

What positives have come from lockdown?

During this difficult time it can be hard to stay positive. Can you use this as an opportunity to think of what positives being in lockdown has taught us?

You could try and write down any skills that you have learned in lockdown. What can you do now that you couldn't before?

What new talents have you or your family discovered? Have you found any special qualities about yourself that you might not have noticed before?

What can you see from your window?

Look out of your window, what can you see?
Can you draw the view from your window?

From outside looking in, we can see that lots of windows have lovely rainbows. We would love to see what you can see from the inside!

How have you been feeling?

Create a diary or journal about how you have been feeling during this time.

You could also include what you have been doing each day. What made you feel like this? What did you eat and drink? Who were you with? Who did you speak to?

Who would you like to thank?

Can you make some window art to thank our key workers?

You could carry out your own research to find out about other key workers you didn't know about. You could use 'Kiddle' to help you or use the video link:

<https://www.bbc.co.uk/bitesize/topics/zpxnyrd/articles/z3wpsbk>

What are you looking forward to?

Can you make a jar or box to fill with things that you are looking forward to doing? Is there anything you want to do soon that you haven't done?

What are you most looking forward to doing when we have more freedom?

You might want to have a go at taking activities out of the jar and doing some after.

PSHE mental health—home learning grid

