



Talking About Your Feelings: Teacher Information

Learning Objective: To reflect on your feelings during lockdown.

Helping students to think about their feelings during lockdown could help them to understand the situation better. They may be surprised to discover that other students shared similar feelings to them. These emotions may have been negative, positive or a mixture of both. Consider using the following resource in a small group setting or as a whole class during tutor time. The activities should take between 15-20 minutes.

The first task is for students to think of five words they associate with lockdown. Everyone is different, so no one will have the same answers. Some students may still be feeling the same way, while others may feel differently now they are back in school. Some words are included for discussion, but students may have suggested other words which can be added to the suggestions.

The second task encourages student to be reflective on their feelings and express them in a way that suits their learning styles. They can choose between writing a blog, creating a fictional character or drawing a picture to describe their experiences during lockdown.

The third task shows a picture of a mountain path with emoji faces. Each emoji is expressing a feeling and is situated at different positions or in different scenarios on the mountain path. Students are asked to select which number they feel they are currently at, and which number they would like to get to. This could be the same number, as some students might be perfectly content with where they are now. Some though may want to change and may need some guidance to get there.

Note

Resources should be reflective of your school's policy on pastoral needs and student support. You should always follow your school procedures for safeguarding and seek further guidance from other members of staff if you are unsure of students' behaviour. It is imperative that you refer those students who need further support.