

Naming loss and celebrating milestones

Drama activities

Timeline activity (for a physical meeting)

- 1) Lay out a piece of string and add sheets of A4 paper, one for each month that we were in lockdown (March to July, for example), with the months written on them. You could also add news headlines from each month.
- 2) Ask the children/young people to write on post-it notes a word or phrase that describes how they felt for each month and place it on the label. (As an alternative you could use a small box for each month and participants could fold up their post-it notes to remain anonymous.)
- 3) Once this has been done, spend some time discussing what has been written for each month, reading out what people have written. It is important to remind the children/young people that they don't need to say which post-it note is theirs. Allow the discussion to take its own course, although do step in to make sure that the tone is kept kind and empathetic and it remains a safe space.

Timeline activity (for a virtual meeting)

- 1) Using Microsoft Word or PowerPoint, create a timeline with a label for each month that we were in lockdown (March to July, for example). You could also add news headlines from each month.
- 2) Share your screen using Zoom. Ask young people, using Zoom's annotate function, to write on the timeline a word or phrase that describes how they felt for each month.
- 3) Once this has been done, spend some time discussing what has been written for each month, reading out what people have written. It is important to remind the children/young people that they don't need to say which comment is theirs. Allow the discussion to take its own course, although do step in to make sure that the tone is kept kind and empathetic, and it remains a safe space.

- 4) It may not be appropriate to discuss everything that is written. It may even be enough for the children and young people to hear what has been the experience of others. Make sure that, after the activity, there is a safe space for individuals to talk in private (with appropriate safeguarding measures in place).

Emotions activity

- 1) Ask the children/young people to stand apart. Individually, ask the participants to choose five movements that summarise a day for them in lockdown (for example cleaning teeth, cooking, school work, exercise, reading).
- 2) Give them time to rehearse their movements so that they are familiar with them.
- 3) Next, ask them to reenact their routine, but using each of these emotions:
 - Joy
 - Fear
 - Sadness
 - Anger
- 4) Ask participants which feeling they identified with most and why (if they feel comfortable sharing). Ask them if there are any other feelings that they would use to describe lockdown and why. Make sure that, after the activity, there is a safe space for individuals to talk in private (with appropriate safeguarding measures in place).