

My Top Five Lockdown Essentials

During lockdown, you may have been able to try new things, practise new and old skills and maybe even discover new talents. Lockdown is a difficult time and most people will have days where they struggle. This may not be the same day for everyone or because of the same reason; however, it is important to understand what is important to you and what helps you to feel safe, comfortable and in control of your worries and happiness.

If we were all asked what our top five lockdown essentials are, there would be many different lists from many different people.

Can you take some time to think about what is important to you?

It can be people, objects, places or even activities. There are no right or wrong answers to this question, just whatever feels right for you.

Once you have thought about your ideas, please complete the activities below.

My Lockdown Essentials



Why are these five items essential to you? What makes them more important than other things?

Complete the stars with your ideas.



Were these items important to you before lockdown or would your list have been different? If you think it would have been different, what would your five essential items have been before lockdown?

Why do you think the items are different before and during lockdown?
