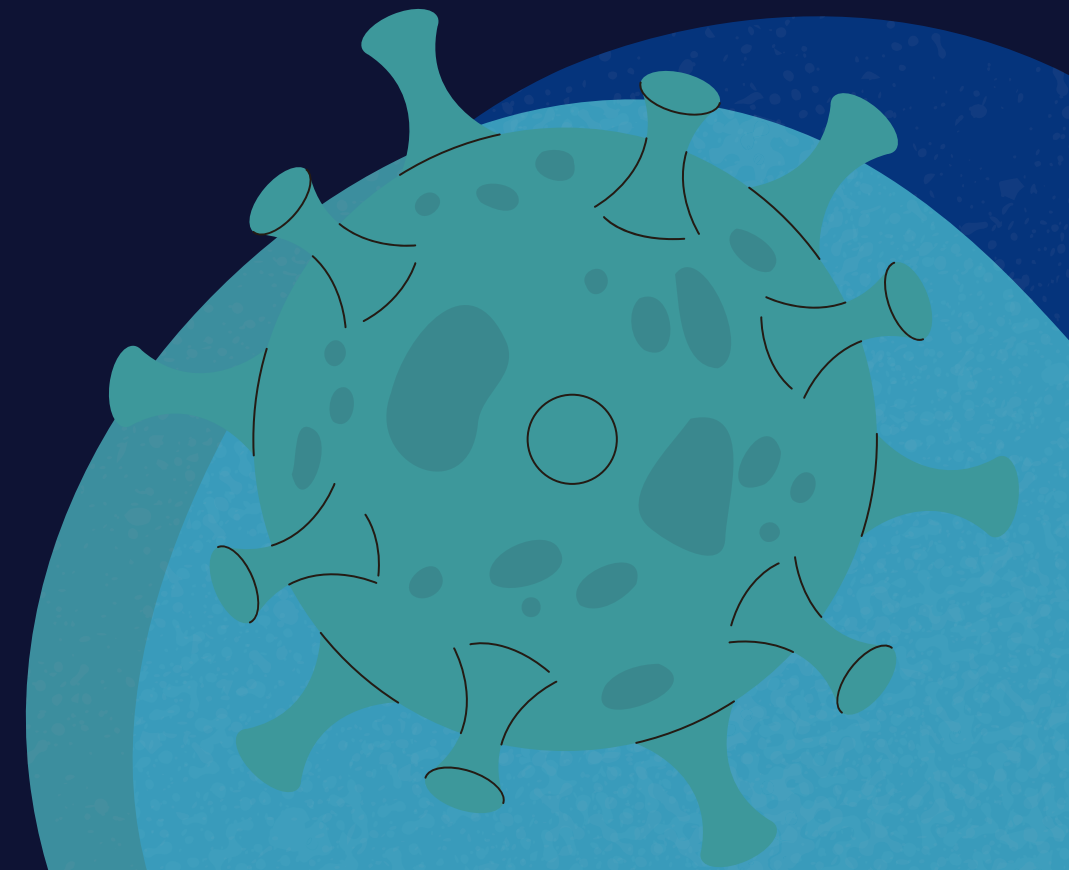
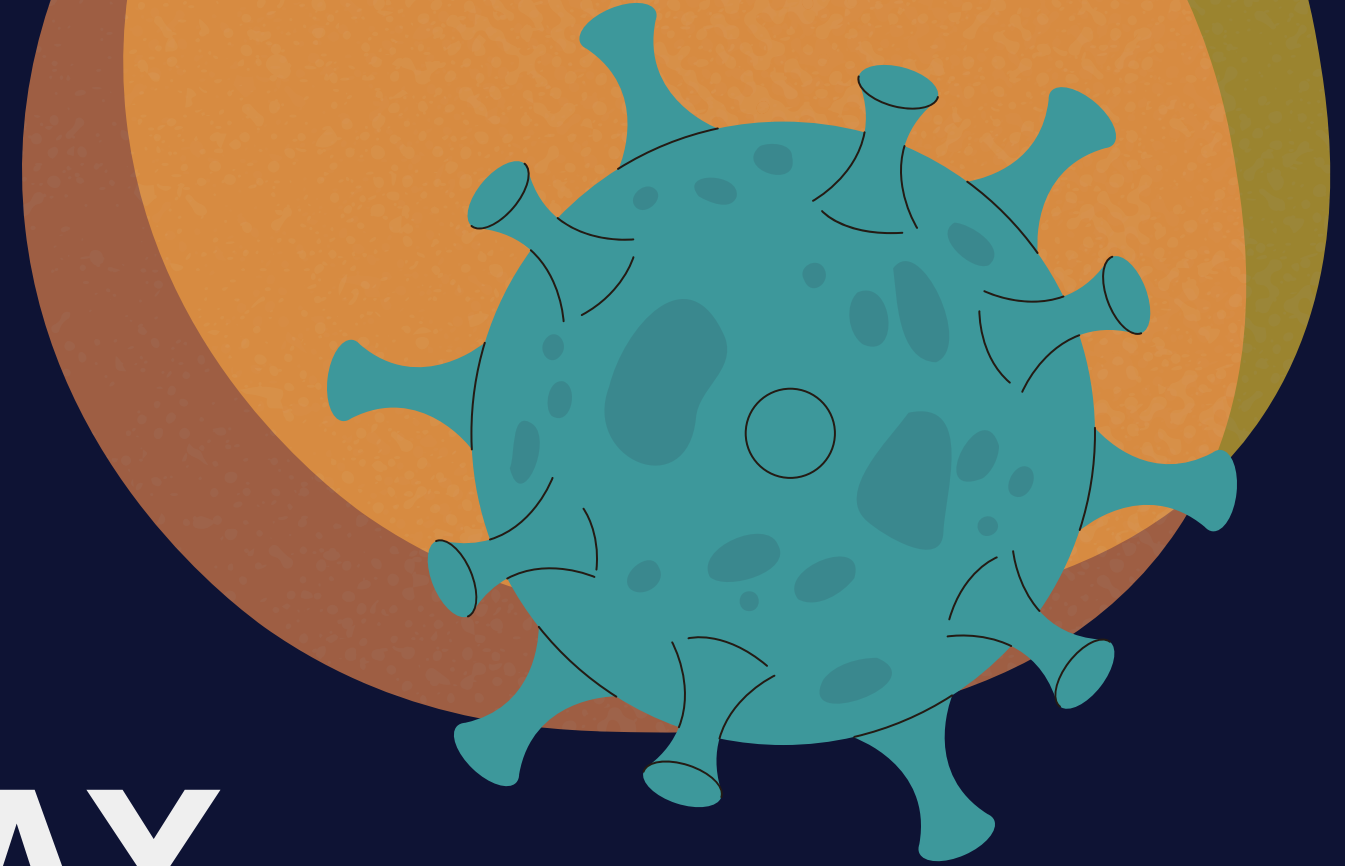
