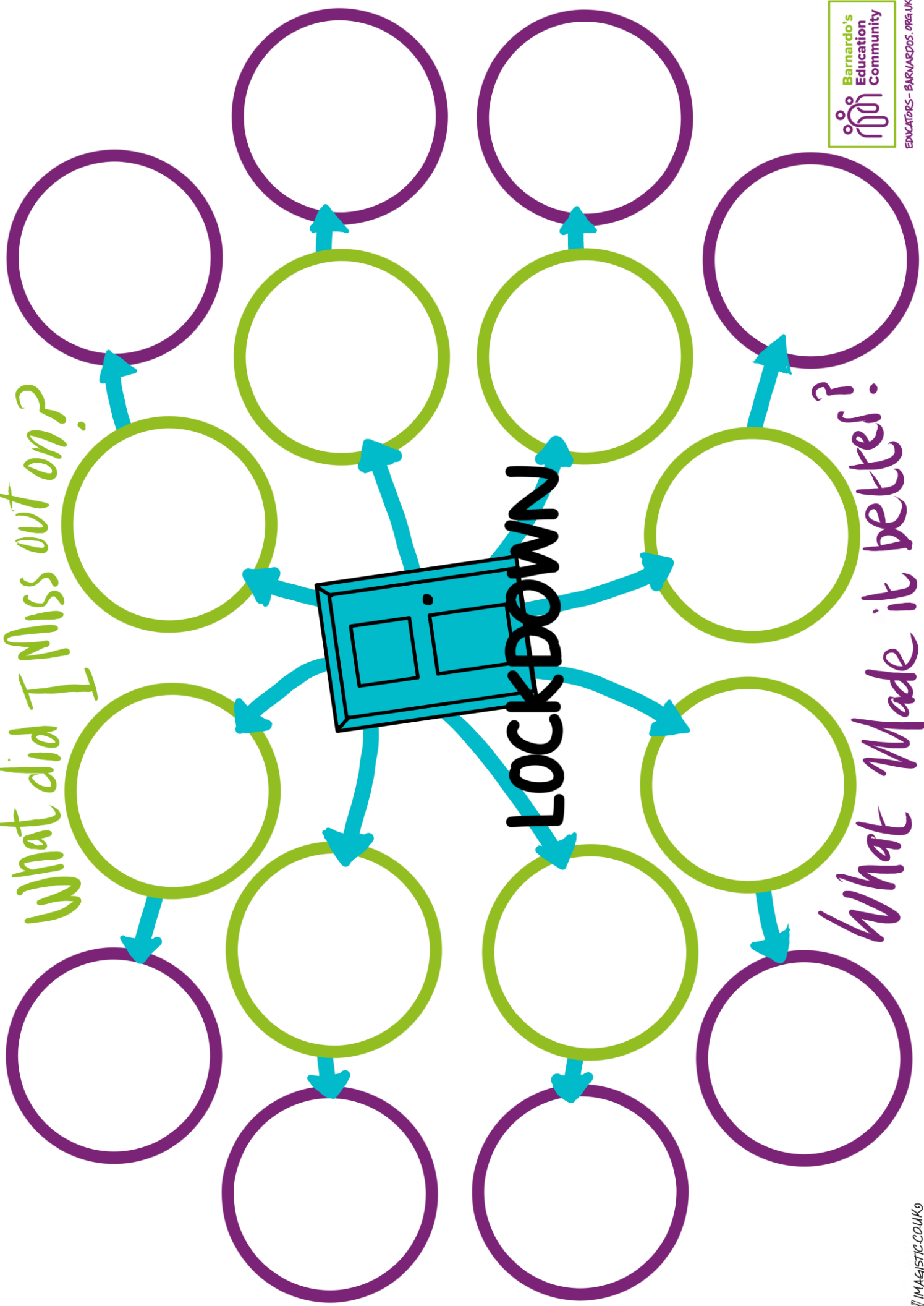


*What did I Miss out on?*



**LOCKDOWN**

*What Made it better?*

## **Lockdown Losses**

### **A worksheet for children and young people about the impact of the pandemic**

To provide an opportunity to reflect on what has happened over the last year, acknowledge what the children and young people have missed out on and, also to celebrate what was put in place to help minimise these losses by them themselves and by those around them.

This can be either done as a pair/small group exercise or large group. Each person will identify the losses they experienced and write them in the first set of circles.

The group can then compare the types of losses identified.

In the second set of circles, each person comments on what happened to replace/minimise/acknowledge each loss.

For example, one person may talk about missing a birthday party to mark them becoming a teenager in the first circle.

In the second they might then write: Had a special themed party with my mum and my brothers.