



*Lockdown*

# REFLECTIONS

5 Tutor Time  
Activities

"We are not all in  
the same boat but  
we are in the same  
storm."

# 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's hearing from 4 people, each with very different experiences and stories of the pandemic to tell.

Watch video 1 and then get students to reflect and write down their answers to:

**1. What have been the challenges?**

Watch video 2 and then get students to reflect and write down their answers to:

**2. What are you thankful for?**

**Optional Discussion:** Share what stood out from the videos and from your own reflections.



# Session 2

## REFLECTIONS

**Aim:** To reflect more on your own personal lockdown experience, taking the image of a boat and using the reflection questions below.

(In the next session you will be using the answers to the reflection questions to decorate the boat).

**Activity:** Everybody's experience has been different. There will have been good and bad things about each of our boat and lessons that we have learnt.

Start by watching video 3 of the lockdown stories and get students to reflect on the question 'What have you learnt that you can take forward?'

Then get students to reflect on the questions below in preparation for next session and decorating their boat.

### Reflection Questions...

1. What colour is your boat? Why? (without just picking your favourite colour, think about the emotions you have felt etc.; see the emotions sheet on page 11 about what different colours can represent).
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.)
4. Are you still in the boat, or are you back on land? Or somewhere in between?

**Optional Discussion:** Take time to share your stories and experiences in pairs, small groups or as a class. \* It is key to remember everyone's experience is valid, but it is also important to hear and understand other people's experience too. We have all been through the same thing but experienced it differently.

# Session 3

## DECORATE

**Aim:** To decorate your boat, using the answers from the lockdown reflection questions. The boat should visually show their experience of lockdown.

**Activity:** To decorate your boat, you may want to use key words, or phrases, or draw images that you associate with lockdown, use your answers from the lockdown reflection questions to help you. Remember this is a way of expressing your story. There are a number of different boat designs to choose from (pages 13-15) or students may want to draw their own boat.

**Optional Activity:** Make a school display with all the boats including all students and school staff to visually see that everyone has been in the same storm but we have not all had the same experience.



# Session 4

## YOUR JOURNEY

**Aim:** To reflect on your journey and emotions through lockdown by plotting different points during lockdown.

**Activity:** Plot how you felt at different points during lockdown (Resource available on page 16) :

- When lockdown was announced
- When school finished
- When you were allowed to meet in groups of 6
- When shops opened
- At the start of the summer holidays
- When you had to wear a mask
- When you started back at school
- Any other high or low moments of your own
- At this moment in time
- Draw a line to show your overall changes in mood over during lockdown.

**Optional Discussion:** Like in Session 2 Take time to share your stories and experiences in pairs, small groups or as a class. \* It is key to remember everyone's experience is valid, but it is also important to hear and understand other people's experience too. We have all been through the same thing but experienced it differently.

# Session 5

## FINAL REFLECTIONS

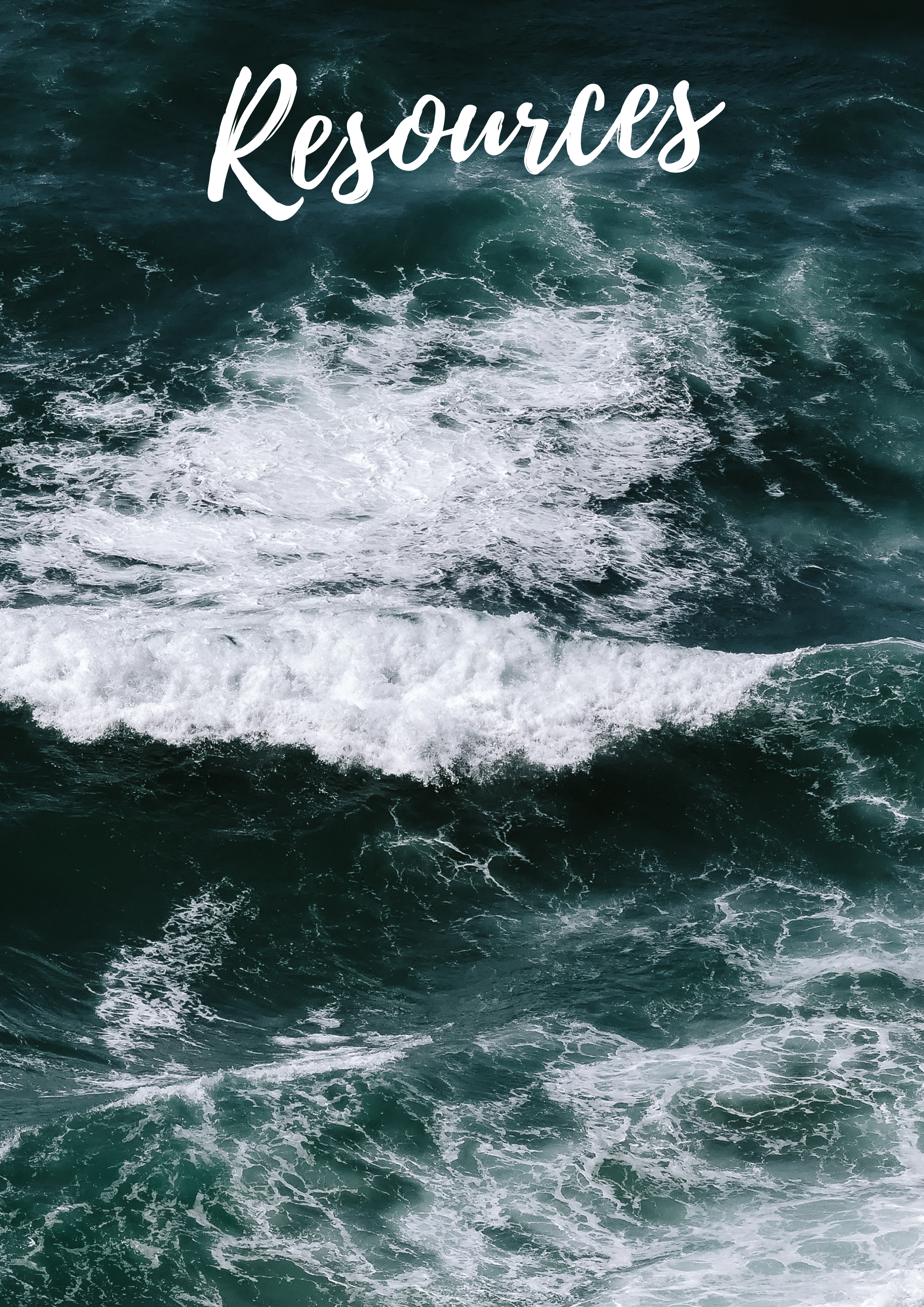
**Aim:** In this final session take time to answer the final reflection questions, helping students to reflect on their journey, but also looking forward and what learning they are going to take with them.

