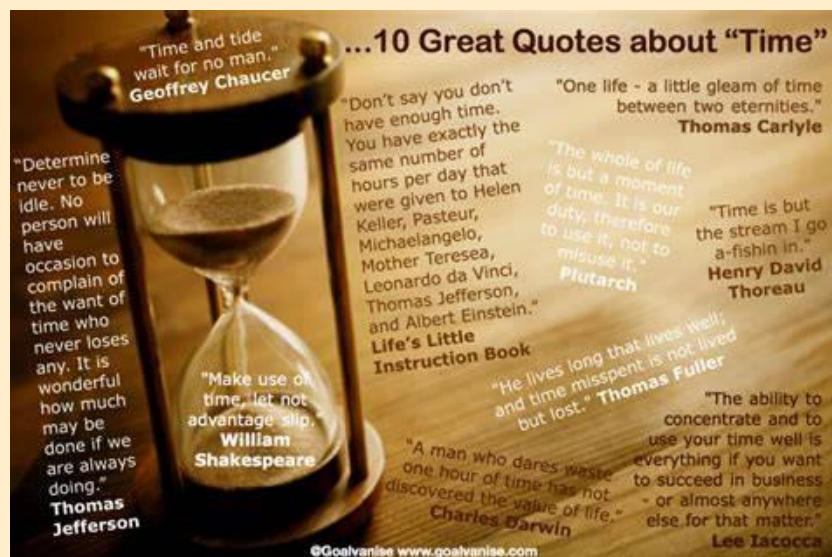


# Time



## Sense of time and sequence – The Future

Psychology, cognitive linguistics and neuroscience, are all sciences that study time. As living organisms, we usually find a lot of reassurance in knowing that we have a future. Future is often identified with change. However, during the lockdown, there has been little external change. This can result in us losing the sense of time and not being able to separate one moment from another, or even one day from another.

### Plan:

Start noticing the changes that are happening around you.

You can do that by:

- Tracking the changes in nature
- Follow the days as they start to get shorter
- If you are doing physical activity, notice how your body changes as you train
- What else would you add here?



Remember that even the smallest change, is significant