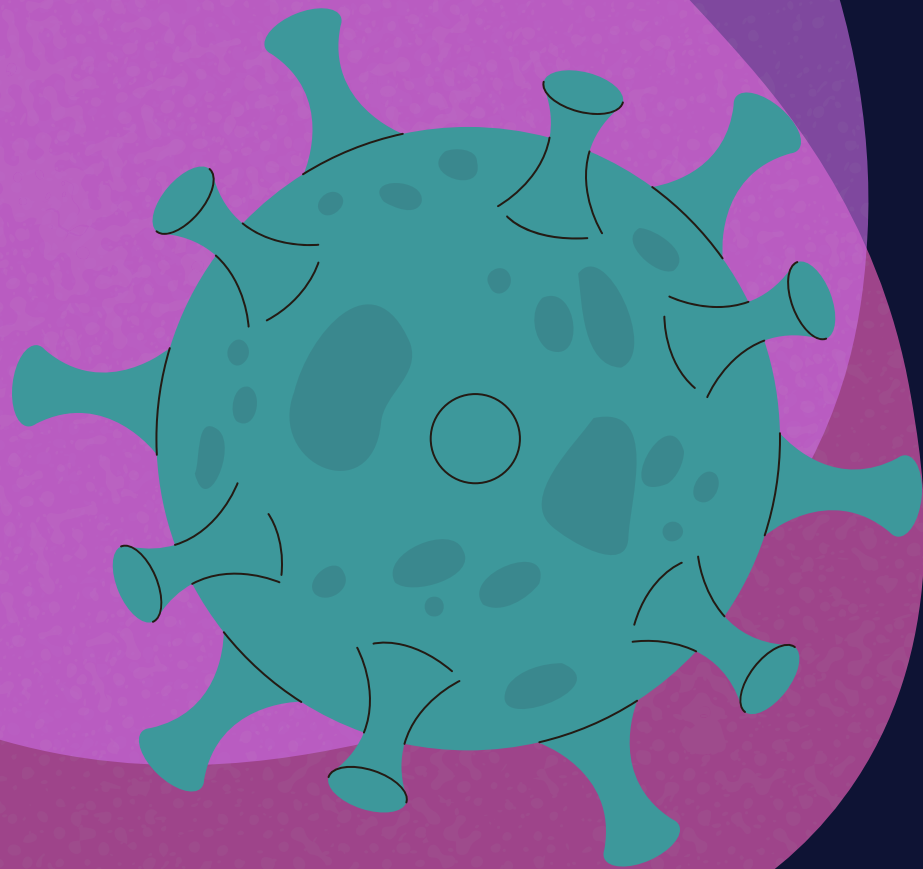
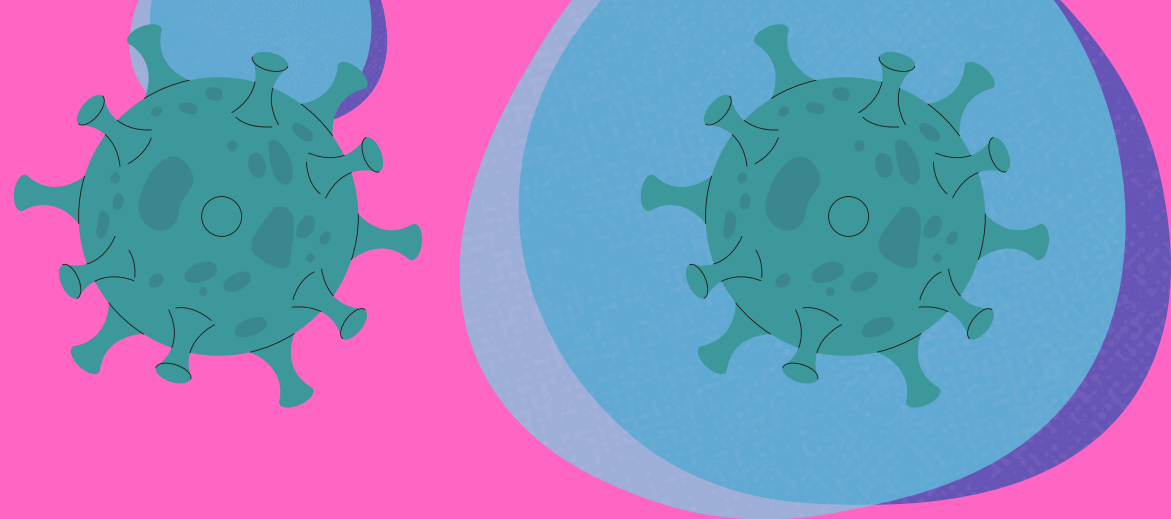