**Activity:** Take time to reflect and answer the questions below:

1. Are you still in your boat now or on land? How are you going to get out of the boat?
2. What have you learnt in your boat?
3. What advice would you give yourself 6 months ago?
4. What one thing from your boat are you going to take / have taken back on land with you?
5. Write down one thing that you are going to commit to taking forward.



# Resources



# VIDEO STORIES

## Reflection Questions...

1.What have been the challenges?

2.What are you thankful for?

3.What have you learnt that you can take forward?

VIDEO STORIES

# REFLECTIONS

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

## **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.)

4.Are you still in the boat, or are you back on land? Or somewhere in between?

# Colours & EMOTIONS

*Power*

*Dark*

*Mystery*

*Loss*

*Unknown*

*Detached*

*Simplicity*

*Freshness*

*Innocence*

*Courage*

*Anger*

*Danger*

*Creativity*

*Love*

*Compassion*

*Wisdom*

*Loyalty*

*Ambition*

*Peaceful*

*Healing*

*Protection*

*Sadness*

*Reliability*

*Loyalty*

*Growth*

*Change*

*Learning*

*Freedom*

*Happiness*

*Optimism*

*Joy*

*Cheerfulness*

*Friendship*

*Trust*

*Honesty*

*Respect*

# FINAL REFLECTIONS

## Reflection Questions...

1.Are you still in your boat now or on land? How are you going to get out of the boat?

2.What have you learnt in your boat?

