

THERE IS A PHRASE THAT HAS BEEN USED DURING THE PANDEMIC:

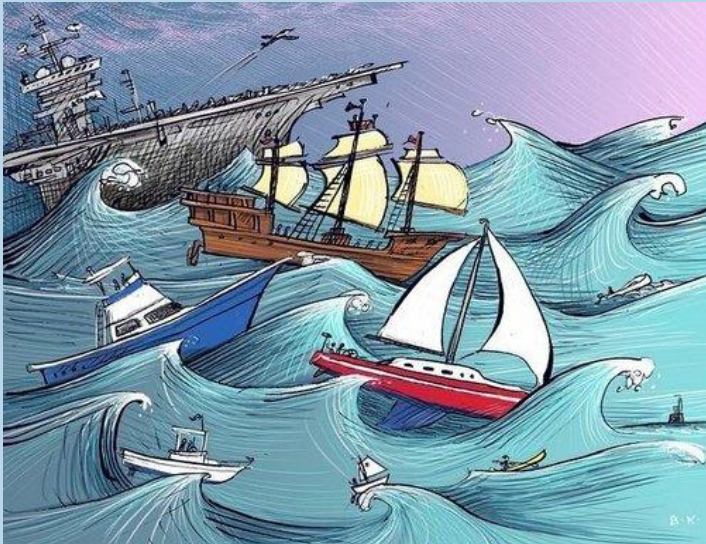
WE ARE NOT ALL
IN THE SAME BOAT



BUT WE ARE IN THE SAME STORM

It means that even though we are all living through the same pandemic, our experiences and ideas about it are all very different. Your feelings might be different to someone else at home, even though you are living in the same house!

Have a chat with someone at home about what this might mean, to help you understand it better. It might be that you have enjoyed being at home, or haven't found it that different, or it might be you have really missed being able to see your friends, or go to your usual places, or you might be thinking something else! All of these feelings are totally fine and unique to you.



RESILIENCE

Resilience is one of our school's 5Rs.

Can you remember what it means to be resilient?

What would you be doing if you were showing resilience?

What sort of things would you say to yourself if you were being resilient? Write them down.

Can you remember a time when you needed to be resilient?

Describe it. What happened because you were resilient?

DESIGN YOUR OWN RESILIENCE BOAT

On the next slide, is a picture of a 'resilience boat' you could use. But it would be even better if you designed your own, so that it is unique to you! It might be that you want to do like a collage, with photos to show the different things. Be as creative as you like!

- 1) Choppy waters/weather: Think about all the things you may be worried about at the moment, this may be isolation, lockdown, missing friends, returning to school, missing someone at home when you come back. Write these next to the image that says "choppy waters / weather".
- 2) Anchor: Think about what helps you feel supported and safe, this may be family, school, a pet. Write these next to the image that says "Anchor".
- 3) Sail: What are the things you do that make you feel happy and relaxed/calm — for example, listen to music, draw/paint, dance, go for a walk, read a book etc.
- 4) Oars: Write down your strengths. What do you feel confident doing? What are you good at? If you're not sure, ask someone else what they think you are good at.
- 5) Crew on deck: Write about the people who are important to you. Why are they important? How have they helped you over the last few months?

Weather

Sail

Crew on deck

Choppy waters

Oars

Anchor

