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This resource would be perfect as part of your recovery curriculum for each child to have one stuck inside their books.



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## Emotions during lockdown

It is important for children to reflect and think about their time in lockdown. Looking at positive and negative emotions. Children might have felt a whole range of emotions and writing about them before perhaps talking about them can really help them process the experience.

They might have felt

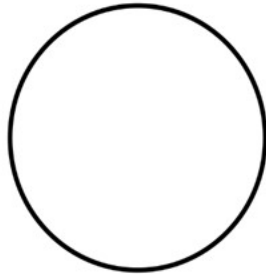
- Happy because they are with their family
- Sad because they are missing their friends
- Angry because they were arguing more with siblings
- Scared because they might think everyone is getting coronavirus
- Anxious because of hygiene and handwashing

This would give you a good overview of their emotional experience during lockdown.

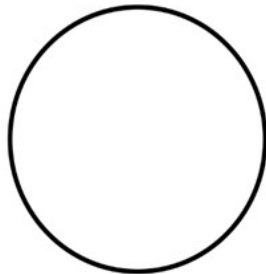




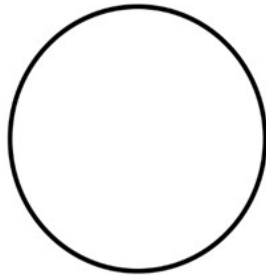
# 5 EMOTIONS I FELT DURING LOCKDOWN



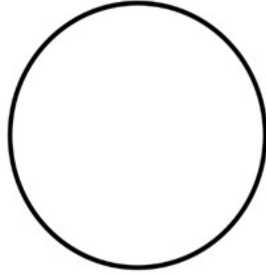
I felt \_\_\_\_\_ because...



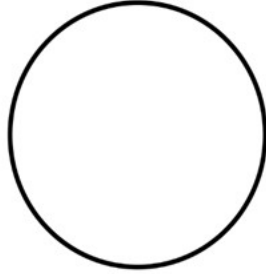
I felt \_\_\_\_\_ because...



I felt \_\_\_\_\_ because...



I felt \_\_\_\_\_ because...



I felt \_\_\_\_\_ because...