

Finding the Silver Linings with Music

On any journey we embark on there will be ups and downs, highs and lows, hardships and joys. We have all been on quite a ride throughout this pandemic; quarantining, virtual schooling, working from home or loss of a job, limited social and family interactions, and limited activities to engage in. Over the past 5 months we have been exploring ways to cope with anxiety and uncertainty, and ways to find hope and peace. It can be easy to focus on all the negatives during difficult times. What about the positives, or rather, silver linings that have come out of this pandemic? Have you found any? Listen to Susanne's recording of Green Day's "Good Riddance, Time of Your Life" (video attached separately).

Think about the following:

1. List 2 or 3 positives that are related to this quarantine. For example, cooking dinner every night as a family, going on local hikes and exploring our surroundings, or more quality time as a family.
 - a. Write them down and take a snapshot of these moments by drawing or capturing a picture the next time you engage in those things. You can even make a pandemic scrapbook of all the pictures you have taken, to remember what your family has endured and how you worked through these challenging times together.
2. What is something positive you and your family have begun during this time that you would like to continue doing when the COVID19 pandemic is over?
 - a. How can you incorporate these things into your daily routine?

