

All the worksheets for this lesson are available to download on the school website - alternatively, you can write your thoughts straight onto paper.



What Positives Have Come from Lockdown?

Lockdown is a difficult time when we may feel that the things we love and enjoy have been taken away from us. For example, we are unable to go to school, see our friends and family, take part in after-school activities or visit our favourite places.

During this difficult time, you may have learnt new skills, discovered new talents and found more of your special qualities. These positives need to be captured and celebrated.

Can you take some time to think about what positives being in lockdown has taught us?

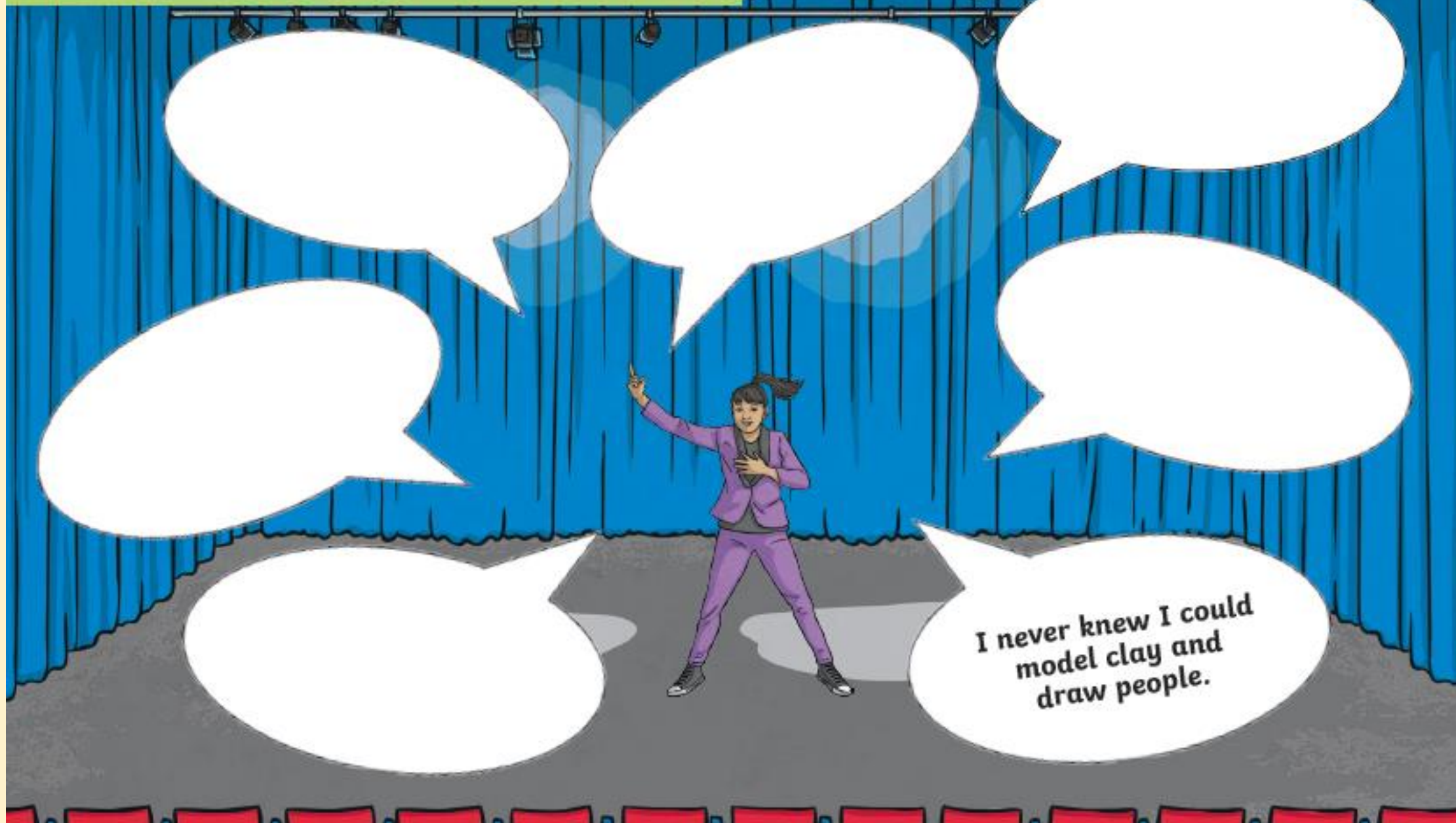
Spend some time thinking about the following three questions and then complete each activity. When you have completed them, display the activities somewhere you can see and be proud of them each day. If you are having a difficult day, looking back at your answers will help you to feel proud and positive about yourself.



