




# Life after lockdown

Since lockdown began life has changed dramatically, for some more than others, but what will life look like after lockdown?

Although things are beginning to ease back to normal, we are not living as we used to; still there remains some restrictions with regards to visiting peoples houses, attending work or school and attending large gatherings.

It is likely things will not return to pre-lockdown normality for a while; some people are excited by the thought of life after lockdown being different.

Here are some of the things that some people look forward to seeing continue in life after lockdown...

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- Reduced pollution from fewer cars on the road
  - Less litter
  - Less wasted money through few opportunities to buy what we don't need
  - More time spent with family or doing hobbies
  - Keeping in contact more with people electronically when we cannot see them
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- Slower pace of life
  - More appreciation for things we may take for granted until they are gone such as school, work, seeing people, being able to visit restaurants or the cinema etc.
- 
- Better general hygiene



WHAT'S NEXT?



be kind to yourself

We would like to **celebrate** work completed by students during Character Week 2020. If you would like to, please send any photos or copies of your work to [CW2020@bishopchalloner.bham.sch.uk](mailto:CW2020@bishopchalloner.bham.sch.uk)

**Despite the positives, it will be hard for many people to re-enter society and get back to their old habits, it is normal for people to feel anxious or upset about it. There are some things people can do to help them overcome these difficulties including...**

- Talk about how you are feeling with a trusted adult, if you can't talk to someone you know speak to Childline on 0800 1111 or using their website
- Prepare; have hand gel ready, wear a face covering such as a light scarf if you feel it helps you, talk to the people you will see about how you plan to stick to the distancing rules
- Start by slowly reintroducing yourself back into doing what you used to do
- If you have to go somewhere like school or the shops you could ask someone what expect
- Be kind to yourself, remind yourself it is ok to be nervous about change



**Task 1:** Youtube search “Coronavirus: After the Pandemic will life change?” and select the above video then answer these questions in detail...

1. What percentage of people think life will be exactly the same after lockdown?

2. How will life be different? List three ways

3. 47% of people plan to continue working at home more often after lockdown. How will this impact public transport?

4. What could we do better in the future according to some of the people in the video? Explain three ways



**The Science of Gratitude**  
Tremendousness • 175K views • 3 years ago

Research shows that an "attitude of gratitude" can mean little ways to express ...

2:08

**Task 2:** Youtube search *"The Science of Gratitude?"* and select the above video then answer this question in detail... what benefits does having an 'attitude of gratitude' have on individuals?

# WHAT GOOD IS GRATITUDE? REASONS WHY IT'S BETTER TO LIVE GRATEFULLY

## CHARITY

**GRATEFUL PEOPLE ON AVERAGE GIVE 20% MORE** &

## PSYCHOLOGICAL

**GRATITUDE IS RELATED TO AGE: FOR EVERY 10 YEARS, GRATITUDE INCREASES BY 5%**

## COMMUNITY

**GRATEFUL PEOPLE WILL HAVE A STRONGER BOND WITH THE LOCAL COMMUNITY**

## HEALTH

**GRATEFUL PEOPLE WILL HAVE 10% FEWER STRESS RELATED ILLNESSES BE MORE PHYSICALLY FIT HAVE BLOOD PRESSURE THAT IS LOWER BY 12%**

## WORK

**HAPPY PEOPLE'S INCOME IS ROUGHLY 7% HIGHER**

## FRIENDS

**MORE SATISFYING RELATIONSHIPS WITH OTHERS, AND WILL BE BETTER LIKED**

## YOUTH

**13% FEWER FIGHTS**

**20% MORE LIKELY TO GET A GRADES**

## WHERE?

**THE MOST GRATEFUL COUNTRIES ARE: S. AFRICA, UAE, PHILIPPINES & INDIA**

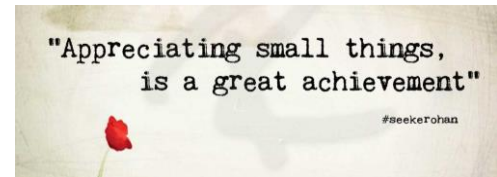
## LIFE

**OVERALL POSITIVE EMOTIONS CAN ADD UP TO 7 YEARS TO YOUR LIFE**

**GRATEFUL TEENS ARE 10X LESS LIKELY TO START SMOKING**

**THE MOST GRATEFUL COUNTRIES ARE: S. AFRICA, UAE, PHILIPPINES & INDIA**

**LEAST: NETHERLANDS, DENMARK, HUNGARY, CZECH REPUBLIC & UK**



### Task 3. Create a gratitude journal

A gratitude journal helps us reflect on the positive aspects of each day by writing down one to three things we are grateful for that day. These things may be big such as "we adopted a dog" or it may be small such as "I got eight hour sleep last night" or "I helped make dinner".



Over time, research has suggested it can improve our general mood and make us more optimistic. You may use a notepad, download a free diary or gratitude journal app or fill an empty jar with small slips of paper. Why not get your family to do it with you?

### Task 4. Create a Gratitude Challenge

A gratitude challenge maps out how you are going to demonstrate your gratitude to others through small acts of kindness. You may decide to make a seven day, 30 day or six week summer holiday challenge. Write down what you will do to show your gratitude and tick or colour in the action when it has been completed.

Ideas could include... helping a family member with a chore, thanking someone for their friendship, smiling and saying hello to the cashier at the shop, offering to help garden for a neighbour, teaching an elderly relative how to do something they don't know, making dinner for your family.

30 Days of Gratitude Challenge						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Start a gratitude journal of acts to do throughout the month.	Go out of your way to help someone today.	Send a loved one a handwritten note.	Offer someone a heartfelt compliment.	Make a treat for your neighbours.	Thank your pastor for his hard work.	Think about a tough situation in your life that helped you grow.
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Find an opportunity to help someone you care about today.	Be intentional to spend time with someone you care about today.	Leave a note of encouragement in a public place.	Say "I get it..." instead of "I have to..." today.	Spend 10 minutes doing some creative activities.	Write Colossians 3:1-7 on a notepad.	Make time to stop & breathe in your favorite scent.
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Replace every complaint with a blessing.	Give someone a small gift, just because.	Lend a hand to someone in need.	Go on a walk and find something beautiful.	Make yourself your favorite hot drink today.	Be thankful if thankful in your prayers today (Colossians 3:2).	Show yourself grace. Do your best & let that be good enough.
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Cheer on somebody else's achievements (not yours).	Close your eyes & picture on things you are thankful for.	Tell your loved ones why you love them. Be specific.	Call a parent or grandparent & be an active listener.	Volunteer to do an unpleasant task.	Hug someone.	Think of someone who made a difference in your life. Tell them.
Day 29	Day 30					
Do a random act of kindness.	Read over your gratitude journal for the month.					

We would love to see a images of your gratitude challenge, if you would like to share them with us please email [CW2020@bishopchalloner.bham.sch.uk](mailto:CW2020@bishopchalloner.bham.sch.uk)