**2SIP back-up activities for lockdown period**

Use the ideas we discussed before the lockdown in regard to effect that various things have on us in regard to our personal well-being.

1. Write two or three paragraphs about how the lockdown has effected you. Talk about:
2. How it has made you feel
3. How it has been in your house during this time
4. What you have been doing to fill in the time
5. How do you think the lockdown has effected you and the people in your bubble?