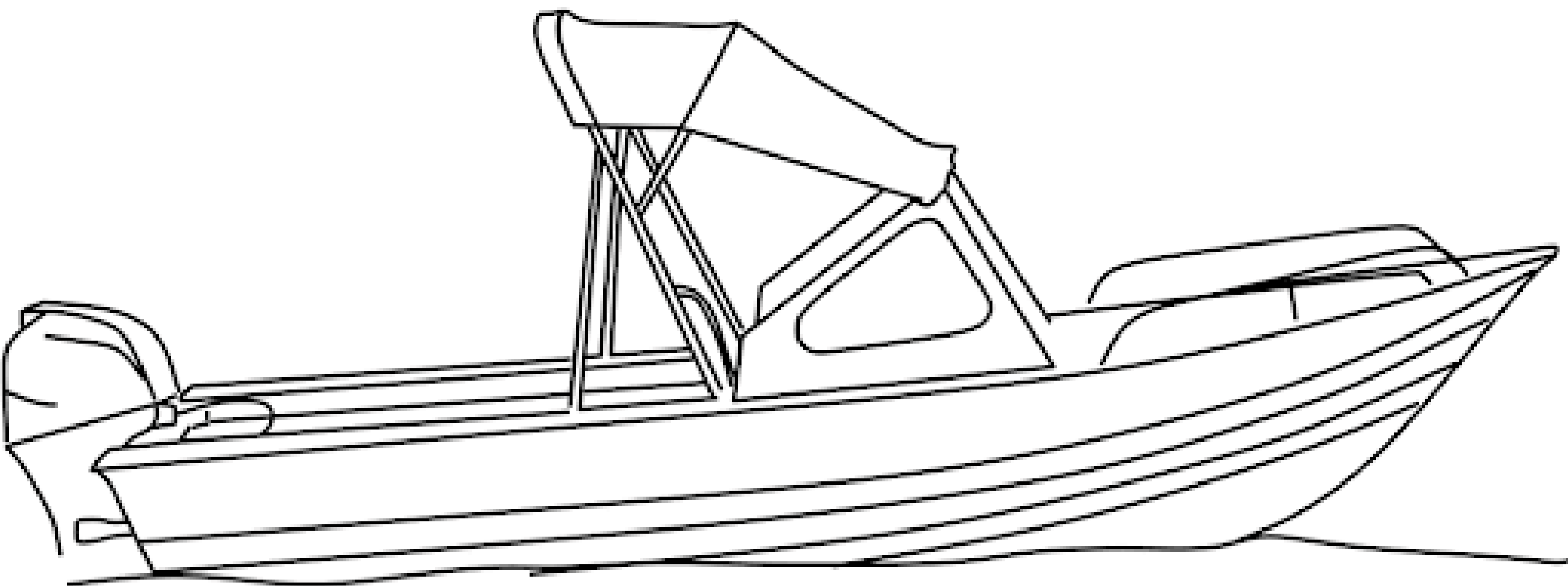
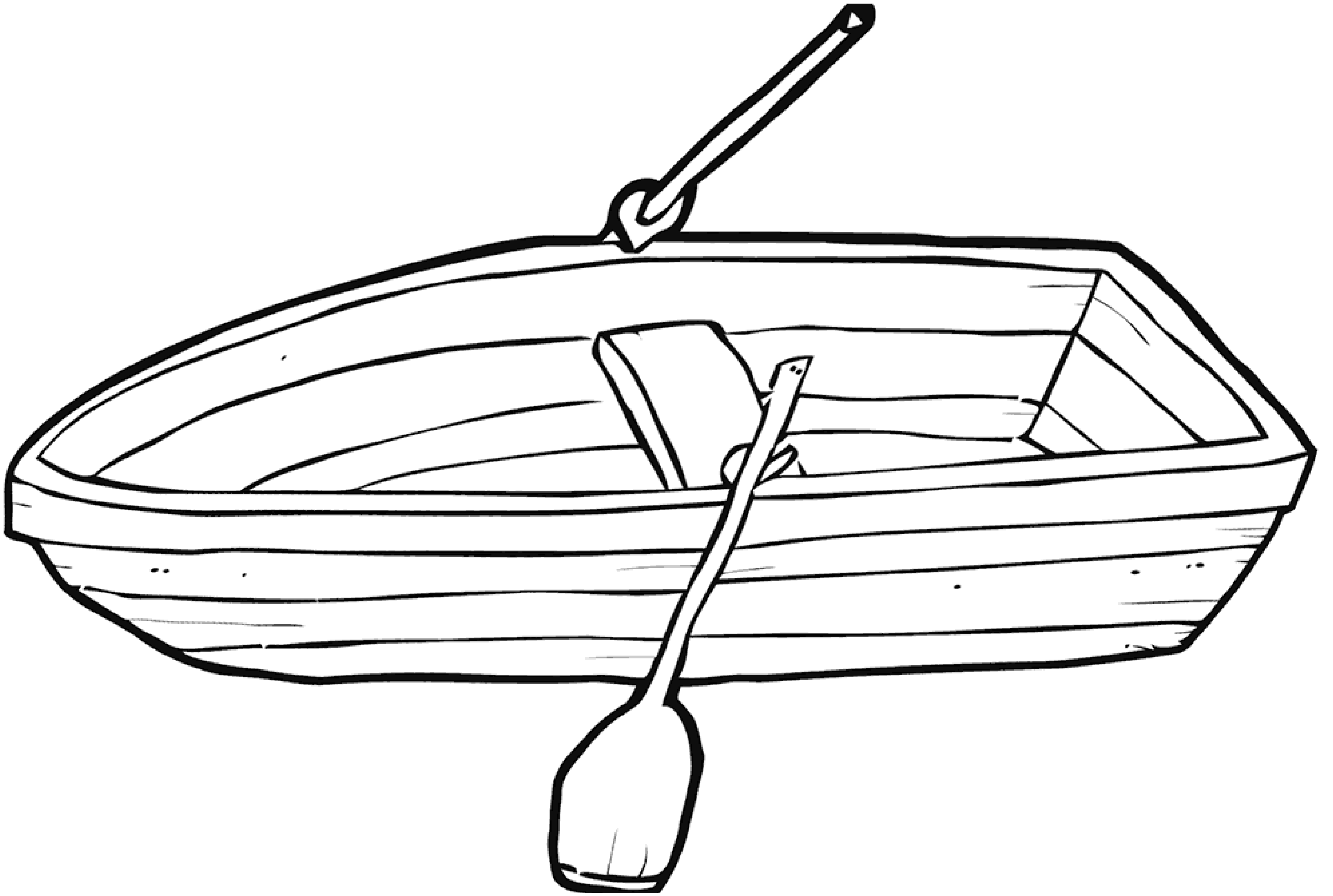
3. What advice would you give yourself 6 months ago?