**THE DAY
THE WORLD
STOPPED...**



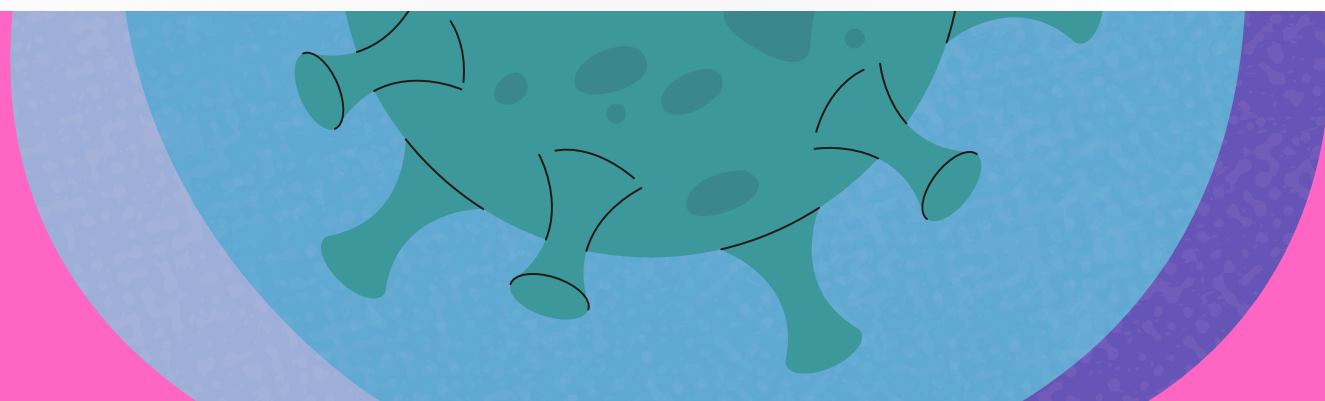


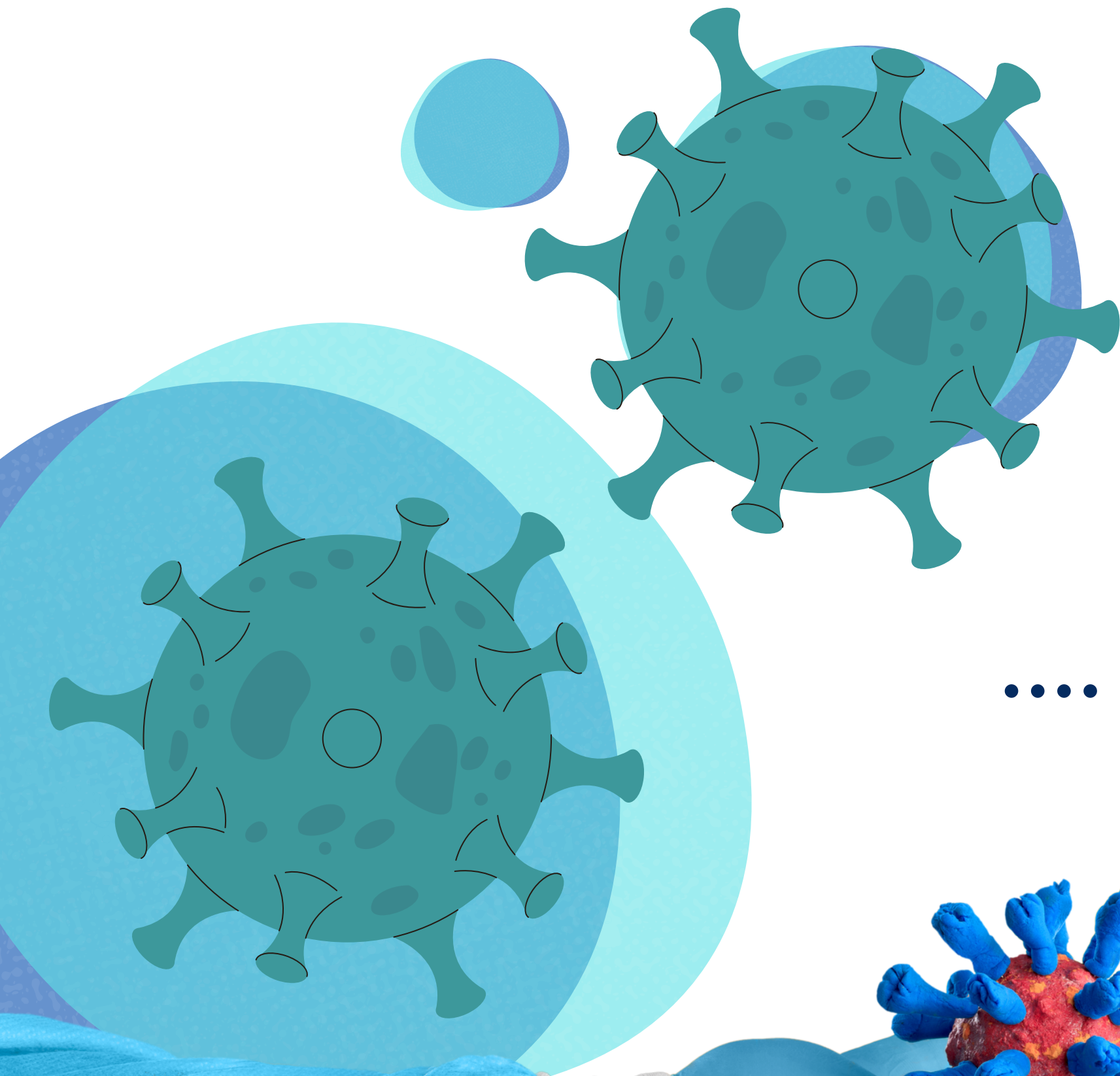
Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



In March 2020
(how old were you?)

The world stopped all
activity because of a
virus called....

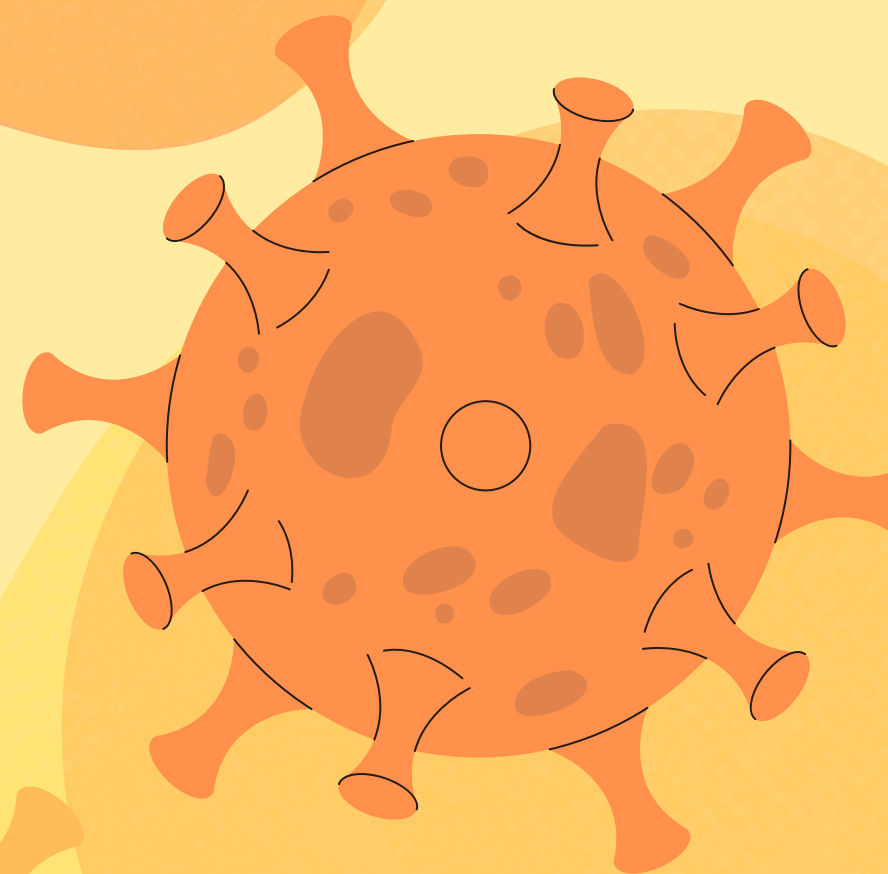
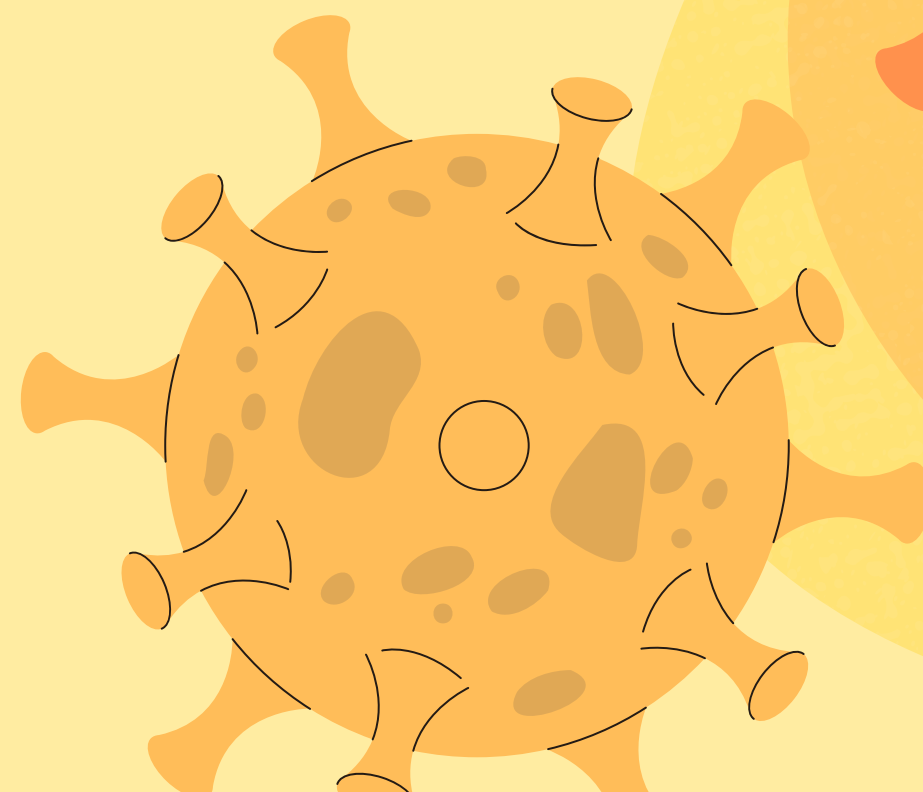




