



Adaptability

During these times, it can be challenging to adjust. It is important to be flexible and learn how to adapt to any sudden changes that life throws our way. One positive way we can adjust to our temporary lifestyle is by writing a schedule! Below you will find a template of a weekly schedule broken down by hour. You can fill this out to keep better track of your day! See where you can fit in an hour of reading or going for a jog. This will keep you organized with your time!

Monday	Tuesday	Wednesday	Thursday	Friday
9:30AM	9:30AM	9:30AM	9:30AM	9:30AM
10:30 AM	10:30AM	10:30AM	10:30AM	10:30AM
11:30AM	11:30AM	11:30AM	11:30AM	11:30AM
12:30PM	12:30PM	12:30PM	12:30PM	12:30PM
1:30PM	1:30PM	1:30PM	1:30PM	1:30PM
2:30PM	2:30PM	2:30PM	2:30PM	2:30PM

Be sure to share your schedule/journal with us by using the hashtag #GirlScoutAtHome

3:30PM	3:30PM	3:30PM	3:30PM	3:30PM
4:30PM	4:30PM	4:30PM	4:30PM	4:30PM
5:30PM	5:30PM	5:30PM	5:30PM	5:30PM
6:30PM	6:30PM	6:30PM	6:30PM	6:30PM
7:30PM	7:30PM	7:30PM	7:30PM	7:30PM
8:30PM	8:30PM	8:30PM	8:30PM	8:30PM

Another tool you can use to manage your emotions is journaling! Below are a few guided questions you can answer to check in with yourself. Take some time out of your day to reflect on these questions.

- What are your feelings during this time?
- Have they changed since the beginning of quarantine? If so, how?
- Have you been willing to learn and grow?
- What new skills or abilities have you gained?

❖ There are also cool apps you can download with your parent's permission to journal from your phone, tablet, or computer.

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