My thoughts on staying at home

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What is this?

Many things have changed over the last few months in terms of our daily lives. We have had to distance ourselves from our friends and families and adapt to a ‘new normal’. Changes like these bring about a range of feelings, both happy and sad.

Who is this for?

Parents of primary school learners.

For children in nursery and P1

What to do together:

* Draw a picture of something you have enjoyed doing at home over the past few weeks.
* Now draw a picture of something you are missing that you have not been able to do.
* Discuss this with an adult or big brother/sister and write a few words and/or sentences to describe how you feel.

For children in P2/P3/P4

* Discuss with an adult or big brother/sister some of the things you have enjoyed doing over the past few weeks and some of the things you are missing. Make a list or draw some pictures to help you remember.
* Think of some words and phrases to describe how these made you feel, for example, excited, happy, sad, worried.
* Choose at least three things you have enjoyed and three things you have missed and write about them; remember to describe how these made you feel. Try to organise your ideas into paragraphs.

For children in P5/P6/P7

* Think about some of the things you have enjoyed doing over the past few weeks and some of the things you are missing. Use this to write a diary extract to describe your experiences of being at home during this time.
* Include detail about what you have been doing. Use the following as headings to organise your writing: how you are feeling; what you are most looking forward to when this ends; describe the best and worst things of being in ‘lockdown’.
* Try to use a variety of language (such as interesting words and long and short sentences) to explain a few examples of feelings commonly felt during lockdown and organise your ideas logically into paragraphs.

**For secondary S1/2/3**

* Think about some of the things you have enjoyed doing over the past few weeks and some of the things you are missing. Use this to write interview questions for members of your family.
* Interview your family about their lockdown experience. What they have enjoyed, what they have missed and what they are most looking forward to once lockdown is over and things return to normal.
* You could record your interviews on your phone and watch it back with your family.