

Staying IN: Connecting with Teens During the Corona Quarantine

Webinar Reflection Notes

Reflection 1:

Three feelings I have felt in the last 48 hours are...

My biggest challenges with my child(ren) right now include ...

Reflection 2:

What was I thinking and feeling?

What was deciding about myself or others?

Reflection 3:

What was I thinking and feeling?

What was deciding about myself or others?

Reflection 4:

What is one important learning from today's work together?

How can I use this learning to support connection and accountability with people in my life?

Click here for Text Box

