Rebuilding One Routine

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A familiar weekly activity has ended.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Design a reversible small routine after disruption and choose a review point.

3. What could be tried without replacing what was lost?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.