

Lockdown Emotions Rollercoaster

Use the timeline below to show your emotions throughout your lockdown experience. At each point, explain what made you feel that way.

Positive feelings such as:

- Happy
- Excited
- Calm
- Confident
- Love
- Hope
- Joy

glad about the set work.

Excited about looking after Buster.

hopeful because it is close to the end of quarantine.

Joyful that I can see family and friends soon in person.

Beginning

End

Negative feelings such as:

- Angry
- Sad
- Frustrated
- Worried
- Guilty
- Ashamed
- Lonely

worried about the coronavirus.

Devastated about the death of the baby rabbit.

sad, missing family and friends a lot.

Remember, negative feelings are not a negative thing. We all need to feel them and often they help us.



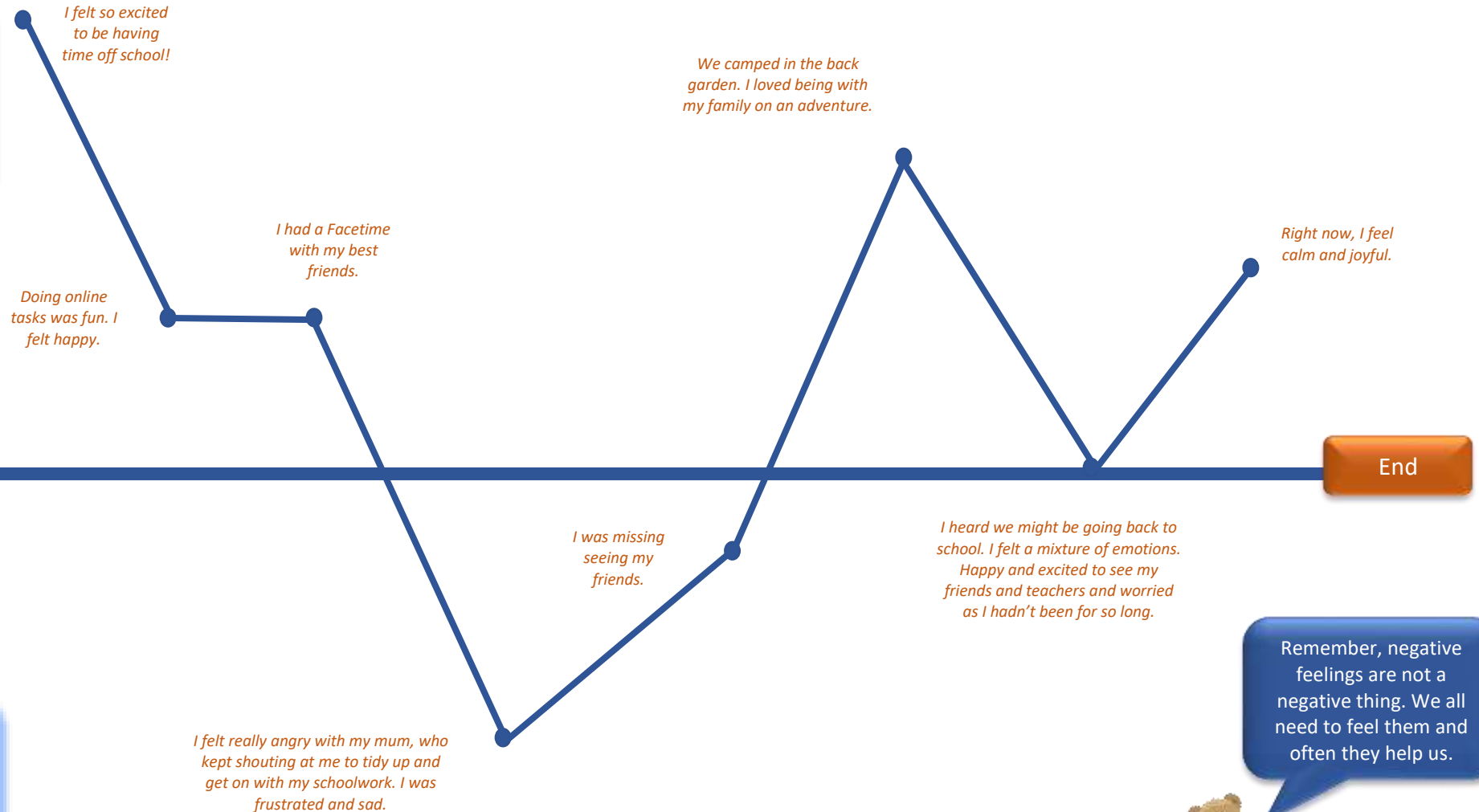
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