

My Positive Lockdown Reflections

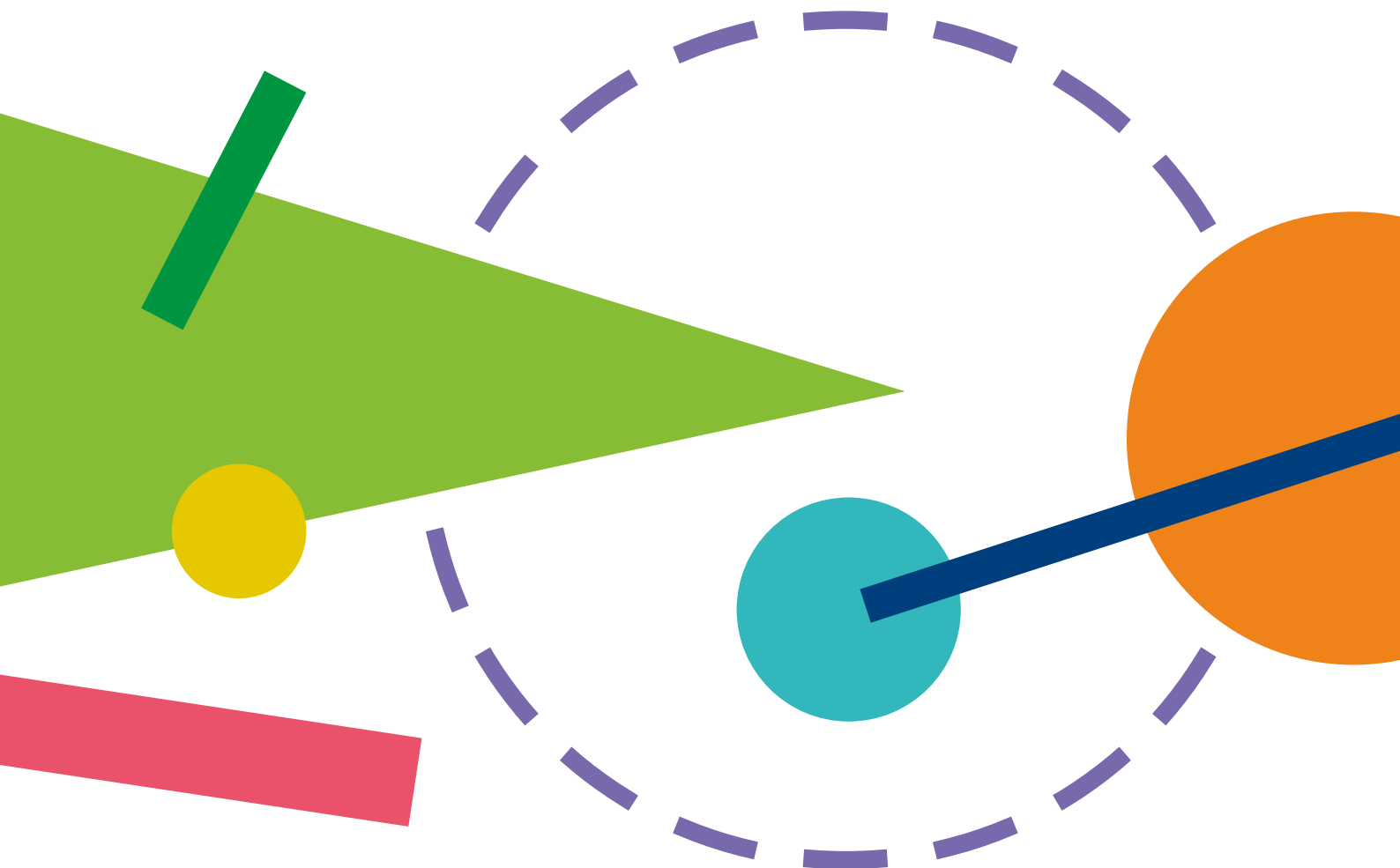
Everyone has had a different experience of lockdown and on certain days, some people will feel more positive than others.

Finding positives can be difficult but it is so important to do this for your overall wellbeing. Finding positives throughout the day can help to raise your self-esteem, which will then help you to feel more confident and resilient. Think of each positive as a small win.

Some days, home learning may feel like the best thing ever and other days, you may want to go back to school. On the other hand, being in school may feel difficult when many of your friends are at home. Both situations have positives and negatives.

Try to find a balance by paying attention to the positives, as this will help you to feel happier and more in control.

Take some time to think about the difficult situations that you may be experiencing or that you may have experienced - think about how you could make/have made them more positive. Having time to reflect on this will help you to create a blueprint for future situations.



Situation

Positive opportunity

Struggling with schoolwork.

I learnt to ask questions and try problem-solving on my own.

Missing friends.

Missing family.

Not being able to attend clubs and hobbies.

Teachers and parents/carers not being able to help straight away.

Worrying about other people.

Situation

Positive opportunity

Worrying about what it will be like going back to school.

Worrying about what it will be like going back to clubs and hobbies.

Worrying about the effect on your education.

Worrying about whether you will have the same friends after lockdown.

Arguing with siblings or family.

Worrying about your own health.