

# Lockdown reflections



4 20-minute Activities

**“We have all been through the same storm, but we have all been in a different boat”**



# Session 1

## *Video Stories*

**Aim:** To introduce the idea that everyone has been in the same storm, but not the same boat; everyone's experience of the pandemic has and continues to be very different, but each experience is valid.

**Activity:**

Watch the video - Five children sharing a challenge about lockdown and something they are thankful for.

Encourage students to have a think about (and discuss if this is possible) their answers to the three questions:

- What has been the challenge of lockdown?
- What am I thankful for?
- What have I learned in lockdown?



# Session 2

## *Reflections*

**Aim:** To reflect more on your own personal lockdown experience, using the reflection questions below, which will be used next session to design a boat.

### **Activity:**

Explain that they are going to design a boat in the next session to reflect their experience of lockdown. Everybody's experience has been different. There will have been good and bad things about each of our boats. Show examples in the presentation. Today they are going to answer some questions to help them plan their design.

### **Reflection Questions...**

1. What colour is your boat? Why? (without just picking your favourite colour, think about the emotions you have felt etc).
2. What has been good about your boat? What things about your boat are you thankful for (e.g. having a garden, not living alone etc.)
3. What have been the challenges in your boat? (e.g. losing a family member, annoying siblings, missing events, not seeing friends etc.)



# Session 3

## *Design*

### **Aim:**

To decorate your boat using the answers from the reflection questions. The boat should visually show your experience of lockdown.

### **Activity:**

Have students choose a boat to reflect their time in lockdown. Using their answers in session 2, they can design their boat using colours, drawings and words to reflect their time in lockdown. Remind them that this is a way of expressing their story.

**It would be great to encourage all school staff to design their own boat too!**

Ask students to hold up their finished designs. Does anyone's look the same. This shows that although we have all been through the same situation, everyone's experience was different. We will have all experienced different joys and challenges, but everyone's experience is valid and important!



# Session 4

## *Final*

**Aim:** In this final session, take time to answer the final reflection questions, helping students to reflect on their journey, but also looking forward and what learning they are going to take with them.

## **Reflections**

**Activity:** Have students use their boat to share as little or much about their lockdown experience (on their table/ as a class), using the questions from session 2.

**Optional discussion:** Answer the following questions:

- Do you feel like you are still in your boat or back on land?
- What have you learnt in your boat?
- What advice would you give to yourself 6 months ago, before lockdown started?

**Create a display of students and staff's boats, to show that we have all been through a shared experience but everyone has faced different circumstances and challenges. We have all been through the same storm, but everyone has been in a different boat.**



# Session 2

## *Reflections*

**To help you plan your design for your boat, answer the following questions.**

### **Reflection Questions...**

What colour is your boat? Why? (try not to just pick your favourite colour!)

What have been the challenges in your boat?

What has been good about your boat? What things about your boat are you thankful for?

