

Week beginning 20th July

Time to Reflect

We are in the middle of living through history; the last few months have brought many unique challenges and uncertainties and has changed all of our lives in many ways. We have all had to adapt and grow: finding new ways to work together, motivate ourselves and tackle challenges we never expected. That being said, there are still many challenges left to come and we need to learn from what we have gone through to ensure that we grow and come out the other side better and stronger than ever.

I would like you to work on a mood board/collage and reflect on the past four months.

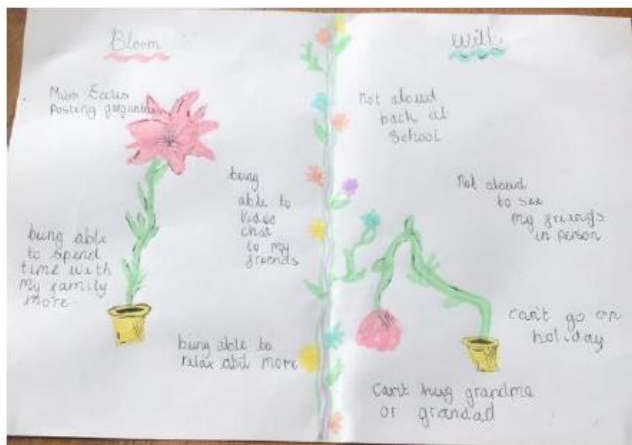
Consider the headings:

- What has lockdown meant for me?
- What have I enjoyed?
- What have I not enjoyed?
- What worries me?
- What am I looking forward to?

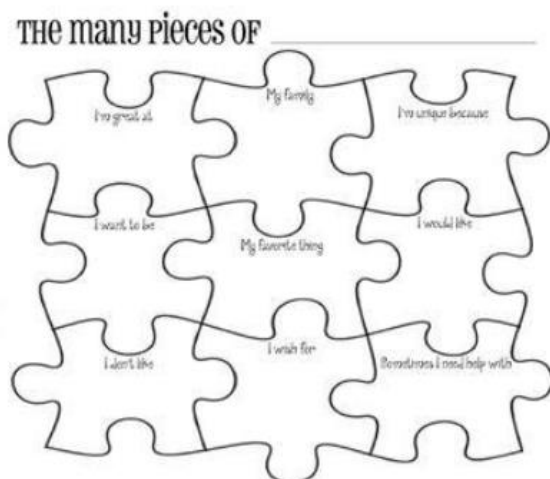
THINK BIG! How you choose to present your reflections is up to you. The ideas below are just suggestions. Think big pieces of paper, colour, pictures, headings etc

The website below gives ideas of the things you may include. You may even want to create a book and have several pages of reflections.

<https://www.kidadl.com/articles/how-to-make-lockdown-memory-scrapbooks>



This idea focuses on what makes me bloom? What makes me wilt?



This could be adapted to be the many pieces of lockdown...

Mind map examples (ignore the topics but use this as examples of layout ideas)

