



YOUR FEELINGS AND ACHIEVEMENTS WHILST YOU'VE BEEN AT HOME

The Covid-19 crisis has changed all of our lives dramatically. Use this resource with your primary aged children to encourage them to reflect on their feelings and achievements.



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EVIDENCE-BASED APPROACHES TO PARENTING

YOUR FEELINGS AND ACHIEVEMENTS WHILST YOU'VE BEEN AT HOME

Your name

Our family went into lockdown on *(state date)*

I stopped going to school on *(state date)*

At the time, I felt



Excited



Happy



Unsure



Worried



Sad



Confused

Now I feel



Excited



Happy



Unsure



Worried



Sad



Confused

At the time, I was worried about...

.....

.....

.....

.....

YOUR FEELINGS AND ACHIEVEMENTS WHILST YOU'VE BEEN AT HOME

At home, we have done lots of learning. My favourite bits have been (*go on - there must have been some fun bits*)...

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

During lockdown, I have also been able to do some fun activities with my family, such as:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

My favourite daytime activity has been:

.....

.....

.....

My favourite evening activity has been:

.....

.....

.....

YOUR FEELINGS AND ACHIEVEMENTS WHILST YOU'VE BEEN AT HOME

During lockdown, I have noticed lots of things that I would have missed if I had been at school.

What have you noticed about your home? What have you seen and been delighted by outside, in nature? What else have you observed?

1

2

3

4

5

I have also learned things about myself during this time.

Perhaps you have realised how organised you are? How optimistic? How kind?

I now know that I am a very person.

I now know that are there to support me.

I know that I enjoy but I don't like
..... very much.

I know that I like helping others to

.....

Anything else?

.....

.....

.....

.....

YOUR FEELINGS AND ACHIEVEMENTS WHILST YOU'VE BEEN AT HOME

I have missed doing lots of lovely things during lockdown and I've realised that they are very important to me. The top 5 activities that I really miss are:

- 1
- 2
- 3
- 4
- 5

I have also missed my friends. In particular, I have missed playing or being with:

Friend 1:

Friend 2:

Friend 3:

As a family, I think we have coped with being cooped up:

Quite badly

quite well

really well

amazingly well

I am proud of the way

.....
.....

I am amazed that we managed to

.....
.....

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I can't believe that we

.....

.....

It is good to get excited!

I am looking forward to doing these things again, at some point in the future:

1

2

3

4

5

6

7

8

9

10

When I think about doing these things, it makes me feel:

(a little bit happy) 1 2 3 4 5 6 7 8 9 10 (amazingly excited!)

Celebrating helping heroes

I am glad that there are plenty of heroes helping me and my family at the moment.

Hospital heroes are working hard to

Scientist heroes are working hard to

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People in the government are helping us to

Teachers are heroes too! They are helping me to

.....

.....

Happily, lots of people are working hard to help me and my family get back to normal and that makes me feel



Excited



Happy



Proud



Determined

Congratulations! You have quite clearly done a great job of looking after yourself during your time off school, whilst you have been at home. You have learned many things and still have lots of things to look forward to! Keep washing your hands, keep a safe distance from others and remember, if you ever feel upset or sad, read this sheet and remind yourself how far you have come. It is good to give yourself a pat on the back.