



Lockdown – what I have learned about myself?

Think about your lockdown experience and what it has taught you about yourself. Use the questions below to help you to think about your response:

- What have you missed?
- Have you discovered any new skills, talents, or hobbies?
- Did you find not being able to see friends hard or easy? What does this tell you about yourself and your friendships?
- Have you learned anything about someone else? Did they react, behave, do what you expected them to during lockdown?
- What did you do and how did you behave when you were having a rough day?
- What did you do and how did you behave when you were having a good day?
- What are you grateful for?
- Is there anything you will now change about the way you do things since being in lockdown?
- What are the most important things to you?

Write about your experience. Use pictures too if it helps.