



Discussion Guide for Part 1: *“How long have I been here?”*

1. One of the round table members said that there have been ups and down to dealing with COVID. Have you had that experience? What has it been like for you?
2. What do you miss about not going to school?
3. Who are the people that you miss spending time with the most?
4. How can you tell when learning at home is getting to you, really “taking you off your game”?
5. What kinds of effects has the relative isolation required by COVID had on you? On your mood, your energy levels, concentration, your outlook, your sleep etc.?
6. Some people say that being bored can be a good source of creativity. Have you experienced that? How do you cope with being bored?
7. What are some of the things you like to do when you are alone?
8. What is it like to be alone with your thoughts? How do you respond to negative self-talk? What works to reduce the negative impact on your mood?
9. Do you have a “Karen” in your life ? (*Someone you can trust, and with whom you can speak freely about your concerns.*)