

QUESTIONS TO ASK YOURSELF WORKSHEET

Check the answer in the circles below questions 1 and 2 that best describes your experience.

1 What was your experience during the first movie?

Tension

Stress

Chaos

Not
Sure

2 What was your experience during the second movie?

Calm

It Was
Fun

Peaceful

Not
Sure

Write in your answers below to questions 3 and 4.

3 What does out of sync mean to you?

4 What does in sync mean to you?
