

# Coping With Quarantine

**SEL FOCUS:** SELF-MANAGEMENT

**Story Title:** [“Waiting for the World to Come Back” by S.T.](#)

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## **OPENING ACTIVITY — FREEWRITE AND PAIR SHARE**

(10 minutes)

**This activity helps students activate background knowledge.**

1. Explain to the group that they’re going to do a Freewrite. Remind the group that this is a chance to express their thoughts and feelings without worrying about spelling and grammar. They can either write their responses on a piece of paper at home or type them in a word processing document.
2. Read the Freewrite prompts to group members:
  - **How has the pandemic affected you?**
  - **What’s been hard about it?**
  - **What, if anything, has been a silver lining?**
3. Give group members 5 minutes to respond to this prompt.
4. After time is up, ask them to underline or highlight one sentence of their writing that they’d like to share.
5. Give each group member a moment to share their highlighted/underlined piece. Remember that passing is okay if group members do not want to share.
6. Thank group members for sharing.

## **READ AND DISCUSS THE STORY** (20 minutes)

As a group, read aloud “Waiting for the World to Come Back” by S.T., taking turns. Let teens pass if they don’t want to read.

## **DRAW IT** (15 minutes)

**During this post-reading activity, students make connections, build understanding, and rehearse positive behaviors.**

1. Have group members take out a piece of paper or open a word processing document on their computer.
2. Explain to the group:
  - **Draw a picture of what helps you cope during the pandemic. You can also draw a picture of you doing that coping skill.**
3. Give group members about 8 minutes to write or draw.
4. After time is up, ask any volunteers to share their drawing virtually with the entire group. Invite group members to also share what they noticed about one another's creations and what connections they made to them.