



Thinking Feeling

Doing

Seeing

Hearing

Pains

Gains

Missing seeing friends and going to parties

Overwhelmed by online learning this semester

Browsing social media

Limited time for tennis court skate practice, early morning, dusk

Irritated at being cooped up

Wants to be as skilled a skaters in all the videos

Zoom sessions

Family check ins/running errands

Instagram "daily skate challenge" videos #365skatedaily

Friends she learned to skate with

Tiktok videos

Online forums

Youtube subscriptions for skate instruction and product review videos

Facebook friends

Don't see communities of color represented

Hard to find unused skate spots to practice

Find a skate dance "style"

Find skater groups

Always skating alone

Find a regular exercise outlet