

- a. Go to google images and download a picture of a roller coaster that's steep or mild enough for your taste.
- b. Take a few post-its and stick them on to indicate your high and low moments. For example, I initially felt ecstatic at the freedom from distractions. But when my birthday came I felt low, low, low at being without party pals. But then I when my friend organised a yoga session on the moors this week, enabling four people to meet, that felt like the height of an upward whoosh.
- c. You can add as many dips and climbs as you like. I just did 3 here to make it easy to follow.
- d. Go bigger and fancier if you want. Add other people's lockdown trajectories as well as your own. Or stick on not just post-its but photos, flowers you picked on a favourite walk, poems or drawings. For example, I would add the picture of my birthday party last year. How little we expected this crisis!
- e. Also have a go at roller-coaster map! Jo is happy to give feedback.

