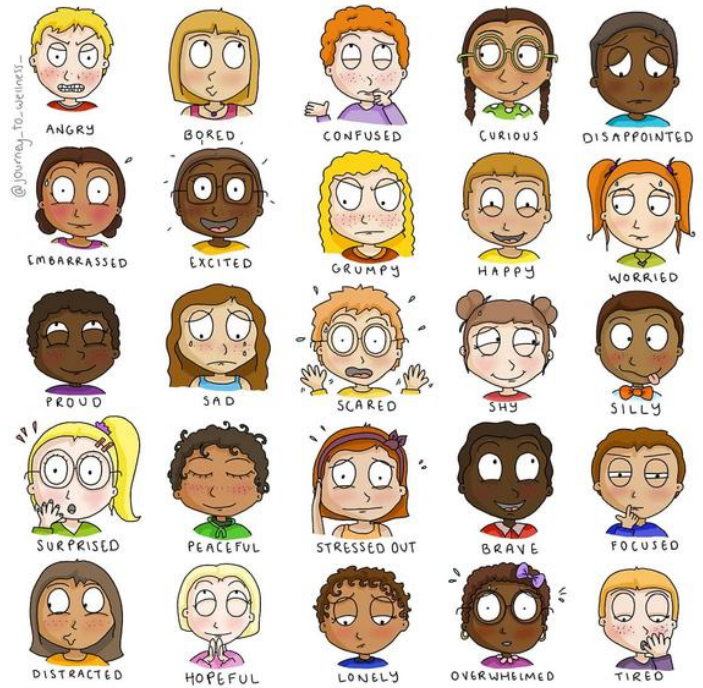


Social and Emotional Literacy Resource.

Reflection and Forward Thinking.

Here is a great worksheet for you to write down your thoughts and feelings before, during and after lockdown.

- Step 1. Draw 3 big circles
- Step 2. Write in each circle how you feel.
- Step 3. Share with a grown up and talk about any worries you may be having.



How I felt
before
lockdown

How I feel
now during
lockdown

How I hope
to feel
after
lockdown