

This handbook is to be created by years 7, 8 and 9 who attend Wyken ELC

The following project based work will probably take you about three weeks to complete. Do not worry if you go beyond the three weeks. The aim of this project is to help you practise your non fiction writing using real life experiences or you may want to be creative.( Eric Coventry ELC)



As you've probably heard the adults around you say a lot recently, these are 'unprecedented' times. This is a moment in history that you will never forget.

Try out some of these writing activities to capture your thoughts and feelings during lockdown.

**Remember this project will take you three weeks to complete. Please give it your best shot. Eric.**

### 1. A letter to your future self

Write a letter to your future self about this strange and new way of life.

Use the questions below to help you come up with some ideas, and then make a note of what each paragraph will be about, before you begin writing.

### Questions to spark your ideas

- How long have you been in lockdown so far?
- Thinking back to when you heard that schools were closing, can you remember how you felt? Excited? Frightened? Or something else? How have your feelings changed?
- What do you miss most? What don't you miss at all?
- What have been the highlights so far? What have been the most difficult aspects of lockdown?
- What have you learned about yourself that you didn't already know? For example, are you more easily bored than you thought, do you like or dislike particular structures and routines, or have you learned something about your tolerance levels of other people's behaviour, of change or of your self-discipline?
- How has your family reacted to life in lockdown? How have their lives changed? Have you learned anything about them that you didn't know before?
- How have your friends reacted to life in lockdown? Have your relationships changed? What have you talked about or shared?
- What do you think you'll remember most about this moment in history?

**Paragraph plan**

Paragraph	Topic	Notes
1		
2		

3		
4		
5		



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**2. A day in the life of ..... during lockdown**

How do you spend your days in lockdown? Do you have any routines? Think about how you're spending your time, perhaps focusing on a day you felt happy, and want to remember forever.

Fill in the boxes with notes about how you spent your chosen day in lockdown, before writing this up as a diary entry.

0700	
0800	
0900	
1000	
1100	
1200	
1300	
1400	
1500	
1600	
1700	
1800	
1900	
2000	
2100	

### Your diary entry

Remind yourself of the conventions of diary writing, and then have a go at writing out your diary entry. Tick off the rules of diary writing, below, to make sure your writing is in the correct form:

Have I ...	written in first person? E.g. <i>I was about to wake up.....</i>	<input type="checkbox"/>
	written informally? <i>The weather was horrible....</i>	<input type="checkbox"/>
	used emotive language? <i>I wondered how long this would last...</i>	<input type="checkbox"/>
	written in the past tense? I <i>walked</i> home	<input type="checkbox"/>
	written chronologically? <i>One event following another</i>	<input type="checkbox"/>
	varied my use of time conjunctions and adverbials? E.g. <i>carefully</i>	<input type="checkbox"/>

Dear diary ...









**3. Making the case for a life in lockdown**

Many people would argue that there are advantages to a life in lockdown. Do you agree? Write an argument for or against this viewpoint.

Before you write your argument, think of the arguments both for and against.

**The advantages**

- *It forces us to slow down and consider the things that matter in life.*
- .....
- .....
- .....
- .....

**The disadvantages**

- *Coping with change and uncertainty can be very unsettling, and this means that emotions are running high for everyone.*
- .....
- .....
- .....
- .....

**Concluding**

How will lockdown change us all, in your opinion?

Sum up the points you have made in support of your point of view.

*I agree / disagree that there are more advantages than disadvantages to a life in lockdown because ...*

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4. Worry jar

What have you found tough so far? Sometimes it's useful to write all of these things down. Write down your worries on slips of paper and put them in an actual jar or write them into the jar below.



Now that you've written them down, how do you think you could make the worries a bit easier to cope with? Write down your ideas.

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After a week, read them again to see if any can be removed and add any new ones. What happened which helped to 'fix' the old worries? Will you try those strategies again?

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**5. Trying out the new you**

Make a note of any new things you've had a go at while you've been in lockdown.

What did you try? -> What happened? -> What will you try next?



**Reflect**

Which of those things you tried did you enjoy the most? Which did you learn the most from? Sum up what you have learned from these new experiences.

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- .....  
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- .....  
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**6. Ambitions**

Think big about the things you'd like to do once lockdown is over!

<p>Where will you explore?</p>	<p>What will you ditch from your life?</p>	<p>What will you work hard at?</p>
<p>What will you do differently?</p>	<p>Who will you spend your time with?</p>	<p>What will you prioritise?</p>
<p>What experiences would you most like to have?</p>	<p>Who will be involved in your plans and how?</p>	<p>What are your dreams for the future?</p>

**Capturing the moment**

You will have had a range of new experiences - exciting, sad, strange, silly or funny. Choose some of these and make a note of three of them here:

Which event was the ...

- funniest?
- scariest?
- most exciting?
- most confusing?

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Now choose **one** of these and write the story of what happened. Remember how to engage your reader, with interesting:

- settings
- characters
- a plot which builds to a climax and has an ending
- vocabulary choices
- imagery (metaphors, similes, personification, hyperbole etc.).

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