# *Colours and Emotions*

**Courage**

**Anger**

**Danger**

**Cheerfulness**

**Friendship**

**Sadness**

**Grief**

**Love**

**Compassion**

**Creativity**

**Calmness**

**Peace**

**Happiness**

**Positivity**

**Excitement**

**Growth**

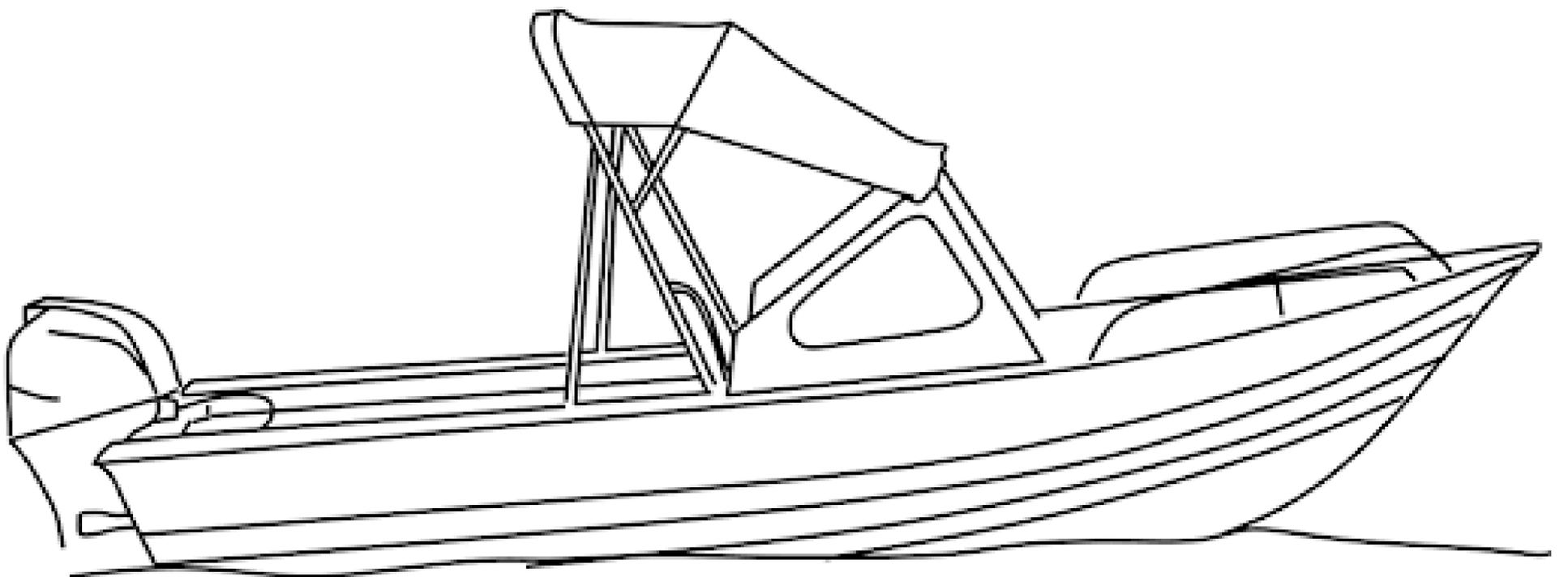
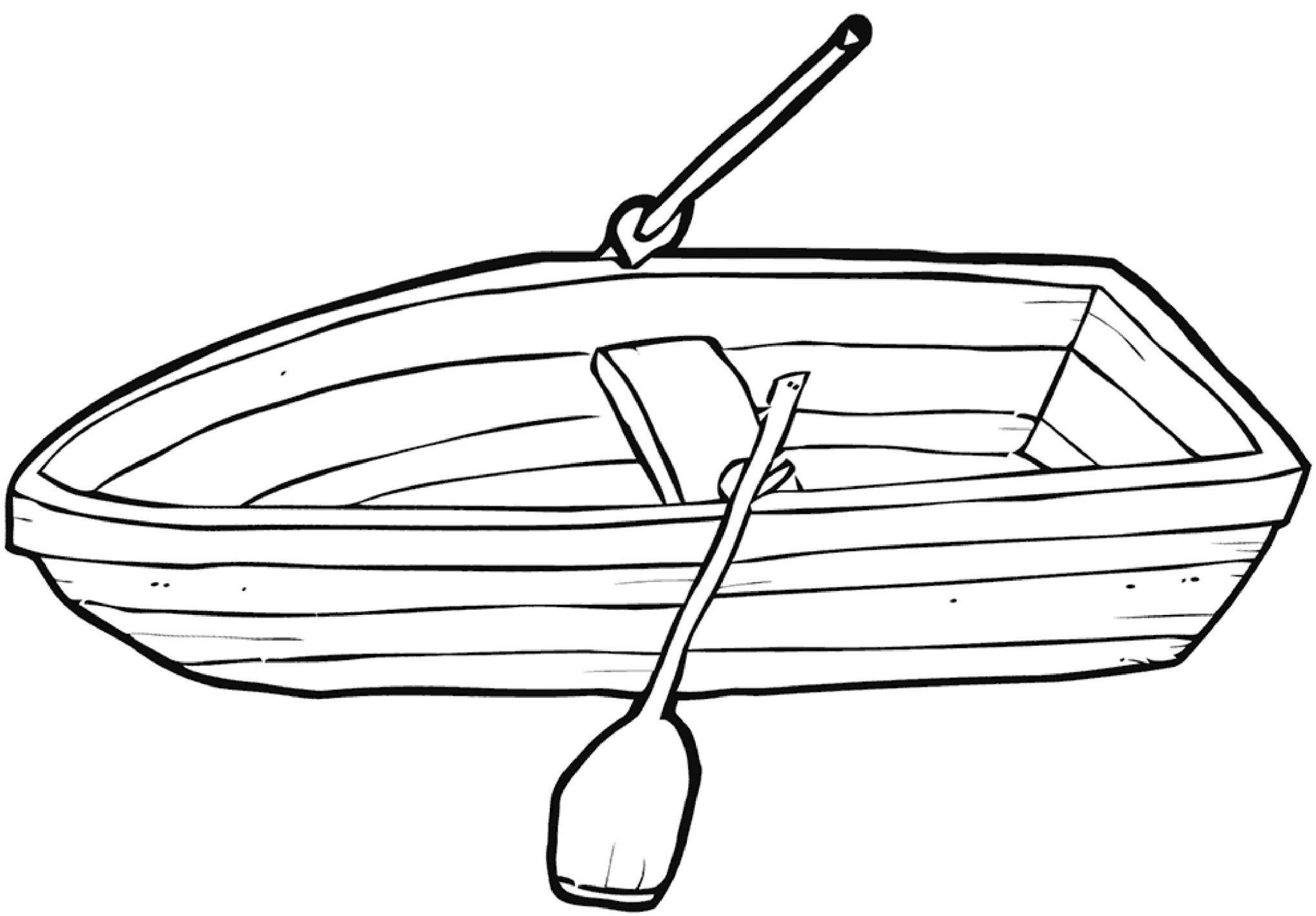
