

Communication – A Letter to My Pre-Lockdown Self

We are currently constantly being told that the world is changing in front of our eyes. Never before in history have borders been closed, movement been restricted and economies been shut down in the same way.

But we are at least now edging towards our ‘new normal.’ And although the world may well be looking different (both for the short and long term), it is also perhaps looking a little bit more positive.

So today we would like you to complete a little bit of a reflection exercise.

We would like you to imagine that it is Wednesday 1st January 2020. We are pre-lockdown. There have started to be whispers about a new coronavirus in China, but it seems like a million miles away. It’s certainly not something that we are concerned about here in the UK. The thought of whole countries being put into lockdown, exams being cancelled, travel being banned all sounds like something from a dystopian novel. All that will soon be changing, but our January 2020 selves are not really prepared for what’s about to happen.

If you could send a letter to yourself on that date, what would you say? What advice would you give yourself? What supportive messages, or reassurance would you offer to help you through the coming weeks?

There are some helpful sentence starters and ideas of what to include on the next page.



Dear me,

I'm writing to you from June 2020... yes it is only a few months away but believe me, the world has changed.

Let me explain to you what has happened...

If I could offer you one piece of advice at the moment it would be to...

You might also want to...

If you have a spare bit of money then it might also be a good idea to...

Maybe the idea of school closing sounds great at the moment, but believe me you will miss...

Before schools close it might be a good idea to...

The next few months are going to be scary, but don't worry because... I promise you that...

There have been some positives from all of this! Firstly...

Also it has been great to...

I think we have all learned some lessons during this time too...

We will look back on this time and remember...

Make sure you start washing your hands now and remember to appreciate...

Love from, Yourself (but a few months older...)

We would love to see your responses, and will be sharing ours online as well!

Don't forget to share your work with us by emailing it to beth@pieuk.org or posting examples of your work on social media and tagging us @pieuksocial.