

Rebuilding hope and confidence: Learning from lockdown

This is an activity to reflect on what we have learned through the restrictions on our daily lives through the coronavirus pandemic. Try to keep the focus of the discussion on the positive and celebrate new achievements.

This activity can be done in a virtual meeting - using breakout rooms for the small groups.

Introduce the activity by acknowledging that the coronavirus pandemic has brought sadness and loneliness to many people. You might want to have a time of prayer and reflection to remember those affected by illness, loneliness or bereavement.

The past year has caused us all to change the ways we live our lives in ways in which we couldn't have envisaged. But what have we learned about ourselves?

Break into small groups for about 10 minutes and talk about:

- What you have missed during the restrictions
Think about the minor inconveniences (like not being able to the hairdresser) as well as the more important things such as seeing family and friends.
- What you have not been able to do that you **haven't** missed
Be honest!
- The new things you have discovered/come to appreciate
Especially those you didn't expect
- The new skills you have learned
- What dealing with the restrictions on our daily lives has taught us about ourselves?

In the full group:

How can we use this experience in a positive way to rebuild hope and confidence in ourselves and in our communities?