.... do you know the name?

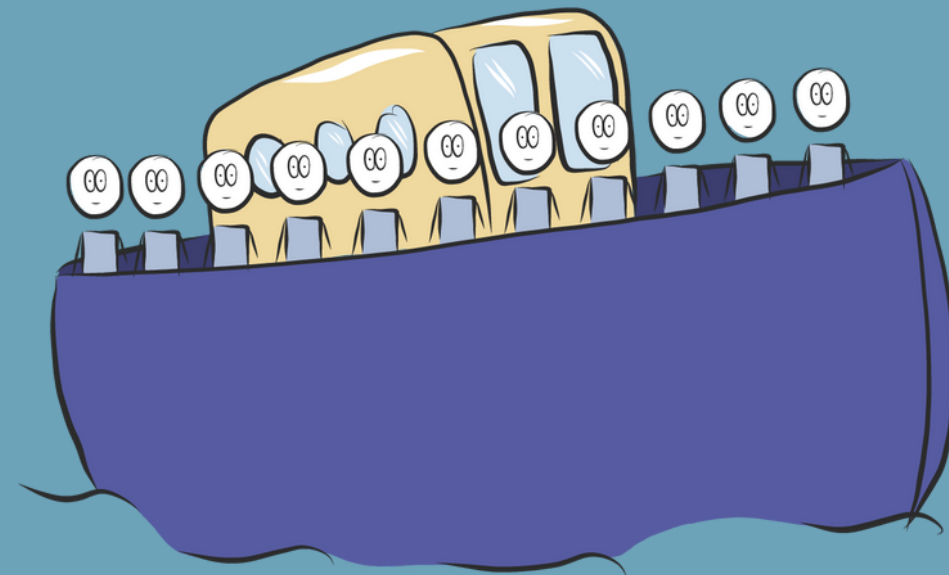
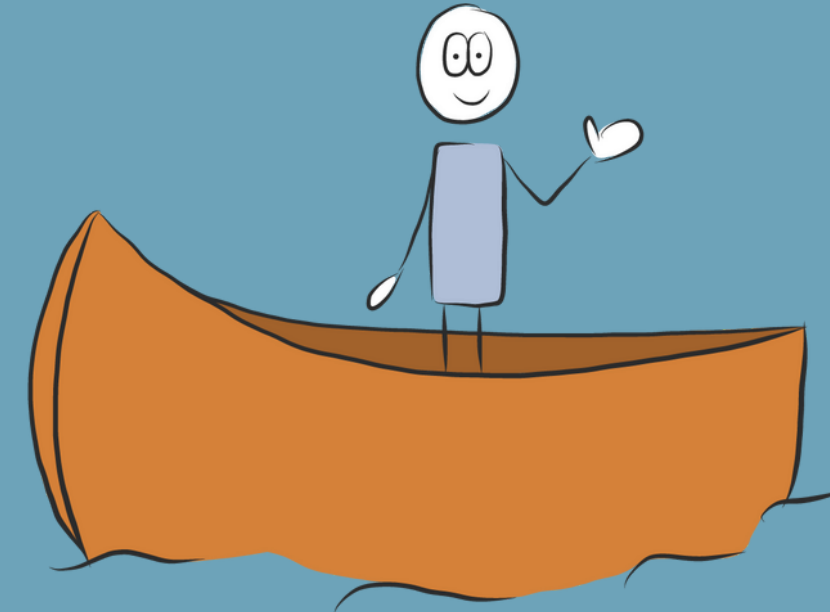
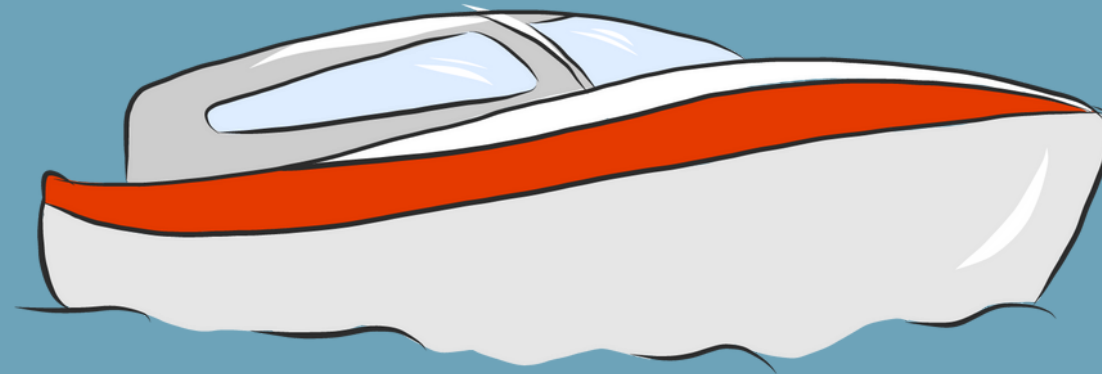


COVID-19



.... suddenly we had to stay at home
and not go outside. It was called
'Lockdown'