What Skills Have I Learnt During Lockdown?



What New Talents Have I Discovered?



I never knew I could
model clay and
draw people.

What Special Qualities Have I Discovered?



Mindful Breathing Dot-To-Dot

There are many ways you can experiment with focusing on the breath. One fun way is to play the dot-to-dot breathing game. This is a very simple game that can help you feel settled and calm. All you need is this sheet and a pen or pencil.

Instructions:

Find a quiet place to sit down.

Hold the pencil in your hand and rest it on the first dot of the diagram.

Just breathe in and out for a few moments.

Then make a start by drawing the first line. Do this very slowly. Make sure it takes a whole breath to get from one dot to the next.

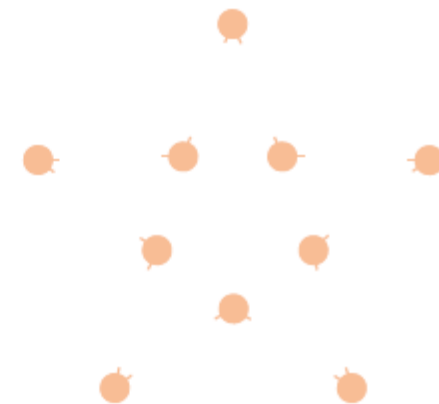
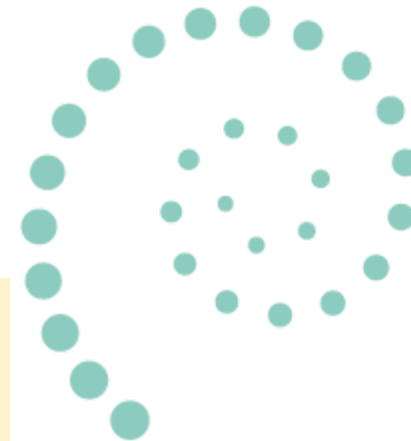
Breathe in, draw a line from one dot to the next.

