

Name: _____

Date: _____

Lockdown Capsule

N R P V A K M Q U T E X Q U H Q G I D R D E E V
X Z O O W B Q K L R C H P V W T L Q X O Q N L P
C H F I N K A B O C F W G G O P V M U F E A U B
X N I B P V U J W H R T E H K Z L H C U Y R N Z
G U P Y Y P P Y W O W S X N T N U J B F E K V A
M Z A A U C S J J R T R V U N R A C I S M Y F T
T U I F J X O P Z E I I C I J N R R Z B G C D B
O C S N Z D C D E S H N M O H I D Z V O C R C O
I I O Y M N I M T Z X J V O S S Q A P C R G I A
V R L T N M A B T D P Z I E Y E W O A F A T C Z
C A A C S X L P B I I K V M B G C T L A D V V J
V U T O Y H D J P E J K O G Q B L W U X T H W E
Q P I O G D I E U I K B B F L Z T P N T U V G V
I O O R H N S F F K F C L B L E N D C B Y V B O
L V N E W E T T A E B M M T K Z I Y H A U I E J
G K N R D T A F M M W F W Y S J R U S G T P F E
R F L R I F N J I U A Q R O U T I N E N M D F D
Z S O E E L C V L A W F P S R T E P Z N W D S O
V A A T C I I V Y L U T G Q L F S I B R E A T H
B S P T U X N K A L A R M Z S R V N Z A G M T K
C H P X A Y G Z B I I K B S Y A X G P U H Q U L
G L Q U O M N A T U K O G V B I P S N U W V F G
U S O F H O D U E I D L B U J O R H L L H N G F
H X Q V O Q S N J I T X F K E M N H K H L X U Y

social distancing

isolation

routine

netflix

racism

family

chores

breath

lunch

alarm

ping