

What is one thing you would like to try to do this summer?

---

Is there a new skill would you like to learn this summer?

---

You have a say in how you respond to life's difficulties. How would you like to approach this summer? *(Mark an 'X' on the scale)*

\_\_\_\_\_

Stay bummed Look for the best!