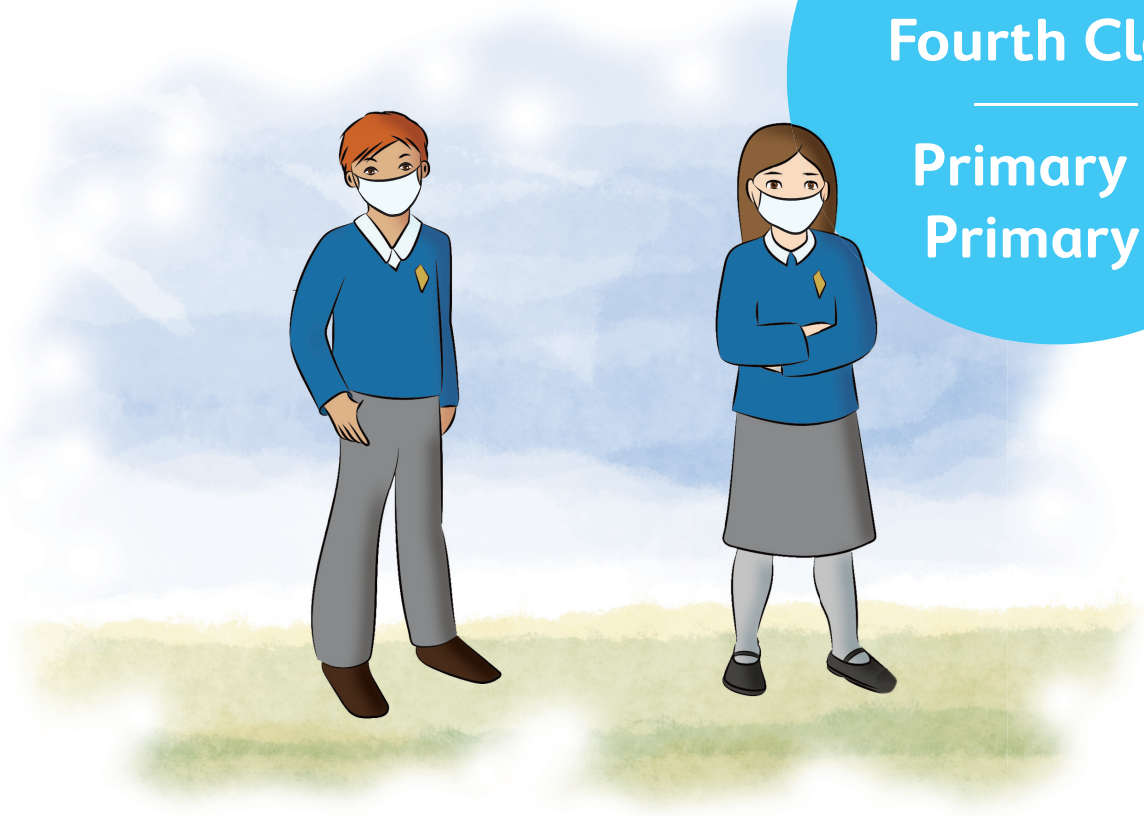




Third Class/
Fourth Class

Primary 5/
Primary 6



A special lesson for teachers
to facilitate reflection on and
discussion of the Covid-19 crisis

Let's Look ...

CHATTING

ABOUT BEING AT HOME SINCE THE START OF COVID-19

- Begin by sharing with the children how you found the experience of being at home since the start of Covid-19. Everyone will be only too aware of how shops, playgrounds, swimming pools, etc. were closed for a long time, and it will be important to allow the children to recall their own experiences of those times, whether their stories be positive or negative, but perhaps try to focus a little first on some positive experiences of your own during that time, so as not to begin on a negative note. So you might mention, for example, how you took up cycling or some other form of exercise, how you got to discover things about your neighbourhood that you had never noticed before, how you got to know some elderly neighbours through offering to do shopping or small jobs for them when they were cocooning or shielding, books you read, movies you watched, etc. You may also have some sad stories to share, and doing so will help those children who have had difficult experiences over the past months to share those stories if they wish.
- Then chat together using these or similar questions:
 - » What did you miss most about not being able to come to school for all those months? Or did you miss school at all?
 - » Was there anything good about staying home and not being able to go out? Tell us about it.
 - » Did you learn to do any new things during the lockdown, or start any new hobbies?
 - » Can you think of anything you would like to have done that was cancelled because of the virus? How did you feel about that?
 - » Did anyone have a birthday or a special occasion during the lockdown? How did you celebrate? In what way was the celebration different to what you might normally do on such occasions?



Let's Learn ...

