

- Reflect on a favorite photo that takes you to your happy place.
- How has your life has slowed down during the pandemic?
- How is your life different than it was a week ago? A month ago? A year ago?
Two years ago?
- Have you developed new routines or rituals as:
 - An individual?
 - As a couple?
 - As a family?
- Is there something you find interesting or surprising about life right now?
- Have you learned to live with less than you normally do? How does that feel?
- How you would sum up and describe this time to someone in 20 years?
- What has lifted your spirits or brought you together with others?
- Name three things that you're more grateful for now than ever before.
- What are you going to hold onto from this experience as we move forward?

For the kids:

- What is most different about your life right now?
- What's your favorite thing about being home together?
- What's your least favorite thing about staying home together?
- Have you learned how to do something since you've been home from school?