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REFLECTING ON LOCKDOWN activity

Some children may find the transition back to school difficult after lockdown.

It may be useful in the first few weeks of school to reflect on the lockdown period, and identify what they learnt about themselves, to help them deal with this change. This could also be planned and delivered as a show and tell.

Some children may have experienced trauma or bereavement due to Covid-19, and therefore this activity may not be suitable unless part of a larger plan of support.

Reflection on lockdown

Name: _____ Date: _____



Three new things I did in lockdown:

1.

2.

3.



New hobbies or skills I learnt:

Things I learnt about myself in lockdown:

1.

2.

3.



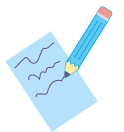
Something I enjoyed about lockdown was...



Something I disliked about lockdown was...

If I was having a difficult time in lockdown, I would...

I would like to continue to...



In the next school year, I would like to focus on...