CHATTING

ABOUT THE IMPACT OF COVID-19 ON PEOPLE'S HEALTH AND WELLBEING

- Chat with the children about the impact that Covid-19 and the curtailment of normal activities and freedoms had on people – on the children themselves and their families, on their relatives, friends or neighbours, on people they read or heard about on TV or other media. Ask these or similar questions:
 - » What did you find most difficult about staying at home and keeping apart from your extended family and friends?
 - » Would anyone like to tell the class about a time that was particularly difficult for you and your family? Or about the feelings or negative emotions that you felt, and why?
 - » Can you think of any other people for whom the past months have been especially difficult? (*healthcare workers, people who live alone, people with loved ones who became ill or died from the virus ...*) Perhaps you have stories that you can share about some of these people and what their lives were like in the past months.
 - » Some of you may have found the lockdown frightening. Who or what helped you to get through it?
 - » Did you find any comfort in prayer and in knowing that God/Jesus was there for you all the time, and that you could turn to God/Jesus to help you to get through it? If so, tell us about that.

LITERACY ACTIVITY

DIARY ENTRY

Note: You will need a copy of the template on p. 5 for each child.

- Give each child a copy of the template and explain that you would like them to write a diary entry describing their own experiences of the Covid-19 pandemic. Draw their attention to how the diary entry begins with the words, 'Dear Diary, these are some of my strongest memories of living with the Covid-19 situation over the past months ...'
- Help them to plan their writing using the following prompts by way of example – and emphasise that these are simply guidelines and they needn't stick rigidly to this plan, but can substitute any paragraph with alternative content.

Paragraph 1: School

- » Tell your diary about how you initially felt when you heard that the schools were closing, and how that feeling may have changed as time passed and you realised that it was not going to be like other summer holidays.
- » What was good or bad about not being able to go to school?

Paragraph 2: Cancellations

- » Tell your diary about the worst thing to be cancelled. (*For Third Class/P5 students, this may have been their plan to receive Holy Communion for the first time*)
- » How did you make up for that disappointment?

Paragraph 3: New hobbies or activities or responsibilities

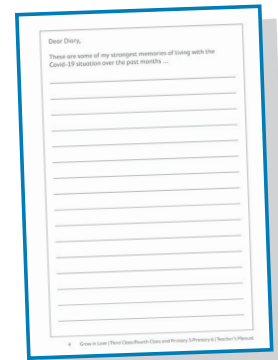
- » Mention any new hobbies or activities that you took up because of all the extra free time that you had. Or any new responsibilities that came your way because of the Covid situations, such as looking out for an elderly neighbour or helping to mind younger siblings, etc.

Paragraph 4: Getting back to normal

- » Tell your diary about the best thing(s) you have done since things have started to reopen and to feel a little more 'normal'.

Paragraph 5: Returning to school

- » Tell your diary how you feel about returning to school.



Let's Live ...

CHATTING

ABOUT BEING THANKFUL

- Invite some volunteers to read their diary entries aloud for the class. After each one, mention some of the things that the children missed in the past few months and that they now feel grateful for being able to have/do again.
- Share with the children one thing that you missed during the Covid-19 outbreak – perhaps something like being able to meet a friend for lunch or visit a sick relative in hospital.
- Help the children to see that the experience of not being free to do or to have things for a while can make us very grateful when those freedoms are returned to us. Perhaps we have taken many things for granted in the past, and now we appreciate them/recognise them all the more.

PRAYER

Sign of the Cross

Teacher (*lighting candle*): Our candle reminds us that God is with us.

Today, we have been thinking about what it has been like for us and for others since the Covid-19 crisis began. There were many things that we could not do during that time; many things we missed out on; many people we had to stay apart from; many disappointments. We are now able to enjoy some of those things again, so let us join together to thank God for them.

We pray together, 'We praise you, we bless you, we thank you.'

All: We praise you, we bless you, we thank you.

Teacher: For the people we can see and touch once again – our friends and our extended families: we thank you, Lord.

All: We praise you, we bless you, we thank you.

Teacher: For the chance to come together with family and friends at birthday parties, Holy Communion celebrations and play dates: we thank you, Lord.

All: We praise you, we bless you, we thank you.

Teacher: For the chance to come to school – to learn together, to play together and to pray together: we thank you, Lord.

All: We praise you, we bless you, we thank you.

Teacher: For the places we can once again visit to spend time together and to have fun together: we thank you, Lord.

All: We praise you, we bless you, we thank you.

Teacher: For the people who cared for, and continue to care for, those suffering from Covid-19 – doctors, nurses, paramedics, care attendants, hospital porters, those who keep the hospitals clean, those who make and serve the food for the patients, and all the other people who work in the health service. We thank you, Lord.

All: We praise you, we bless you, we thank you.

Teacher: Is there anything else anyone would like to thank God for? (*Give the children the opportunity to offer their own prayers in silence or aloud. Invite the children to respond by saying 'We praise you, we bless you, we thank you'.*)

Teacher: Loving God,
you are with us all the time,
when we are excited and when we are nervous,
when we are happy and when we are sad.
Help us to settle back into school,
to have fun with our friends and to learn well together.
May we be grateful for all the things and people that bring us joy.
May we continue to look out for one another and to keep one another safe.
All: Amen.

Sign of the Cross

Dear Diary,

These are some of my strongest memories of living with the Covid-19 situation over the past months ...

[illegible]