



at least 1.5 meters

Recipe for Resilience



Materials:

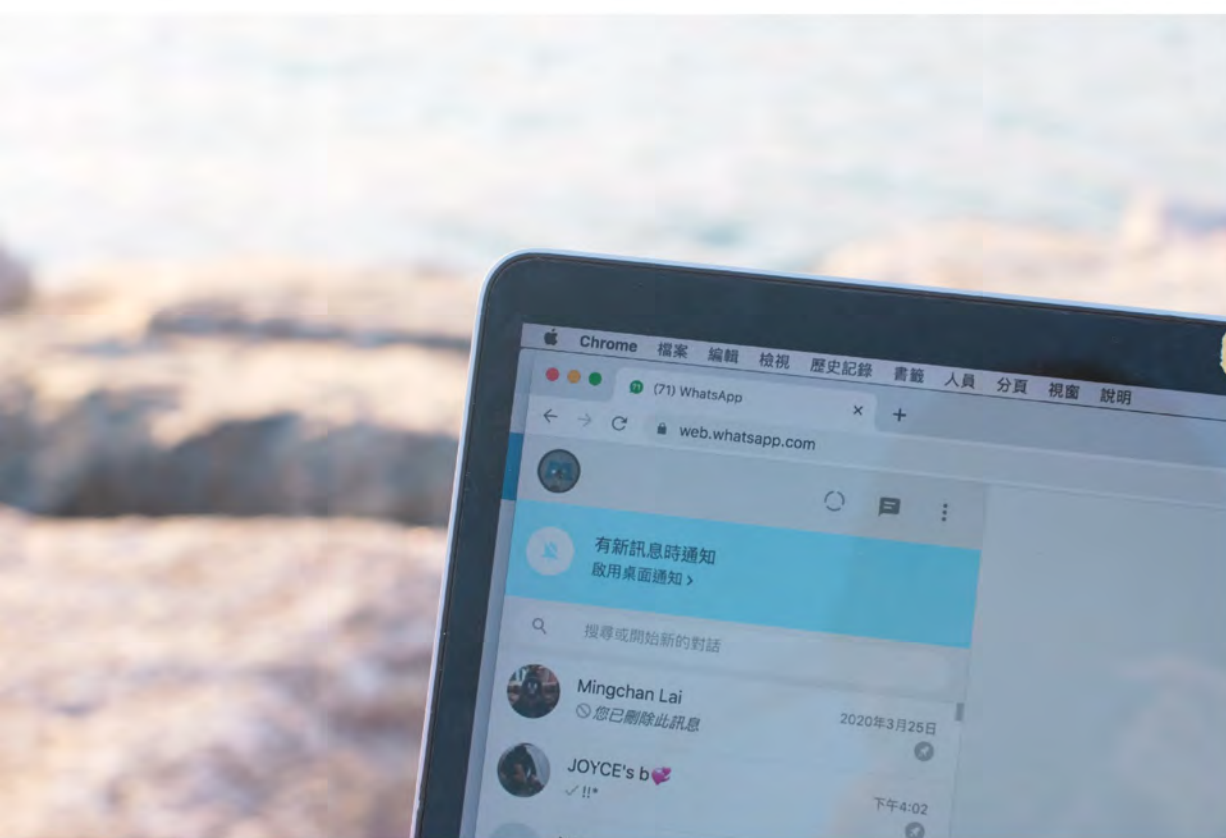
Desktop that accessible to the internet

A long stick ($\approx 1.5\text{m}$ long)

A person you want to do this recipe with

Instruction:

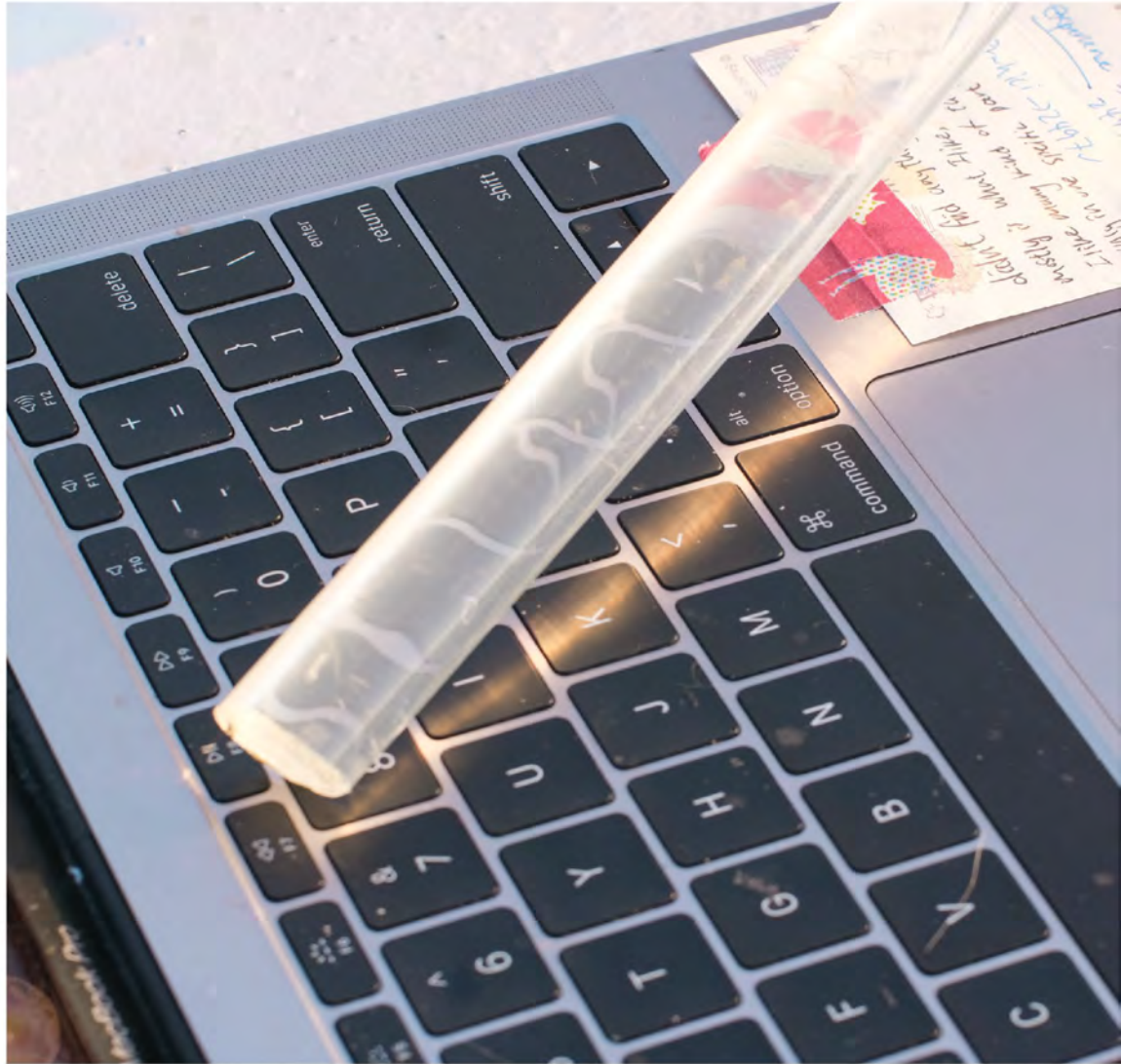
1. Open <https://web.whatsapp.com/> on your desktop.
2. Choose WhatsApp Web on your phone, scan the QR code on the computer screen to link your account.



3. Open the chatroom of you two.
(Make the screen bigger if you need to)



4. Decide which participant is participant 1 and participant 2.
5. Pull your chair far from your computer, until the stick is nearly able to reach the computer.



6. Use the stick to replace your finger, type out the questions and answers, do not use the delete button even there is a typo.

Questions.... -->

7. **Start the conversation by typing the "1." question by participant 1, replied by an answer from participant 2, follow by typing the "2." question out by participant 2.**

Continue the conversation by "answers + questions --> answers + questions"

Odd number questions typed by **participant 1**
Even number questions typed by **participant 2**

Questions:

- | | |
|---|--|
| 1. how do you feel today | 2. how do you feel today |
| 3. what made you smile today | 4. what is the happiest moment happening this week |
| 5. share to me about your favourite quote | 6. share to me about your favourite word |
| 7. what is the memory that will forever make you laugh out loud | 8. what is the memory that will forever make your eyes teary |
| 9. what do you treasure the most | 10. what do you treasure the most |
| 11. what has been incredibly rewarding to do | 12. what has been incredibly calming to do |
| 13. what do you like about me | 14. what do you appreciate about me |



8. Put away the stick and send a photo of yourself to the other participant

Reply whatever you want.



Perform this recipe at your own risk.
No liability accepted.

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