

Template no. 1: Character Cards

Hi! I'm Darren and my Granny and Granda are both in their seventies. They were shielding up until a few weeks ago, as Granda has heart problems and Granny had TB as a young girl. While they were shielding, I could only talk to them through the window, or from the garden gate. They are still very nervous about going outside and meeting people as they're scared of catching the virus. It's been really nice to be able to go into their home again after so many months. However, I'm also afraid, now that I'm back in school, that I might catch the virus and spread it unknowingly to them.

Hi! I'm Anna. My big sister works as an intensive care nurse and she has seen first-hand what this virus can do. She gets really angry when she sees people flouting the rules for keeping us all safe. For instance, she doesn't like to see young people going out at weekends and not socially distancing and acting like they are invincible. She says that Covid-19 may not do them much harm, but what about the older people in their homes and elsewhere that they could spread it to? She thinks their disregard for the rules is really selfish.

Hi, I'm Jack. The most painful experience of my life so far has happened during this pandemic. My grandad caught the virus right in the middle of the lockdown. We weren't even able to visit him in hospital, and the hardest thing of all was not being able to comfort him or hold his hand in his final days. I still feel so sad when I think about that. To make matters worse, we couldn't have a wake for him or even a normal funeral. Our neighbours and friends formed a guard of honour as the hearse passed through our village on the way to the church, so that meant a lot to our family. Neighbours and friends are so important!

Hi, I'm Sorcha and I'm really worried that my mam is going to lose her job. She has been on furlough since March, but the scheme is coming to an end soon and the place where she works is still doing very little business, so they may not be able to afford to keep her on. Her boss says that if things don't change soon, the business may even have to close down altogether. My dad's hours have already been cut back too. It's not looking good for our family!

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Hi, I'm Ryan and I'm 14. I'm an only child and live in the country miles from anyone. Lockdown was awful. I missed seeing my friends so much and, although we were able to message one another every day, it was like my normal life just stopped. All of our plans disappeared in an instant and I have never felt so isolated and alone. Things are looking somewhat better now that the schools are open again. I hope we don't have to see any more lockdowns. I just want things to be normal again and for Covid-19 to go away.

Hi, I'm Paula. I'm 15. My younger brother was supposed to make his First Holy Communion in May and the whole family were so looking forward to that important event. However, Covid-19 happened and the Communion had to be postponed. My brother was very disappointed. He really wants to be able to receive Communion at the altar in church with the rest of the family. The good news is that his big day is now set to happen this month. We're all hoping and praying that it will go ahead.

Hi, I'm Stephen. I know that lockdown hasn't been a good experience for anyone, but one thing that has been positive for our family is having Dad work from home. He now has more free time to do stuff with us after work, and more time just to sit and talk and not always be in a rush. I think they call it work-life balance! Well, we've discovered what a good thing that is.

Hi, I'm Olivia and I'm a student. I listen to the updates on the news each day and try to keep myself informed of the latest developments in the fight against Covid-19. However, I sometimes feel overwhelmed by the whole situation and then I get anxious and afraid and I imagine the worst possible scenarios. When I go to bed at night I can't help thinking about it and I often have real difficulty getting to sleep. I'm beginning to lose hope that this whole thing will ever be over.

Template no. 2: Emotion Cards

| | | | |
|-------------|-------------|-------------|-----------|
| Fear | Frustration | Sadness | Anger |
| Uncertainty | Annoyance | Confusion | Anxious |
| Depression | Loss | Overwhelmed | Lonely |
| Thankful | Inspired | Gratitude | Happiness |
| Joyful | Confident | Optimistic | Hopeful |

Template no. 3:

Coping Strategies during Covid-19

- ☐ I have learned a new skill or developed a new hobby.
- ☐ I have read a book or written a story.
- ☐ I have become more physically active.
- ☐ I have become more creative.
- ☐ I have found new ways to connect with friends and relatives.
- ☐ I have tried meditation or mindfulness.
- ☐ I have kept a journal.
- ☐ I have been involved in helping others during this time.
- ☐ I have become a volunteer.
- ☐ I have listened to or watched an online religious service in my home.
- ☐ I have turned to God in prayer.
- ☐ I have experienced the presence of God in nature.
- ☐ I have helped to lift someone's spirits.
- ☐ I have prayed for all those who have suffered in any way as a result of the pandemic.
- ☐ I have prayed for all those who are helping to keep us safe.
- ☐ I have clapped for the doctors, nurses, physiotherapists, hospital staff, frontline workers.
- ☐ I have raised money to help others.
- ☐ I have been observing all the virus prevention measures to the best of my ability.
- ☐ I have been involved in making up and delivering food parcels to vulnerable families.
- ☐ I have talked to others about how I am feeling.

Template no. 4: Statements about what the pandemic has taught us

‘The pandemic has really made me question who and what should be really valued in society. For me, family and health is now everything.’

‘The Covid-19 crisis is once again exposing the glaring inequalities between rich and poor.’

‘We are social creatures and regular social interaction is incredibly important to human health and well-being. Covid-19 had shown us how true this is, but it has also taught us to imagine new ways of keeping in touch and showing each other that we care.’

‘Maintaining a positive outlook has never been more important. We must trust in God that all will be well and recognise the good happening all around us. Community spirit is very much alive and well! We all need to help and support one another, especially in times of crisis.’

‘During lockdown, air pollution levels plummeted, canals and waterways became clear again, animals reclaimed land, and nature bounced back. This teaches us that the recovery of our planet really is in our hands.’