**My Lockdown Experience**



This booklet belongs to:

During the last few months, everyone was told by the government that we should stay at home to protect ourselves and the people who are important to us. Everyone had different experiences and it’s important that we let the people who teach us and care about us know what that was like. When answering the following questions, please answer them from your child’s perspective.

Did you stay at your own house? Yes No If no, where did you stay and who did you stay with?

Are your parents /carers keyworkers? Yes No

What therapy or Dr appointments or reviews have you had? Have any appointments been missed or rearranged during lockdown? Please list what appointments you had, when they were and who with. Also list any appointments that have been cancelled or rearranged.

Please see contact log for details.

What links or resources have helped you during lockdown?

Did you enjoy home learning? If so, why? If not, what were the barriers?

gjgjgh

Is there anything sad or upsetting you want school to know about that happened during lockdown?

Did your family have anything to celebrate whilst in Lockdown?

What skills have you learnt whilst being at home?

**Going Back To School - Worksheet**

What has it been like at home?

What was ok at school before?

What feelings do you have about going back to school?

Key things to focus on

What might help?

What might be different at school?

What have I achieved in Lockdown?

|  |  |  |
| --- | --- | --- |
| **When?** | **What?** | **How?** |
| ExampleMarch 2020 | Learnt how to zoom my friends | My mum helped and my friends told me how on the phone |
| ExampleMarch 2020 | Learnt how to log on to Microsoft Teams | School told me how |
| ExampleMarch 2020 | Learnt how to make a toasted Sandwich on my own | My mum showed me then wrote the steps down for to follow.  |
| ExampleApril 2020 | Learnt how to make my bed  | My mum showed me and helped me at first, now I do it on my own. |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

You may like to write a letter here to yourself with all the things that you have done during lockdown. This will be something to look back on when you are feeling down and struggling to remain positive. (Some children may prefer to draw pictures or tell you what to write).

|  |
| --- |
| **Contacts with people involved with my family**(Name of child) …………………………………………………………. |
| **Date** | **Person contacted** | **About what** | **Letter/Visit****/Phone****/email** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |