



Lockdown – what I have learned about myself?

Think about your lockdown experience and what it has taught you about yourself. Use the questions below to help you to think about your response:

- What have you missed?
- Have you discovered any new skills, talents, or hobbies?
- Did you find not being able to see friends hard or easy? What does this tell you about yourself and your friendships?
- Have you learned anything about someone else? Did they react, behave, do what you expected them to during lockdown?
- What did you do and how did you behave when you were having a rough day?
- What did you do and how did you behave when you were having a good day?
- What are you grateful for?
- Is there anything you will now change about the way you do things since being in lockdown?
- What are the most important things to you?

Write about your experience. Use pictures too if it helps.

I have missed all the teachers, friends, the school, the yard and family. I talk to family and friends every day on the phone which is better than nothing, but I would definitely prefer to talk with everybody in person. I go to the yard on Sunday's now but only for an hour in the afternoon, and I really miss going all day on Saturdays with everybody. I have been doing loads of French on duolingo and I'm getting much better every day although I really want to get to the first checkpoint so I can read some French books. I have been growing lots of plants as a hobby, and I really enjoy watching them grow. I find it very hard not seeing my friends because we miss each other a lot and want to see each other in person instead of over a call. So far, I haven't found anything new about anybody, but I would be very interested in what they say. When I am having a rough day I would do my work in the morning, and then maybe go outside or talk to family or friends on my phone to cheer me up. When I am having a good day I would do my work, and then go on a walk or a bike ride, and check on my plants on my windowsill, in the garden and at the front of the house by the door. I am very grateful for having a garden, because I can go outside when I like and some people can't. I am also grateful that I can still go to the yard on the weekends, even if it is just for an hour. The most important things to me are my family and friends being safe, the yard and making sure I keep doing my set work.