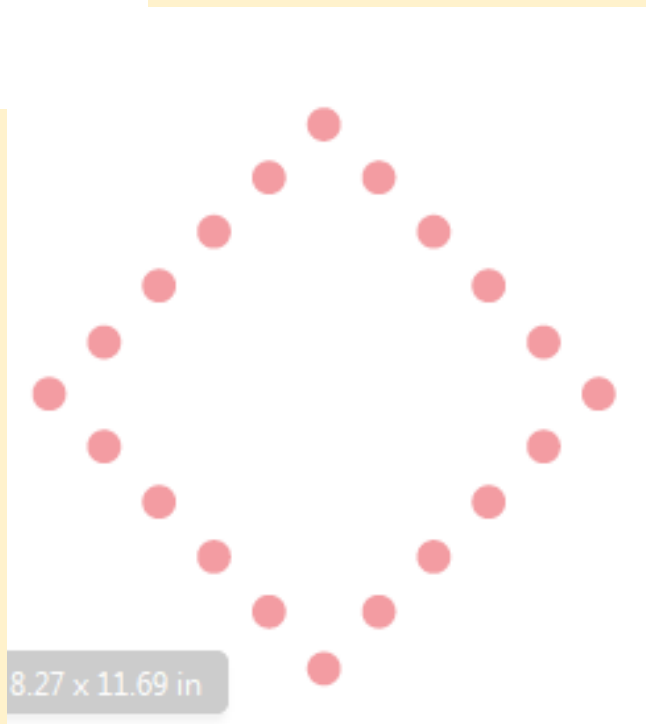
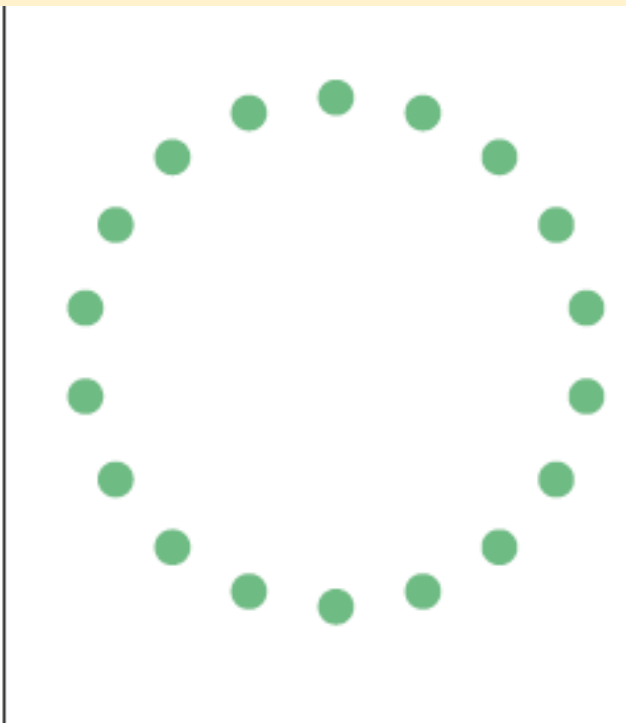
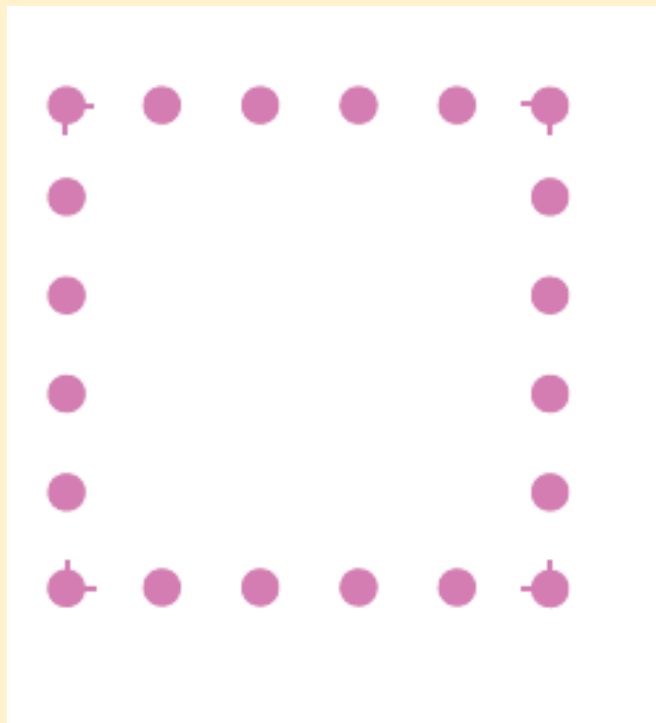
Breathe out, draw a line from one dot to the next.

Keep doing this very slowly until the dot-to-dot picture is completed.

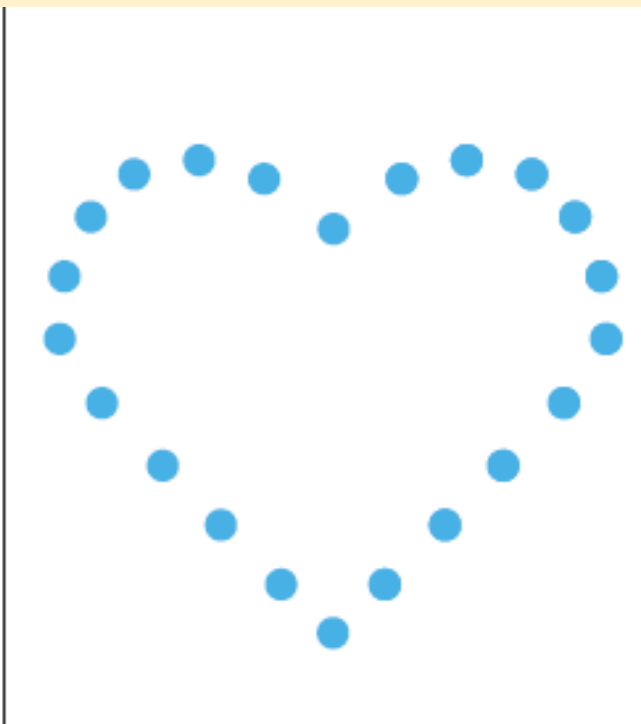
You can then finish or perhaps do another dot-to-dot, just breathing and drawing.

Now, spend some time relaxing.





8.27 x 11.69 in



Mindfulness Colouring

While you are colouring in this picture, practise your mindful breathing.



Self-assess using smiley faces