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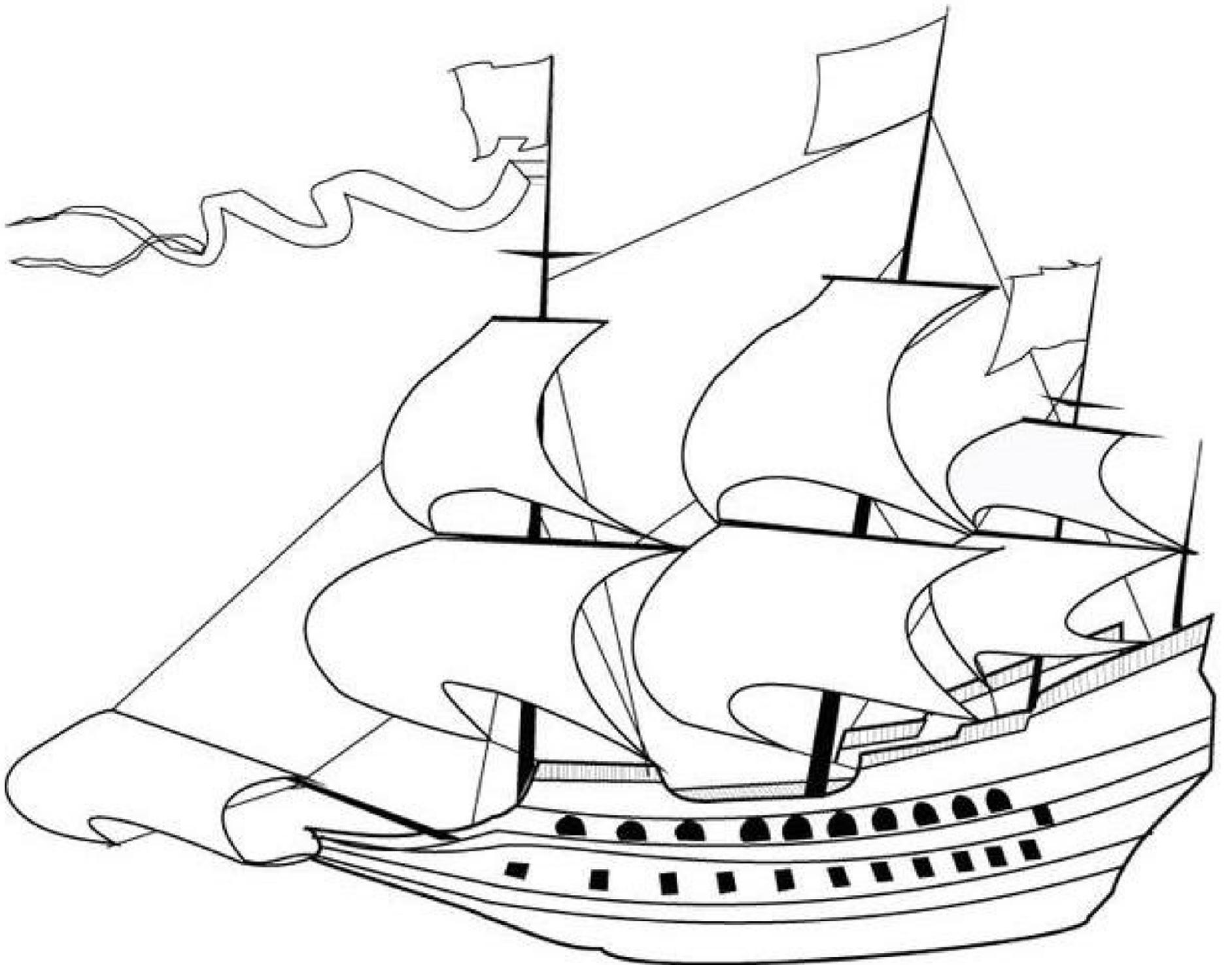
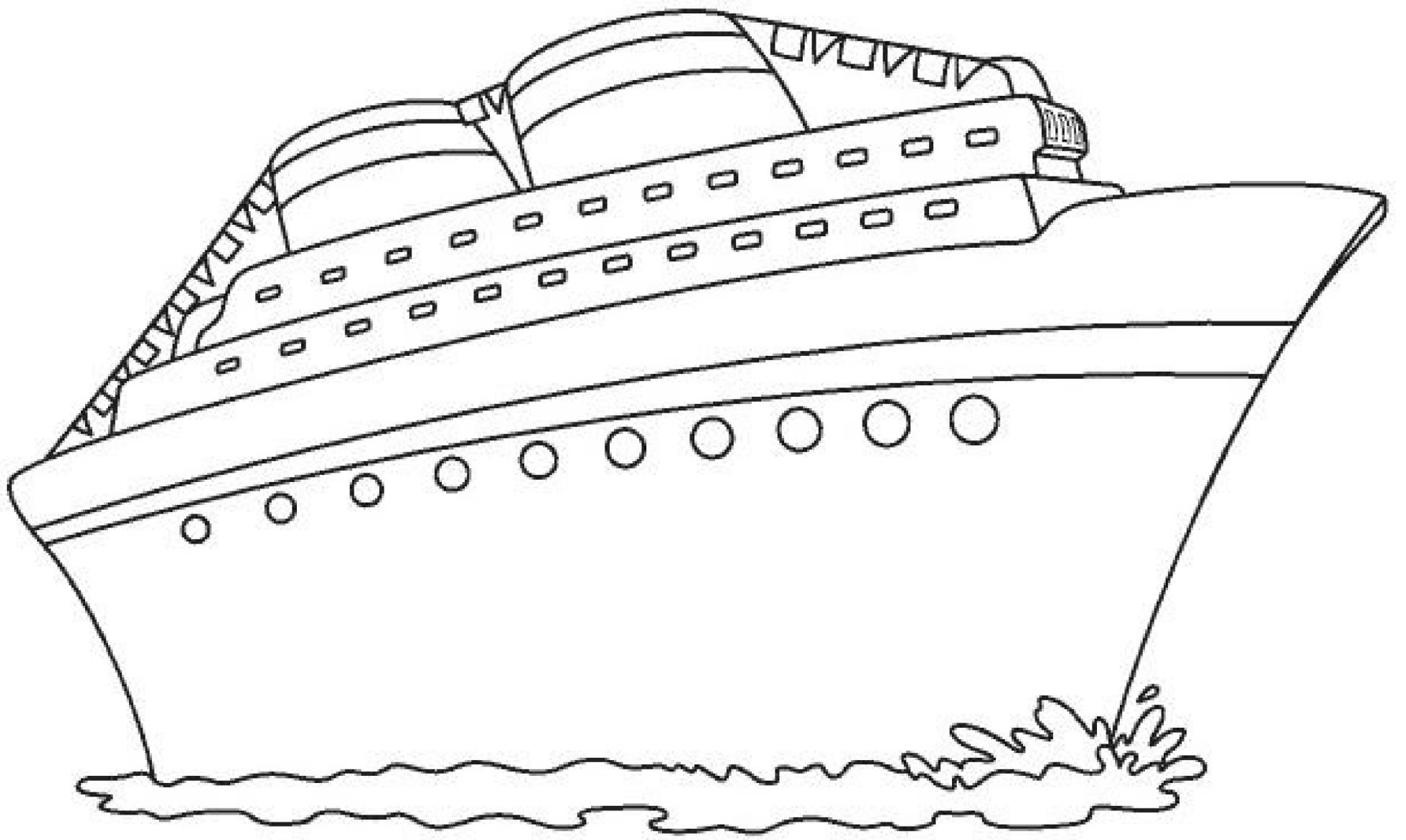
**Learning**

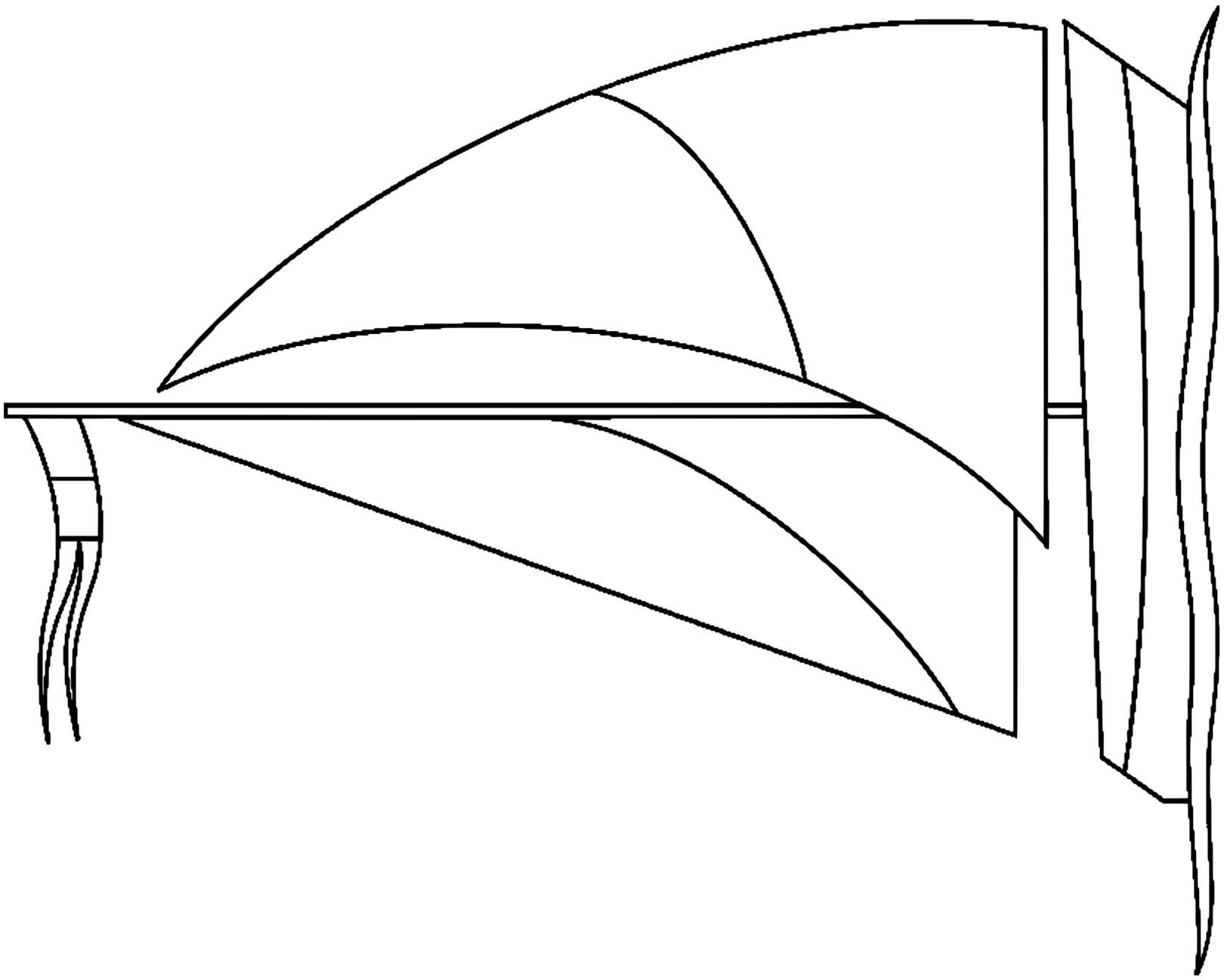
**Loss**

**Bored**

**Detached**









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