

"I get locked down but
I get up again it's
never gonna get me
down"



My Cedarwood
Lockdown survival
book

A message from Dr Kotze

Travelling the alternative road.

In life we are sometimes required to take an alternative road because the one we are travelling on is closed for repairs. This new road is unfamiliar to us and we don't know what to expect while travelling on this road. What we do know is that this new road will still get us where we need to go. This is what is happening with the lockdown in South Africa at this moment. We have to travel using a different road. This means we have to learn using different technology and methods during this time.

We always have an option. We can either decide not to take the alternative road and remain where we are until the original road has been fixed or take the alternative road and get to our destination.

I believe that taking the alternative road - or in our case online teaching and learning instead of physically coming to school while everyone tries to get the normal road fixed, is the best.

You don't get to try new things, see new things and learn things differently but it brings you an experience that you will never forget. Initially the new road brings anxiety but the more you travel on it, the more you will get used to it. While traveling on this new road of learning, don't become impatient. You will miss out on all the wonderful things and experiences along the way. Often when we travel on a new road time seems to be going slower. Enjoy this time and don't wish it away. The old road will be repaired and then you can travel on it again. And when you do, you can always say that you have travelled the other road. Let this new road of learning make your heads, hearts and hands stronger. At Cedarwood we don't shy away from challenges.



Lockdown reality

Teacher: How do I turn up the volume?
 Me: Press alt + f4
 Teacher: *gets disconnected*

Teacher



The smart kid who just wanted to learn



My friends



The rest of the class



Me



They love me.

YOUR HOROSCOPE THIS WEEK

- | | |
|--|--|
|  ARIES
You'll be spending time in your home |  LIBRA
You'll be spending time in your home |
|  TAURUS
You'll be spending time in your home |  SCORPIO
You'll be spending time in your home |
|  GEMINI
You'll be spending time in your home |  SAGITTARIUS
You'll be spending time in your home |
|  CANCER
You'll be spending time in your home |  CAPRICORN
You'll be spending time in your home |
|  LEO
You'll be spending time in your home |  AQUARIUS
You'll be spending time in your home |
|  VIRGO
You'll be spending time in your home |  PISCES
You'll be spending time in your home |

Day 1 of homeschooling/ quarantine life



MAMASDOODY

And day 4

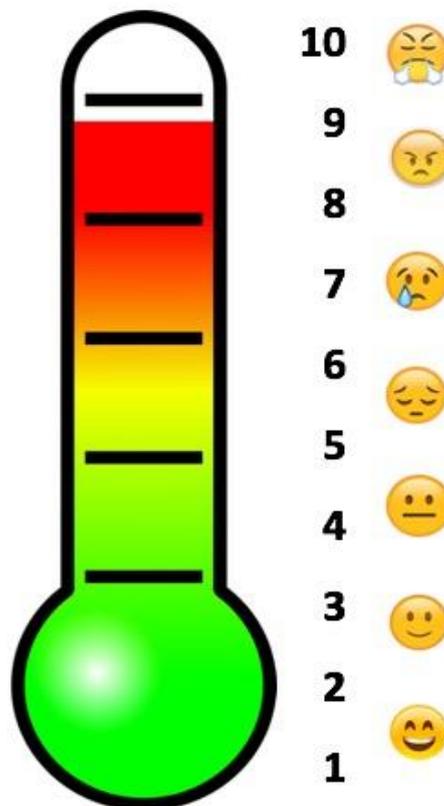


Using the survival book

Lockdown has been a very confusing time for everyone. Experiencing emotions such as frustration, sadness and anger seem to be the norm. But we forget that we are living through a significant moment in history. We need to take the time to fully experience and take in everything. We hope that this booklet assists in creating some routine and structure during this time of uncertainty. Use some of the activities in this book to help you take time to reflect on your thoughts and feelings.

So how have you experienced lockdown? Place a tick next to the emotion on the feelings thermometer below that best describes your lockdown experience.

FEELINGS THERMOMETER





"I need Help!"

If you feel like you are struggling remember that you are not alone.
Contact anyone of the Support Team to help you through this time!



