

## Check in in small groups

Our daily lives have changed overnight. Work is cancelled, the kids are at home, you might be worried about the health of your family and loved ones... perhaps this was a very hectic week of rescheduling, or a week that was eerily quiet. Whatever was the case for you, we would like to create some space and time to truly ask each other: how are you in the midst of all this?

Some questions that might help:

- How are you in the midst of all this?
- What worries you most?
- What gives you energy?
- What was an unexpected moment of this Corona period you really enjoyed?
- What have you already learned about how to spend your days well?