.... it was like we were all on the same sea,
but we were all in different boats



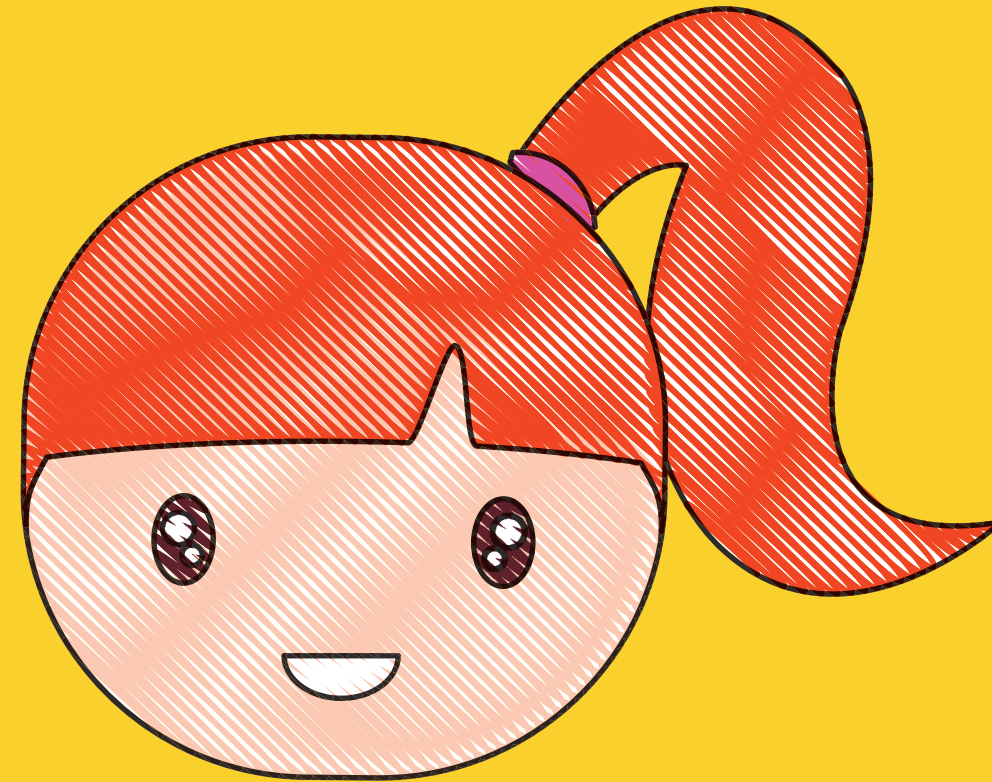
(this is a metaphor - you're not really in a boat 🙄)

.... we could even feel like we were in different boats at different times, even in one day!

.... what sort of boat do you feel you are you in today?

.... what sort of boat is your friend in today?

What was it like
to be in
lockdown? Lets
follow these kids
from around the
world to see
how they felt.



Sarah



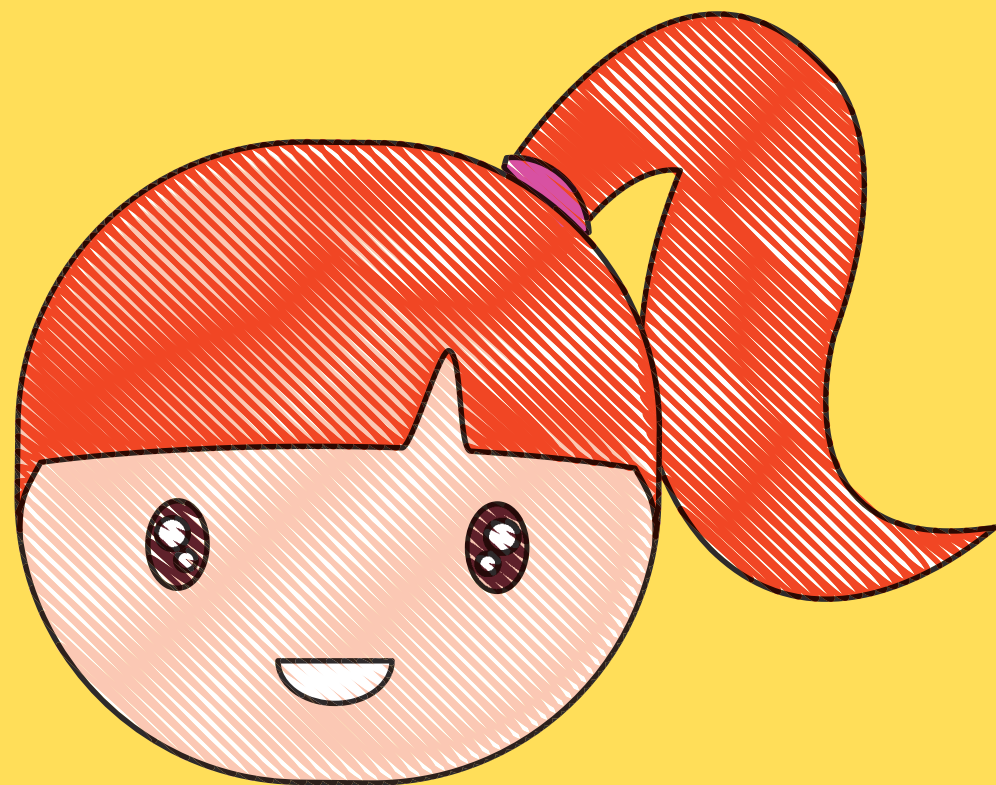
Tane



Mohammed



Alesha



Sarah is 8 years old and lives in London UK. She was 4 years and 6 months old when the world stopped. She had started school when suddenly she had to stay at home. Her Mum worked as a nurse and her Dad was a paramedic. She doesn't have any siblings and they live in a upstairs flat.



What was one thing that was really difficult?
I was really, really worried about my Mum and Dad, and didn't like that I had to go to school when none of my friends had to. This felt really unfair.

What was something you liked? I really enjoyed clapping on the street on a Thursday for those that worked for the NHS. Seeing all my neighbours once a week was fun.

Where Sarah lives



Tane is 17 years old and lives in Aotearoa/New Zealand. They were 14 years old when the world 'stopped'. They have a sister who is older and a younger brother. Their Mum is a Teacher and their Dad was stuck in Australia for work and couldn't get home.

What was one thing that was really difficult?

Being scared that I would be the first person in Aotearoa/ New Zealand to get Covid. Hardly seeing my Mum because she was teaching other kids online, and not having enough devices to do the school work. The days were really long. Not seeing my Dad for ages. Sorry that is more than one thing,

What was something you liked? I loved doing tiktoks with my siblings and watching movies. I also learnt to cook which was cool.



