

Reflection Challenge



This summer has been one for the history books. It is really easy to look back over the last few months and focus only on the negative. This week, we are encouraging you to engage in some type of reflection activity that focuses on the positives you've had this summer! Here are some ideas:

- Write a story or poem about your favorite thing that happened this summer or about something awesome you saw that made you smile (e.g. an animal in nature, someone doing something kind or funny)
- Create a photo collage of activities you did
- Read through kind or funny messages people have sent you over the last few months
- Call a friend or family member and have them tell you 5 great things that happened to them from this summer, then tell them 5 that happened to you!
- Draw or paint a picture of your favorite summer memory
- Rethink your narrative. For example, instead of saying you were "stuck at home," rewrite to say "extra time with family" or "time to slow down and focus on myself"

ZoFo Connect

August 7, 2020

For our final week, we are taking a look back on the positives that happened this summer through different types of reflection!

Did You Know?

The average person will walk around 110,000 miles in their lifetime. That equates to walking around the globe at the equator 5 times!



We'd love to see you completing the activities! If you would like, please share a picture of your reflection activity that we can share on social media! Please e-mail pictures to: zoologyfoundation@gmail.com