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mdemartinis@cedarwoodschool.co.za



natteridger@cedarwoodschool.co.za



btshabalala@cedarwoodschool.co.za



kweaver@cedarwoodschool.co.za

"Lean on me when you're not strong I'll be your friend I'll help you carry on. For it won't be long until I'm going to need somebody to lean on"



agrove@cedarwoodschool.co.za



mchembe@cedarwoodschool.co.za



jevans@cedarwoodschool.co.za



kroberts@cedarwoodschool.co.za



tgambushe@cedarwoodschool.co.za



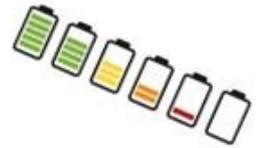
Things to remember



What to keep in mind when learning from home during lock down

Your environment

Sets the **stage** for learning



So make sure:



- Your electronic device is charged at all times;
- You have your timetable next to you so you know what lessons you have for the day;
- You are seated at a desk with a chair;
- You have something to drink;
- You have your workbooks and learning material on hand;
- You have all the stationery you need;
- You have your diary to write down homework.

Routine



What free time? Routine is **KEY!**

Try to stick to the same routine you would usually have on a **normal school day**, that means:

- ✓ Get at least 8 hours of sleep;
- ✓ Get up, dress up and show up on Zoom;
- ✓ Follow your timetable. Remember when you are at school you change classes and thus you are taking a movement break, so do the same at home! This booklet has some great ideas;
- ✓ Follow the same routine you would when getting home from school, yes that means we have to do our homework.



Weekly Planner

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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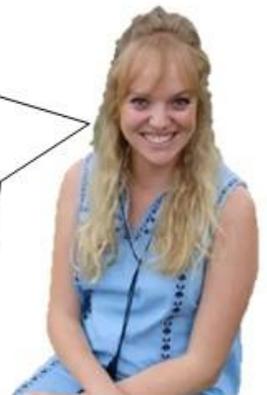
Three people to reach out to this week:

1

2

3

One of the things that has really helped me during this time is routine. Use the weekly planner to plan your week. What do you need to do each day? Who do you want to contact? Who needs some support?



Monday



My TO DO List:

A large yellow rectangular area with horizontal dotted lines for writing a to-do list.

Homework today

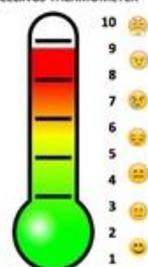
Ideas for movement breaks

Today I am thankful for:

Tip for the day: Taking some time to think about who you are amidst of the crisis will help you be able to put in place useful coping mechanisms. The activity for the day will help you reflect on this!



FEELINGS THERMOMETER



How I am feeling today

This is me activity



People/things that make me **feel good**

1. _____
2. _____
3. _____



People/things that **don't** make me feel good

1. _____
2. _____
3. _____

This
is
ME



Copy and Paste a picture of you

People I can **reach out to** when I am not feeling good

- _____
- _____
- _____

you are
not
ALONE

Things about me I feel I can **work on**

1. _____
2. _____

What are my **strengths**

1. _____
2. _____



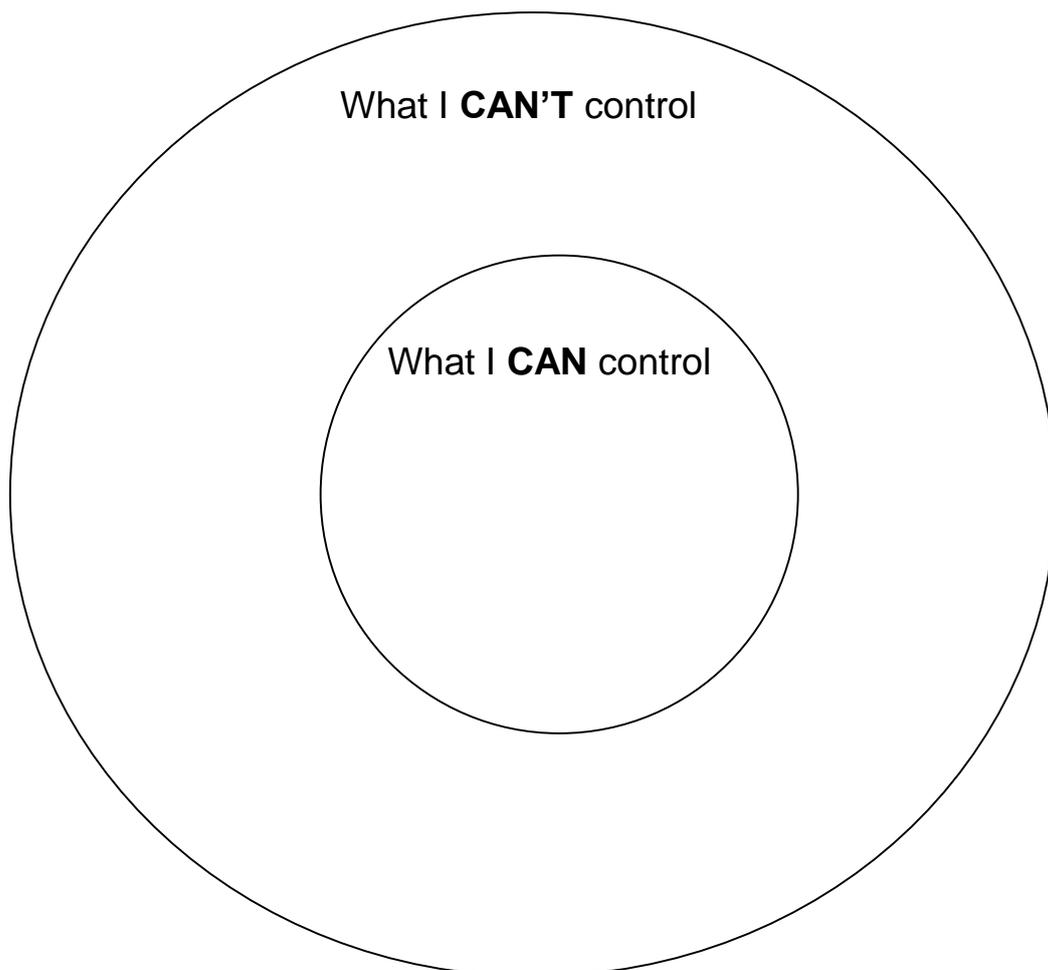
A message to myself when not in a good place

