

## Living through Lockdown

As you have probably heard adults say, these are “unprecedented” times. This is a moment in history we will never forget. Record your feelings and experiences. You could do a few questions a day.

### About you

How long have you been in lockdown so far? .....

Can you remember your first thought when you heard schools were closing?  
Were you thrilled? Concerned? Frightened? Why?

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Have your feelings changed at all?

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What do you miss about normal life?

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What don't you miss?

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Have you learnt anything new since being in lockdown? Have you developed an interest or skill you didn't have before?

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Have you learnt anything about yourself? For example, do you find you are more tolerant than you thought? Or more easily bored? A talented singer?

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What has been your favourite moment in lockdown so far?

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And your least favourite?

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**About those around you**

How has your family reacted to being in lockdown?

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Have you learnt anything about your family that you didn't know before?

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Have you begun to do things with your family that you haven't done before? If so, what?

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**About us all**

Many people think there are advantages to being in lockdown. Can you think what they might be?

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What are the biggest disadvantages, in your opinion?

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Do you think lockdown will change us all? If so, how?

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What do you think you will remember most about this moment in history?

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What are you most looking forward to when things return to normal?

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