Where Tane lives

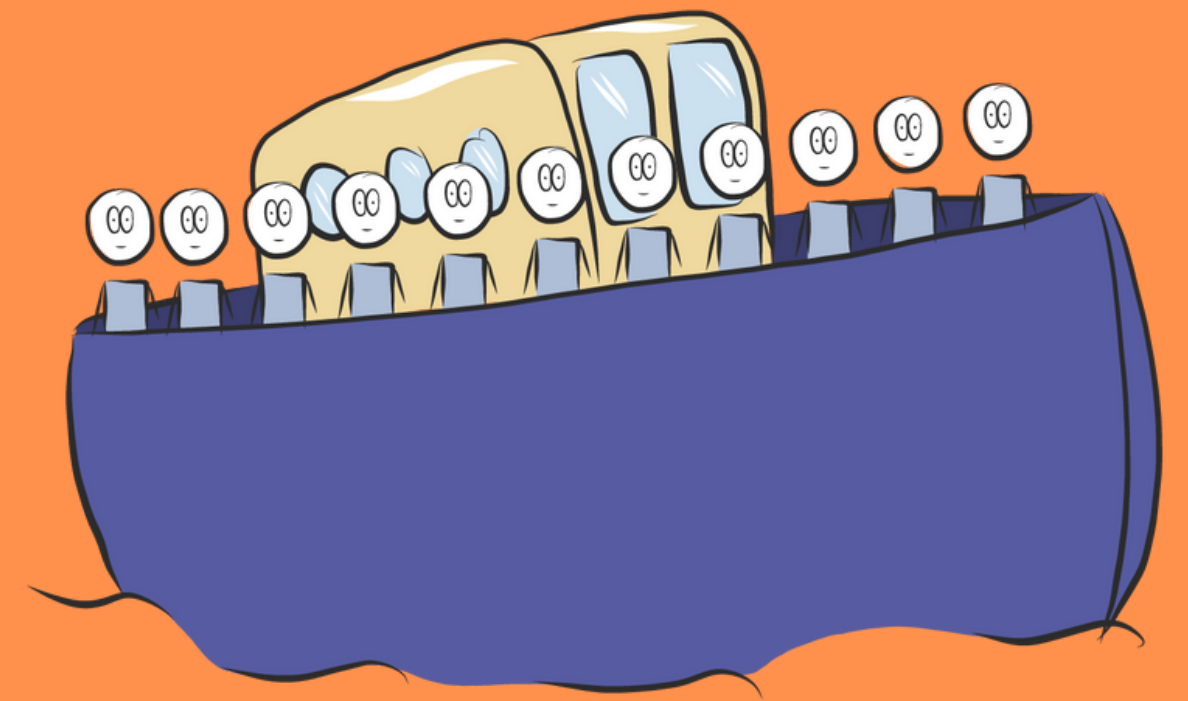
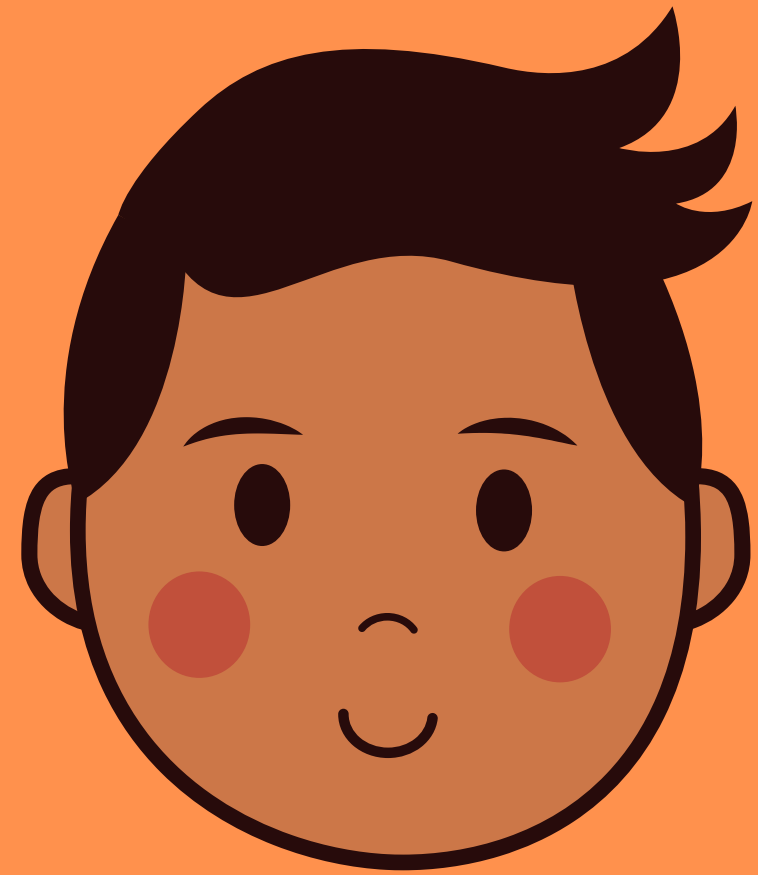


Mohammed is 13 years old and lives in Cairo, Egypt. He was 10 years old when the world stopped. He has an older sister and two younger brothers. His Mum works at home and his Dad drives a taxi, his grandmother and grandfather live with them. His cousins live next door.

What was one thing that was really difficult?

There was no work for my Dad, and every day was hard worrying about how we would eat.

What was something you liked? My grandparents did not get sick from the virus, this makes me very happy as my Grandad is one of my best friends.

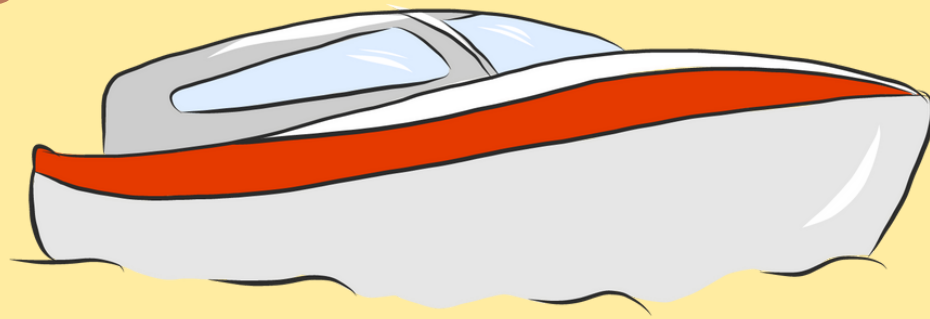


Where Mohammed lives





Alesha is 11 years old and lives in Los Angeles. She was 8 years old when the world stopped. She has a younger sister. Her Mum is a lawyer and her Dad lives in another house with a new family.



What was one thing that was really difficult?

Seeing the news all the time and worrying that my family would die, the news was so scary. Not being able to see my Dad as often because he was with his new family and lives in another town. That was the hardest thing.

What was something you liked? My sister and I made up games to play together and we really enjoyed learning online.

Where Alesha lives



What is your story?

Who did you live with during the pandemic?

What was an average day like during lockdowns?

What were some of the feelings you had?