- _____
- _____

What can I control activity

One of the frequent feelings we may experience throughout the lockdown, is the feeling of a loss of control. The uncertainty surrounding this time can be one of the hardest things to handle. We don't know how we may be impacted, when things will go back to 'normal' and what this 'normal' will look like. All of these uncertainties make it easier to panic and feel overwhelmed by everything around us. However even in the face of this unique challenge, there are things that you can do to manage these anxieties and fears.

In this activity, you will be challenged to think about all the fears and uncertainties you hold about this time and categorize them into segments of what you **Can** and **Cannot** control. The trick will be to remind yourself of what you can and cannot control every time it all feels a bit much and you feel out of control.

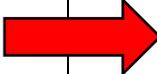
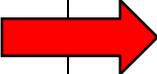
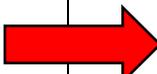




changing thoughts activity



Our **thoughts** control how we feel about ourselves and the world around us. **Positive thoughts** result in us feeling good about ourselves and the situations we are in, while **negative thoughts** put us down. Sometimes our thoughts happen so quickly we don't even notice them but they still affect our mood. In this activity you are going to identify the negative thoughts you have about the lockdown and try to replace them with new thoughts that can improve your mood.

Negative lockdown thoughts	Positive lockdown thoughts
	
	
	
	
	
	



Connection Activity

Talk to 2 people in your community (this could be a parent, sibling, friend, teacher etc.) and ask them about how they have coped during this time and what they have learnt. Make notes in the circles provided and think of the aspects that you want to try and use in your life. But most of all, have fun and enjoy the time of connection!

Write down the things that you want to try out for yourself in the space of intersection

Person 1

Name:

Job:

Relationship to me:

HOW HAVE YOU
COPED DURING
THIS TIME?



Person 2

Name:

Job:

Relationship to me:

WHAT HAVE YOU
LEARNT ABOUT
YOURSELF?



Mindfulness Activity

You've probably heard of **mindfulness** and maybe you didn't understand how it can help manage your stress and restore your feelings of calm. Mindfulness is a practice that helps you be more **aware** of your body, mind and feelings in the present moment. This awareness **reminds you** of where you are, what you are doing and why you are doing it. This helps us not become overly reactive or overwhelmed by what is going on around us.

Today's activity is called the "Five Senses" and is a mindfulness exercise that can be practiced quickly in nearly any situation. This activity is going to help you pay attention to the present moment and help you create your own feeling of calm. Jot down/draw all the things you are taking note of as you complete the exercise, on the next page.

	First, notice five things that you can see. Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.
	Notice four things that you can <i>feel</i> . Bring awareness to four things that you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.
	Notice three things you can <i>hear</i> . Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.
	Notice two things you can <i>smell</i> . Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you're outside, or the smell of a fast food restaurant across the street.
	Notice one thing you can <i>taste</i> . Focus on one thing that you can taste right now, at this moment. Notice the current taste in your mouth, or even open your mouth to search the air for a taste

Mindfulness Activity



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The End of Week 1

Get ready for another week of fun reflective activities in week 2!

