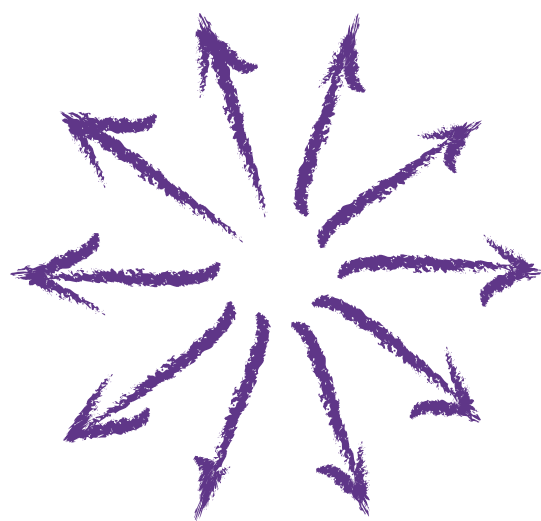# Feelings About Lockdown
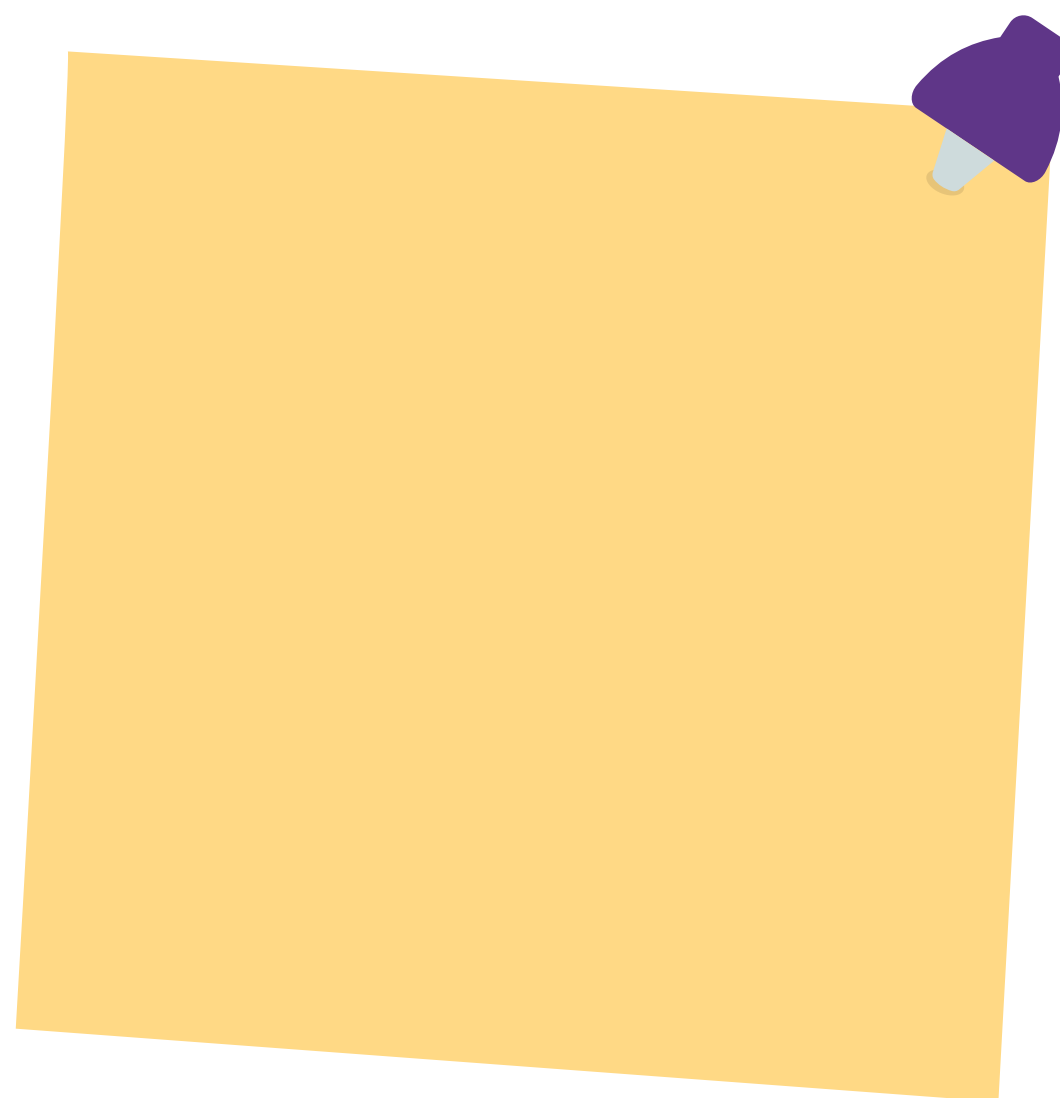
Positives:
e.g. I learnt a new skill, I decorated my bedroom

What did I learn about myself?
e.g. I am resilient, I am flexible

Negatives:
e.g. I missed my friends, I spent too much time online

How will I use lockdown to improve my life?
e.g. I'll be grateful for the little things in my life