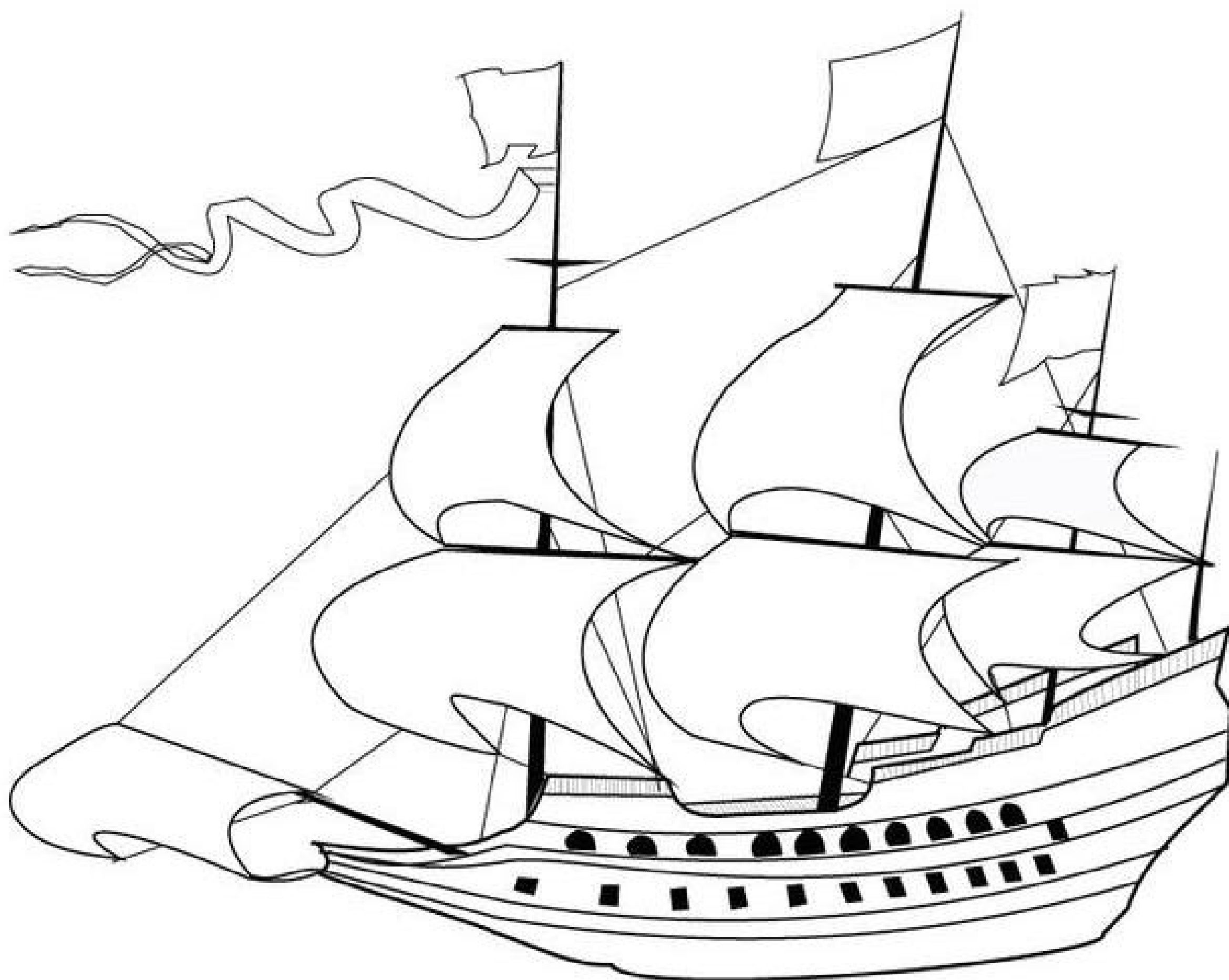
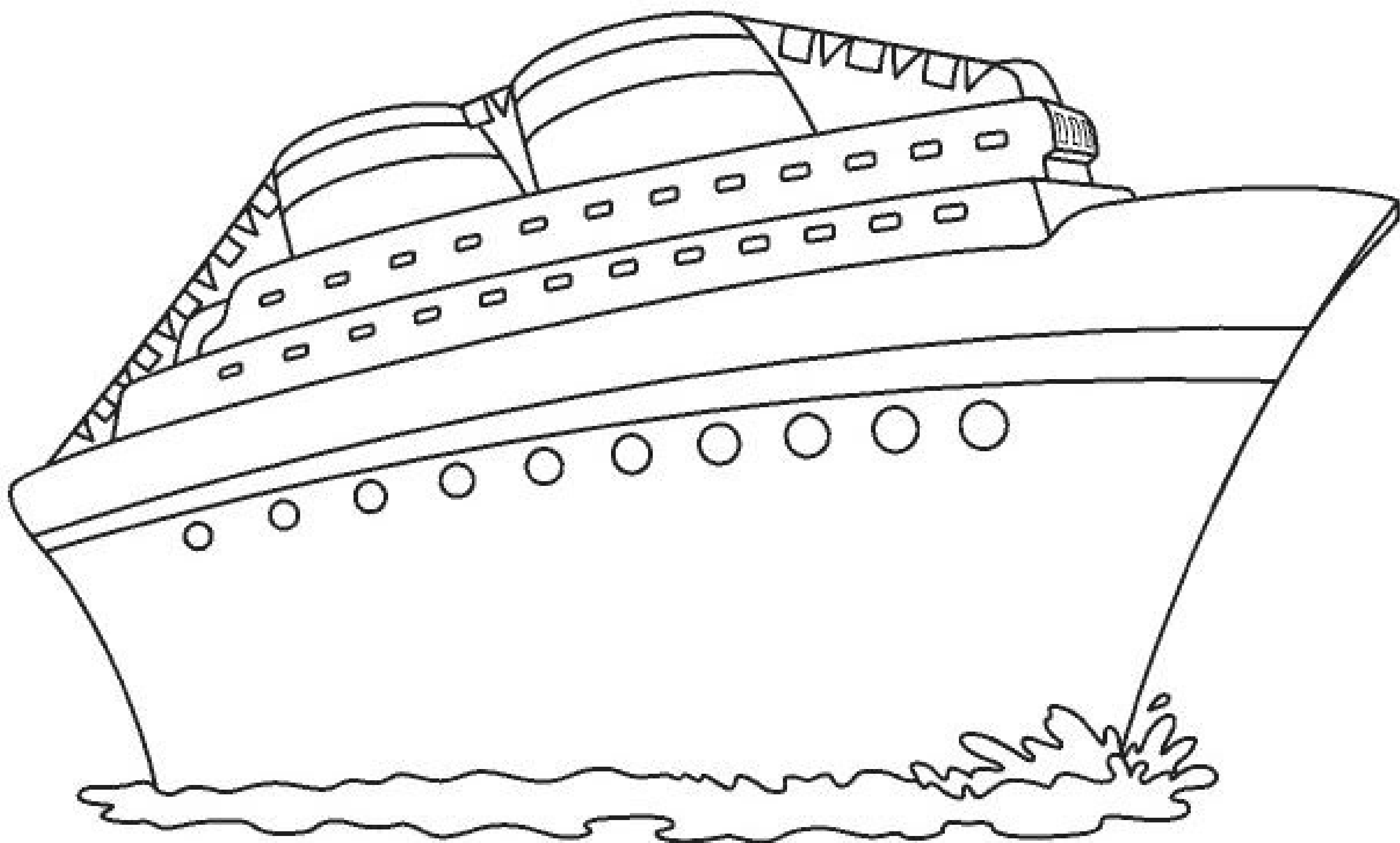
4. What one thing from your boat are you going to take / have taken back on land with you?