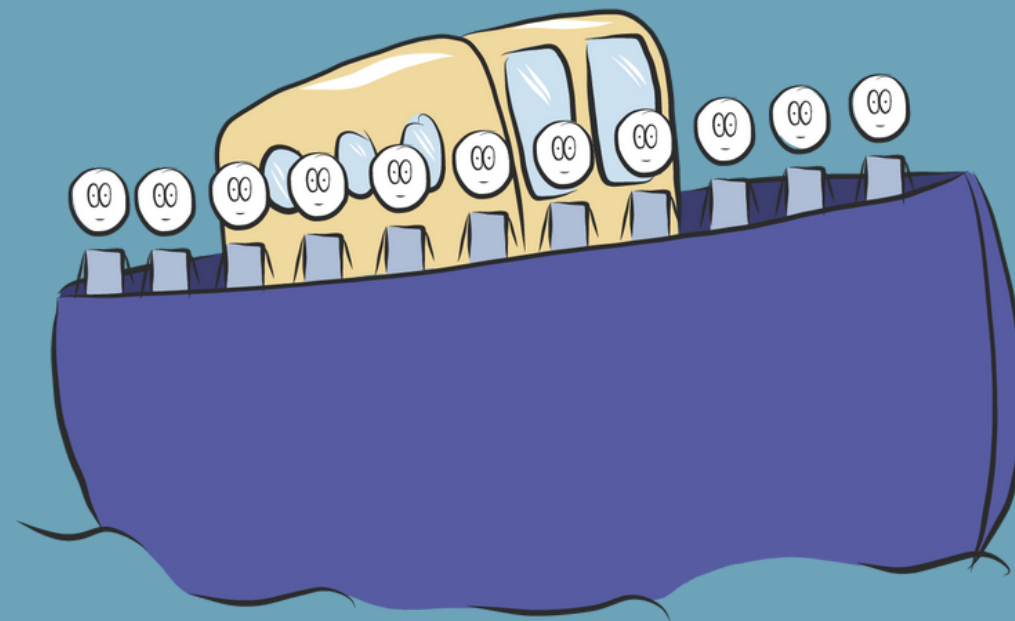
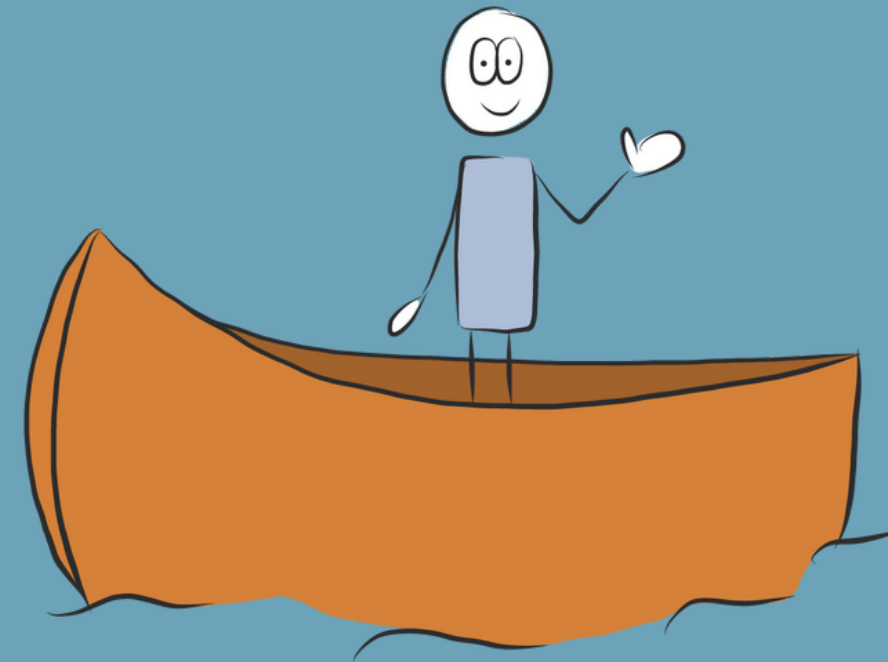
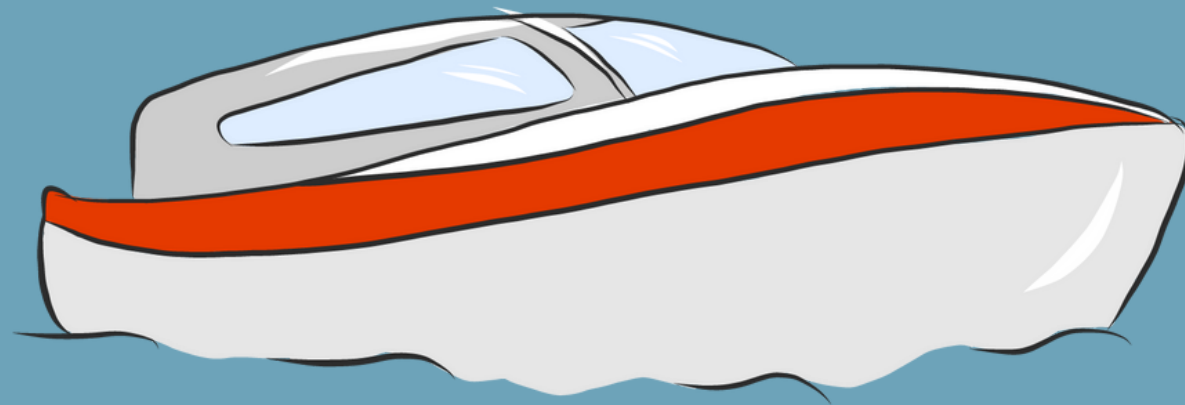
What was one thing that was really difficult?

What was something you liked?

Did you learn anything about yourself?



.... what sort of boat did you feel you were in for lockdowns?



Here is a list of some feelings you can draw the ones you felt over the 2020 Pandemic



