



ELSA Newsletter 13: Reflecting on lockdown

As restrictions begin to ease and we plan for our pupils to begin to return to school, I thought it would be nice to round off these lockdown ELSA newsletters on a positive note, by reflecting on the good things that may have come out of this time. We know that different families have had very different experiences of lockdown. For some families this has been a difficult time, as they have been affected by hardship, stress, illness or bereavement, while others have enjoyed having more time together as a family. Whatever your overall experience, are there things that you can keep as positive memories?

What are you proud of?

Are there things you've done (or stopped doing?) during lockdown that you are proud of? Sometimes children find it hard to say they are proud of an achievement as they don't want to seem like they're boasting, so let them know it's OK to recognise what they've done well and take pride in achievements. Display their artwork, make them a certificate, and share good news with relatives. Have you taken up a new hobby or developed a new skill that you are proud of? I've managed to keep plants alive for the first time in years which I'm quite pleased about!



What will you keep up?

Have you started a new habit, like family walks, games night or virtual quizzes? Have there been changes to your routine that it would be possible to keep up? Ask your children what things from lockdown they've most enjoyed and would like to keep doing.

People connections

Discovering that we can "meet up" with friends and relatives via Zoom has been a bit of a revelation for most of us! One positive you could take from lockdown is keeping up with the friends you have back in touch with, or keep new rituals like virtual tea with grandparents. Have you made new contacts on your street through Whatsapp groups etc or become involved in community groups?



Favourite times together

What were your family's highlights of lockdown, and how can you remember them? Maybe you could make:

- A photo frame of lockdown memories, drawings or rainbow crafts.
- A scrapbook of memories, photos and newspaper cuttings
- A lockdown memory box. This could include birthday cards, photos, certificates or letters from school, rainbow crafts, and newspapers.
- A time capsule - you could bury it for the future for people to find later.

There are some ideas for things you could include here:
<https://kidsofthewild.co.uk/2020/03/29/make-a-time-capsule-coronavirus-covid-19-kids/>

- A video of your child's highlights or how they've been feeling
- Salt-dough handprints -

<https://www.messylittlemonster.com/2020/04/salt-dough-family-handprint.html>



What have you all learnt about yourselves?

Have your children noticed things about the way they learn? Have you learnt that you can be inventive with cooking when the shops were empty, or have grandparents learnt they can use a new form of technology?

Lockdown diaries and reflections

These printable diaries or journals might be a nice way to record memories of lockdown:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/05/2020-review.pdf>

<https://s3.letsembark.ca/long-creations/2020-COVID-19-Time-Capsule-EN-US.pdf>

<https://www.mylockdowndiary.com/>

