

## **Lockdown reflection – task 2**

Look at this picture that we used in yesterday's lesson.

Have you remembered what you talked about yesterday and how you plotted your emotions on the lockdown emotional roller coaster?

Today, you are going to read through three different experiences of lockdown. Then, you are going to write your ideas and experiences into your own recount.

This could be something that you could keep and look back on. Remember... you are part of History at the moment. In the future, you may be asked to describe and explain what it was like to be in lockdown!



## Resource

*Read through each of the young people's experiences of lockdown. Do you agree with any of them or do you have any advice for anyone?*

I carried on going to school throughout lockdown, which was very strange at first.

There weren't many of us in school and none of my friends were there. We had to continue to be careful with handwashing and try to social distance – some of the younger children found this hard!

Most days were quite fun as we did lots of project-based tasks and I made some new friends.

I did feel a bit jealous of all the children in my year who weren't having to come to school though!

*Jack, Age 10*

I really missed my parents. They are both keyworkers, so I went to live with my Grandparents. I love my Grandparents and they are really kind, but I have missed being in my own home with my own family. I didn't do much schoolwork as the internet is pretty rubbish, but I did play out in the garden lots. I spoke to my parents every day on the phone.

*Rosie, Age 9*

My experience of lockdown has been fairly good. I spent a couple of hours doing schoolwork, which my dad helped me with as he had been furloughed. Mum worked in the morning but then we all went out for our daily exercise in the afternoon and came back and made crafts and played in the garden. Some days I missed my friends but most days I felt happy.

*Kate, Age 11*

**Task:** Think about your lockdown experience. Use the writing proforma to write about what this period has taught you about yourself. You could use some of the ideas you recorded yesterday. Don't forget to include your feelings and as much detail as you can.