

Welcome “Back” High/Low Check In

Please write on a piece of paper, or type in Google Docs the answers to the following questions. Don't forget to send me a picture of your writing, or post it on Facebook!

1. During this global pandemic I have felt _____. I felt felt this way because _____.
2. Social distancing is _____. My family practices this by _____.
3. One thing I have missed during the last month is _____.
4. One high I have found is _____.
5. I would like my teacher to know _____.

Miss C's Sample:

1. During this global pandemic I have felt worried, nervous and hopeful. I feel worried because I haven't been able to see (or hug) my kids. I feel nervous about what our future looks like, and how difficult it might be to fly back to Ontario to see my family. However, I am hopeful. I believe a lot of beautiful things will come out of this 'social distancing'. I am hopeful that we will be able to appreciate the quiet moments, the family time, the Ollie snuggles, and truly understand how lucky we all are to have each other.
2. Social distancing is staying 6 feet apart from other humans. We practice it by socializing only with family.
3. One thing I have missed the last month is the freedom to visit my friends.
4. One high I have found is I genuinely enjoy spending all my time at the beach, investigating low tide with Ollie.
5. I would like my students to know I am **always** here for them, even if it is a phone call, Zoom call, or email away. I love you guys and miss you so much!