

## Silver Lining

*An activity of "COVID delays give athletes a new chance".*



In "COVID delays give athletes a new chance" (page 22, *What's Up* January 2021), the writer shares how the postponement of sporting events is good news for some athletes. You may have faced the same situation last year, when an event you were supposed to attend was cancelled or delayed. How did you feel? Fill in the reflection form below to help you see the silver lining.

Name of event: \_\_\_\_\_  
*(hint: it could be a sport, competition, arts and cultural performance, a holiday, or even a movie.)*

It was  cancelled  postponed to *(new date)* \_\_\_\_\_.  
*(Tick one.)*

At first, I felt \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_

I also felt \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_

However, if the event takes places again, the extra time will help me \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I have learnt that \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*"Every cloud has a silver lining" means that something good can come out of even sad situations. When a grey cloud blocks our view of the sun, the sun's rays create what looks like a silver outline for that cloud. Look for the silver lining when a dark cloud comes your way!*