

Lockdown Reflection – Task 1

Look through the questions below. You could share your reflections about lockdown with an adult or a sibling.











What's going on?

Since the 23rd March 2020, people in the UK have been living a life very different from normal, under lockdown measures from the government. The measurements have seen schools close to many of their pupils, most parks and offices shut, and people being limited to the times and reasons for leaving their homes. This time has proved to be a time of reflection for many, comparing the busyness of our lives before and considering changes we might make when normality resumes.

What have you learned about yourself from your lockdown experience?

Listen, think, share

-  Look at the poster image, think about how you've been spending your days during lockdown. What does a typical day look like? What parts of your life have changed and what parts have stayed the same?
-  Think about what you have enjoyed about this time (the positives) and what you have found most difficult (the negatives). Have you learned any lessons? Are there any permanent changes you might make when things begin to go back to how they were before?
-  Thinking ahead to next school year, what are you looking forward to? Think about the new changes, e.g. a new teacher(s), classroom, or even a different school altogether! What subjects or topics do you enjoy learning about?
-  Read through each of the young people's experiences of lockdown. Do you agree with any? Do you have any advice for any of them?
-  Watch the useful video (found below) and read through some of the experiences (found in the weblinks below). How has your lockdown experienced compared with the experiences of young people in other parts of the world?
-  Can you complete one of our challenges? The first challenge (below and additional resource), looks at how this experience may feel like a rollercoaster at times. Can you think of the ups and downs that you have been on over the past few months? Our other challenge (below and additional resource) is to write all about your lockdown experience and what you have learned about yourself.

Reflection

For the past few months, we will have spent more time in our homes than we can remember. We may have filled this time with schoolwork, playing with family members or with our friends online but it's likely we've also had time to think about ourselves, what matters to us and what doesn't. We are all different and as we head to the end of another school year, our differences can be something to celebrate!

Task 1: Complete the emotional rollercoaster sheet to map your emotions throughout lockdown. There is an example to look at first. (see separate sheet)