

## **LEARNING ACTIVITY 6**

### **COVID-19, PTSD & Mental Health – Thoughts About The Pandemic**

Reflections on the impact of a veteran's mental illness on families and children and the student's own experience of the Covid-19 Pandemic.

#### **1. Creative writing exercise**

Write a monologue or poem about how the pandemic and lockdown (March 2020-June 2021) affected you and your family. What was it like to stay at home most of the time? What did you miss? How did it affect your schooling? Who did you miss? Did you learn anything new about yourself or develop any new skills? When lockdown ended what did you most enjoy being able to do again or go again?

PLEASE DO NOT SHARE ANYTHING THAT YOU FEEL IS TOO PAINFUL TO SHARE.

Use **Learning Resource 3**, by pupils from St. Thomas More Language College, as inspiration.

#### **2. Discussion**

Share your monologues with the class. Class teacher to facilitate a discussion about what pupils experienced and what they have learned about themselves.

AND/ OR

**3. Listen to/ read** the short monologues in **Learning Resource 3**, by pupils from St. Thomas More Language College sharing their personal experience of the impact that the Covid-19 pandemic and lockdown, had on them.

#### **4. Discussion**

Class teacher uses the recordings to invite the pupils to share their own experience of how the pandemic impacted upon them and their families. Pupils are then asked what they feel they have learned about themselves as a result of their experience which is positive.....stressing throughout PLEASE DO NOT SHARE ANYTHING THAT YOU FEEL IS TOO PAINFUL TO SHARE.