happy



embarrassed



scared



nervous



goofy



surprised



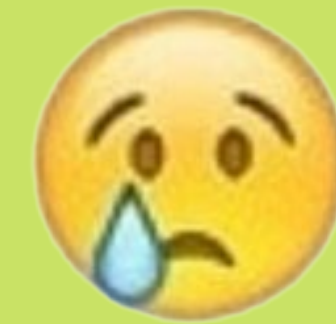
quiet



annoyed



cool



sad



tired



excited



bored



sick



frustrated



angry

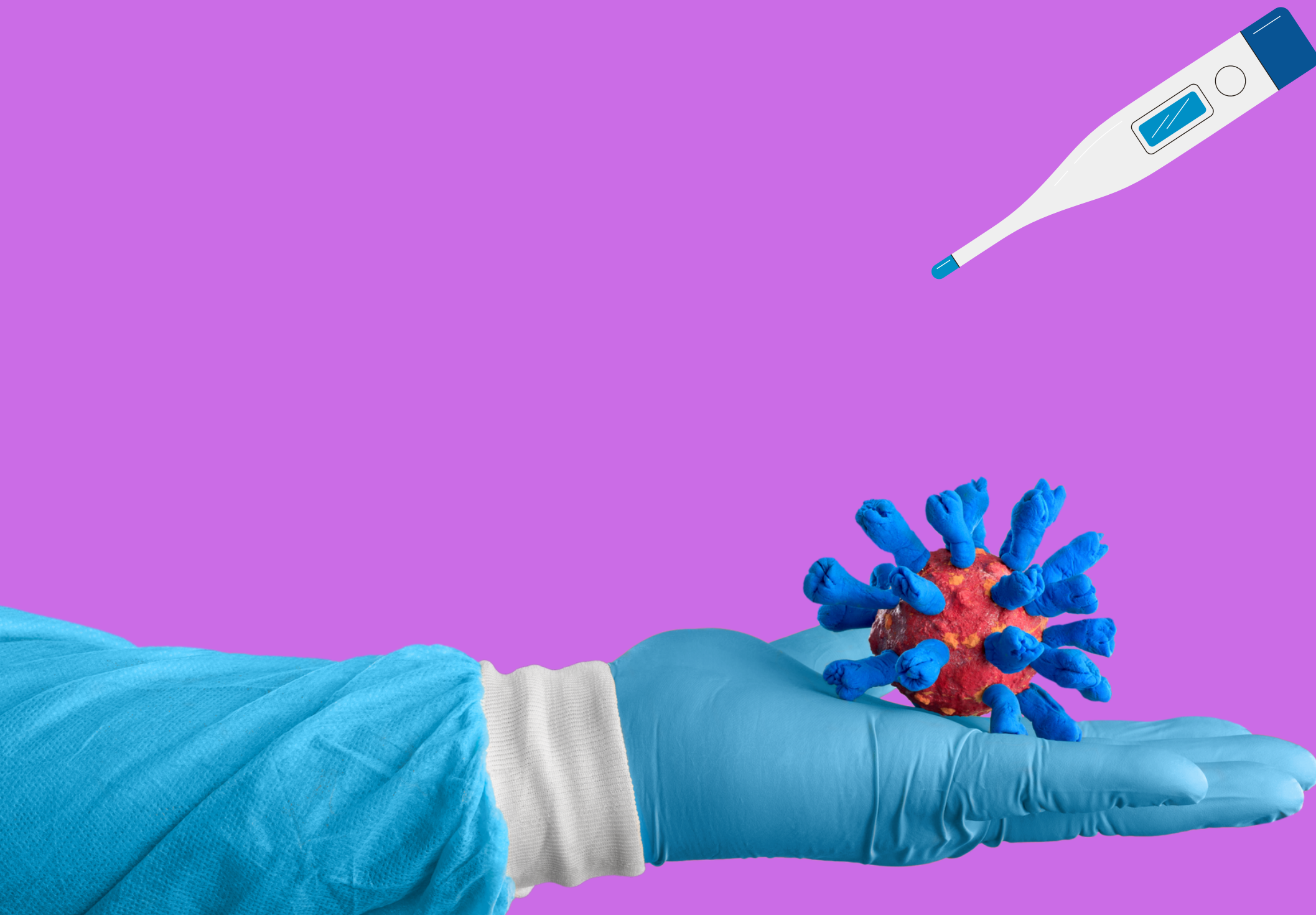


funny



proud

Can you name these objects?



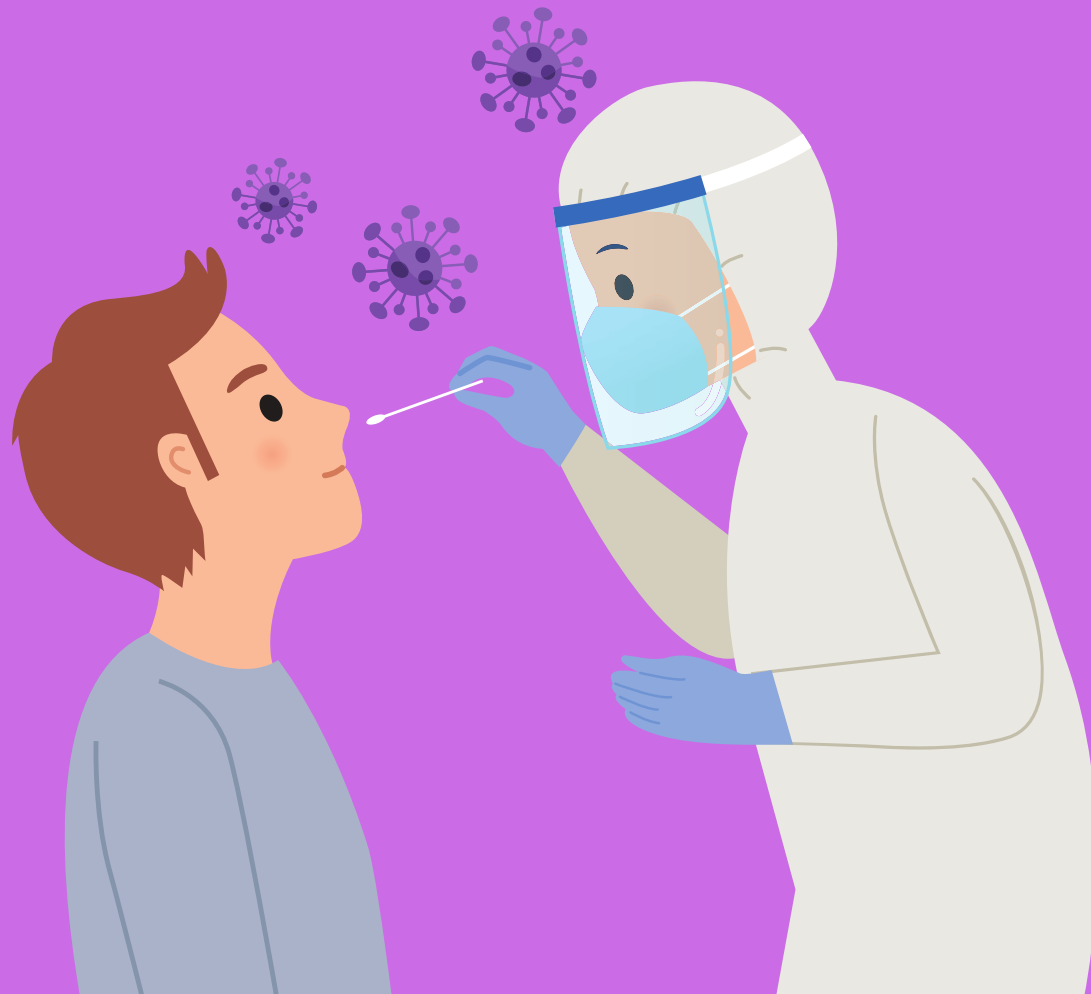
What is happening in this picture?

Did you do this during the pandemic?

What was it like for you, what was the physical sensation like?

Did it hurt?

Did your eyes water?



Well done for getting through this, we did do it together.

It is really good for our wellbeing to reflect on what happens to us, to know how we felt, and what happened, when.

Your grandkids will want to hear your stories. You might want to do audio or video recordings of your story for capturing living history.



Daily loving activities poster

Things that help us get through difficult times are how we treat ourselves.

Make your own poster with things you can do to help yourself feel good. Here is one for some ideas.





WRITTEN BY

VANESSA MCHARDY

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