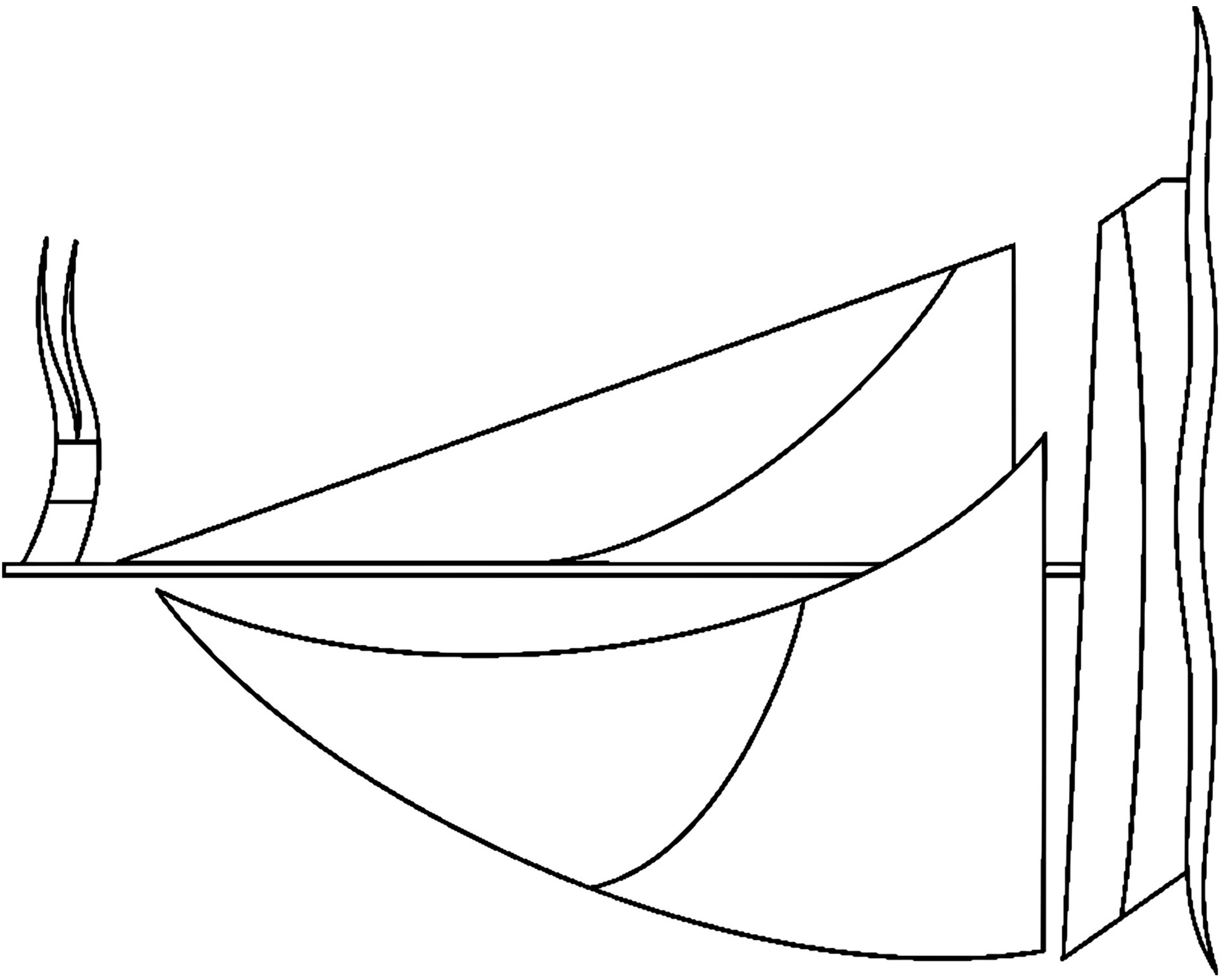
5. Write down one thing that you are going to commit to taking forward.

