

Lynn 2020
My Covid - 19
Time Capsule

You are living through history
right now!



Create your own Covid -19 Time Capsule

Looking Back

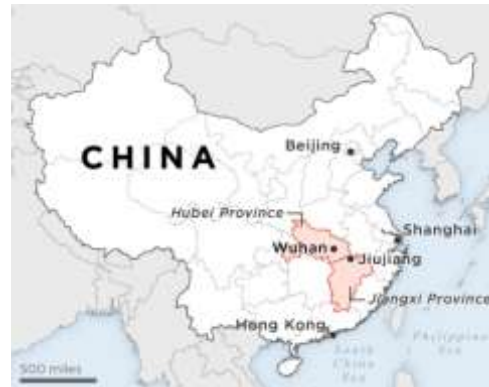
What I know about Covid-19

The world's first cases of Covid-19 were identified on:

December 2019

Covid-19 started in:

Wuhan China



Covid-19 first came to the UK on:

January 29th two cases come in from New York



My first thoughts when I heard about Covid-19 were:



I felt Panic and depressed but OK now.

The first case of person to person infection in the UK was reported on:

28th February



Full lockdown in the UK started on:

23rd March

We started social distancing on:

24th of March

How we could keep ourselves and others safe:

Follow FACTS guidance and I stayed close with family and stayed in as much as I could.

About Me

Name: Lynn

Age at start of lockdown: 39

Where I live: West Lothian

Names of close family members:

My Mum & my sister



The last time I was able to go to my Adult Learning Group was:

19th March 2020



What three words best describe how you feel about Covid-19 now?

Anxious

Understand more now

Better

What have you learned from the experience of being in lockdown?

That I can get on with things.

What are some things you are doing to keep busy?

I've been going shopping with mum.
Listening to music on Alexa,
trying to exercise and walking more.



What are you thankful for during this time?

Still alive hope for the best and keep well

What are you most excited to do when this is over?

Getting back to normal and going on holiday.

What place do you most want to go when we are allowed?

Blackpool and Dad's at
Durham to go to the beach.



List 5 things that have made you smile during this time.

Mixing in with people

Been around family

Company

Sharing with friends

Having a laugh with a friend

What has been your favourite memory about this time?

Staying in watching TV and music.

What do you think the world will be like after Coronavirus?

It will be better



Think of four things you **might** still do when the virus is finally under control and things are as normal as possible.

Go shopping

Be out with friends

Go out for meals with family

Go walking

Going for days out in Edinburgh



List 5 images (pictures) that will always remind you of the 2020 Pandemic or Lockdown.

Face masks



Told to stay home

Queue for supermarkets



Staying 2 m apart



Shops been closed

