Use the timeline below to show your emotions throughout your lockdown experience. At each point, explain what made you feel that way.

**Positive feelings such as:**
- Happy
- Excited
- Calm
- Confident
- Love
- Hope
- Joy

**Negative feelings such as:**
- Angry
- Sad
- Frustrated
- Worried
- Guilty
- Ashamed
- Lonely

Remember, negative feelings are not a negative thing. We all need to feel them and often they help us.
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I felt so excited to be having time off school!

I had a Facetime with my best friends.

We camped in the back garden. I loved being with my family on an adventure.

Doing online tasks was fun. I felt happy.

I heard we might be going back to school. I felt a mixture of emotions. Happy and excited to see my friends and teachers and worried as I hadn’t been for so long.

I was seeing my friends.

I was missing seeing my friends.

Right now, I feel calm and joyful.

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