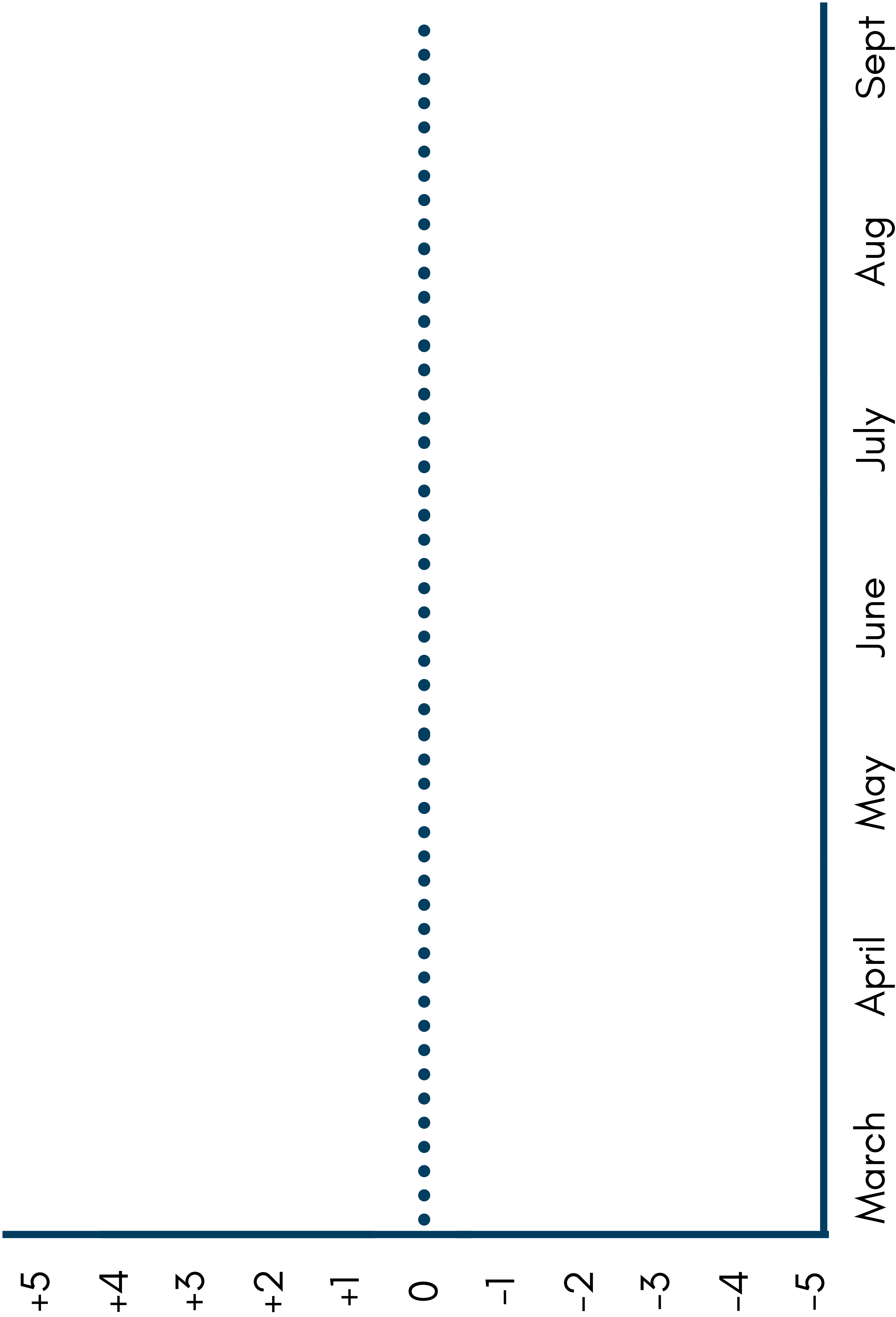
# Resources

## BOAT DESIGNS

