



Activity 2

My Emotional Rollercoaster

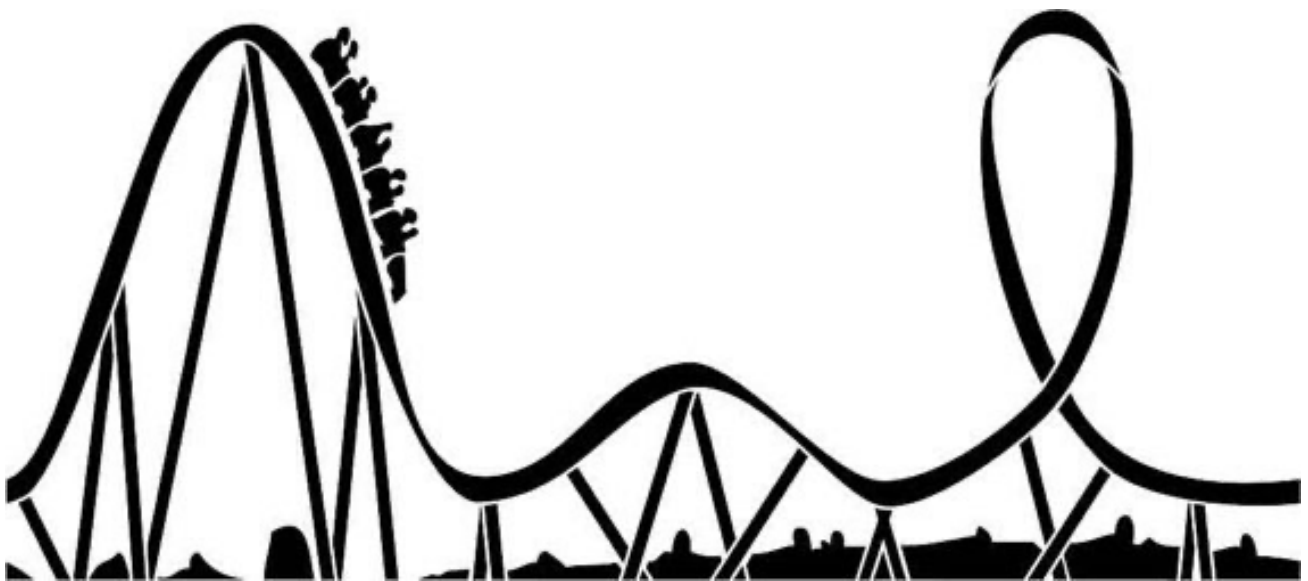
There have been many highs and lows during lockdown, at times it has been a bit like being on a rollercoaster ride.

Rollercoasters can make us feel extreme emotions sometimes scaring us and exciting us in the same breath.

Part One

Draw a rollercoaster!

Make sure you include plenty of high points and low points (at least five).



Part Two

Sadness, joy, anxiety and **anger** are four emotions you might have felt during lockdown.

Question: Can you think of one more emotion that you felt to add to this list?

You can? Great! Now you have five emotions.

Place your chosen words at different locations on your rollercoaster ride.

For example: Joy might go at the top of a big climb, and sadness might go at the bottom where the track is flat and at its slowest speed.

Part Three

Get a separate piece of paper and on the left hand side, leaving big spaces between each one, write down the five emotions. Next to each one, describe any moments in lockdown when you think you experienced that emotion.

For example:

Joy sitting with family eating fish and chips, having a skype call with my grandma, eating popcorn, reading to my little brother

Sadness missing my friends, watching the day go by from my window, my birthday party being cancelled

Have a go!

Part Four

Have you or your family got any photographs from lockdown which you can add to this, to help show us those emotions in action? If so, please send these photographs to us, along with your written work and artwork!