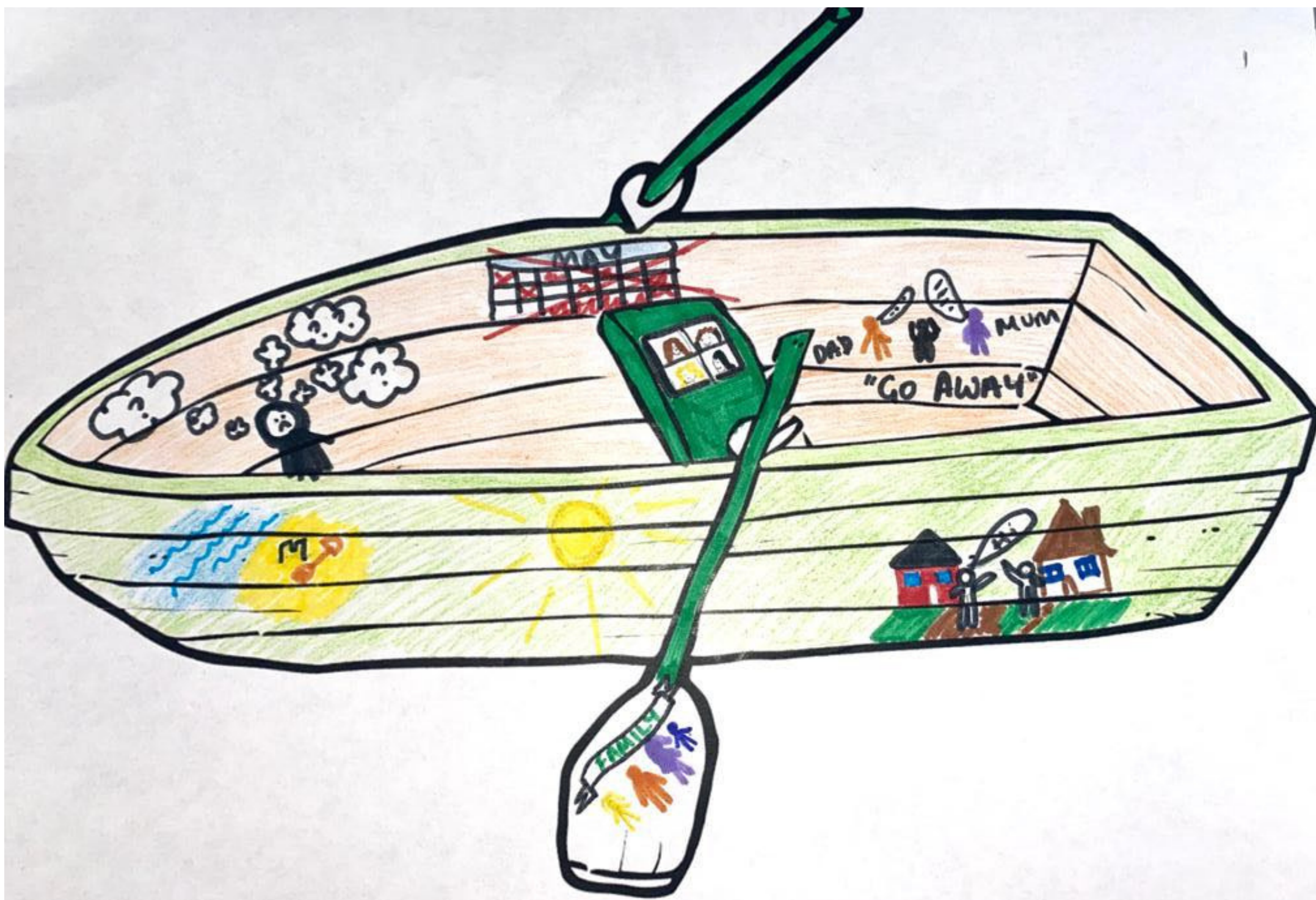
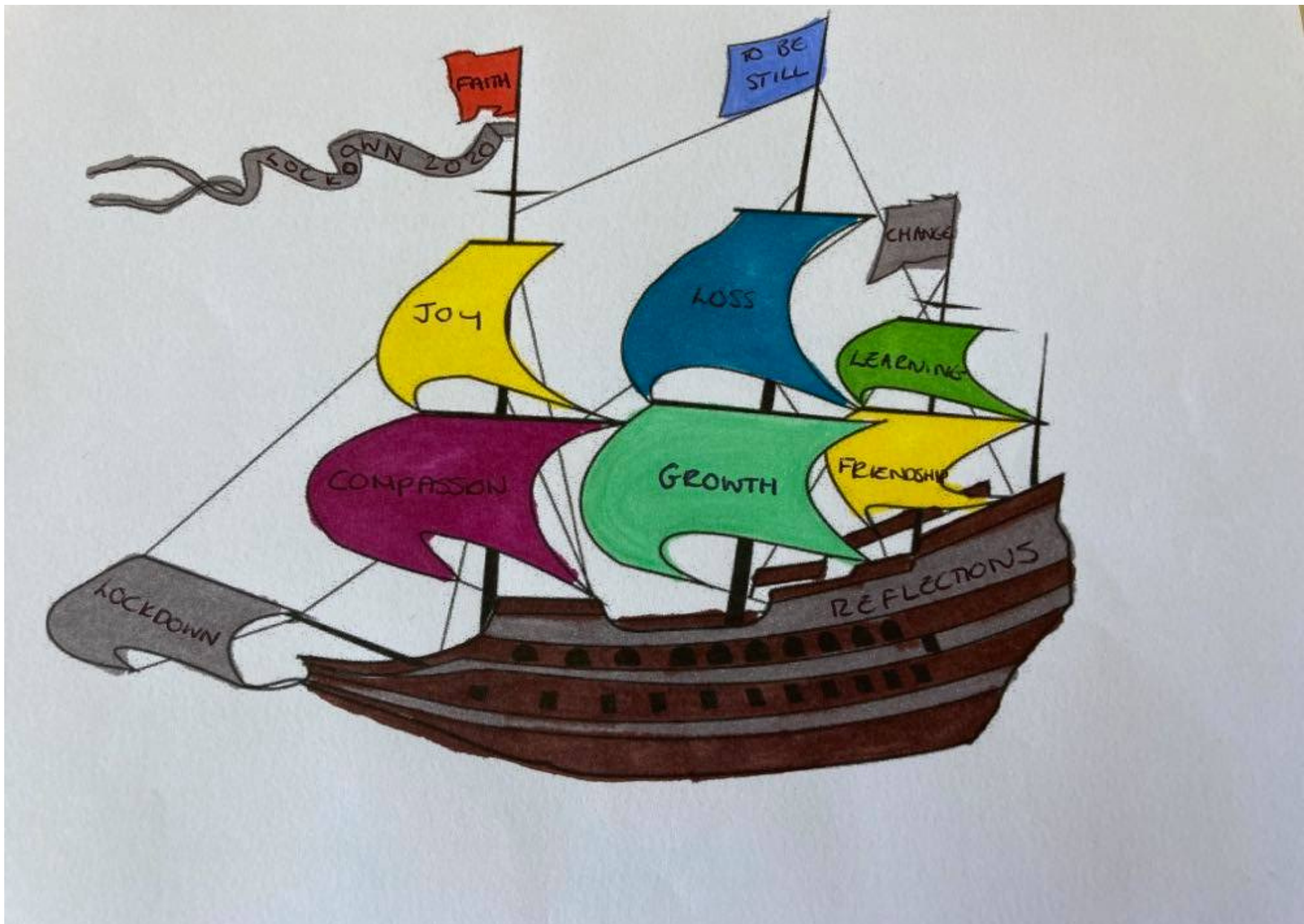




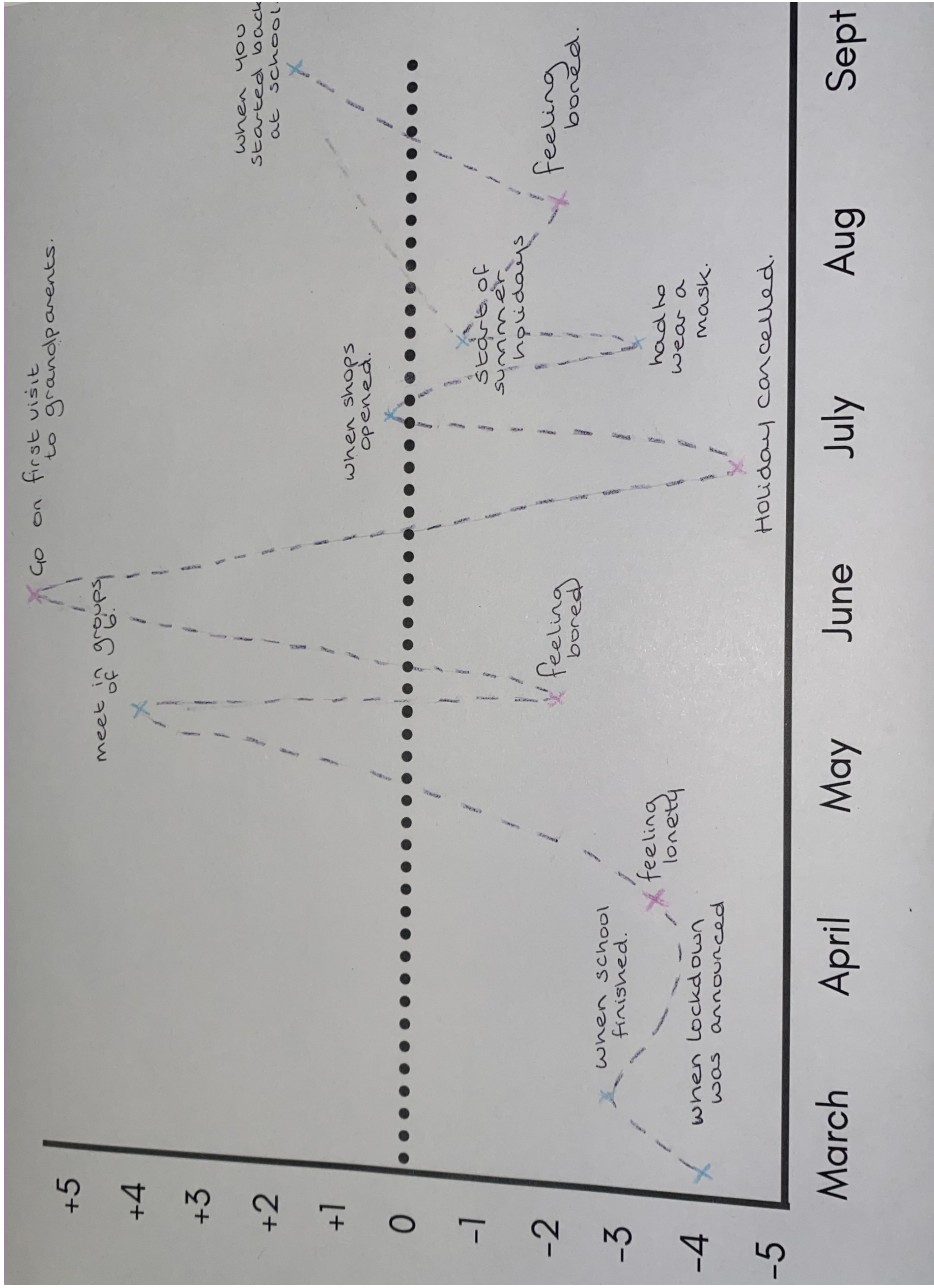




# Examples



# Examples



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