

# The Recovery Curriculum: Positivity and Kindness

- *“We are all in the same storm, but not in the same boat”*
- Our experiences over the Lockdown are unique to ourselves but we all have common threads that we should share.
- Each week brought new challenges, setbacks, and achievements, otherwise known as the corona-coaster!
- We need to feel proud of all that we have achieved and respect each others thoughts and emotions.



# ***“We are all in the same storm, but not in the same boat”***

I heard that we are all in the same boat.

But it's not that.

We are in the same storm, but not in the same boat.

Your ship can be shipwrecked and mine might not be.

Or vice versa.

For some, quarantine is optimal: a moment of reflection, or reconnection.

Easy in flip flops, with whisky or tea.

For others, this is a desperate crisis.

For others, it is facing loneliness.

For some, peace, rest time, vacation.

Yet for others, torture: How am I going to pay my bills?

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So, friends, we are not in the same boat.

We are going through a time when our perceptions and needs are completely different. And each one will emerge, in his own way, from that storm.

It is very important to see beyond what is seen at first glance.

Not just looking, more than looking, seeing.

See beyond the political party, beyond biases, beyond the nose on your face. Do not judge the good life of the other, do not condemn the bad life of the other.

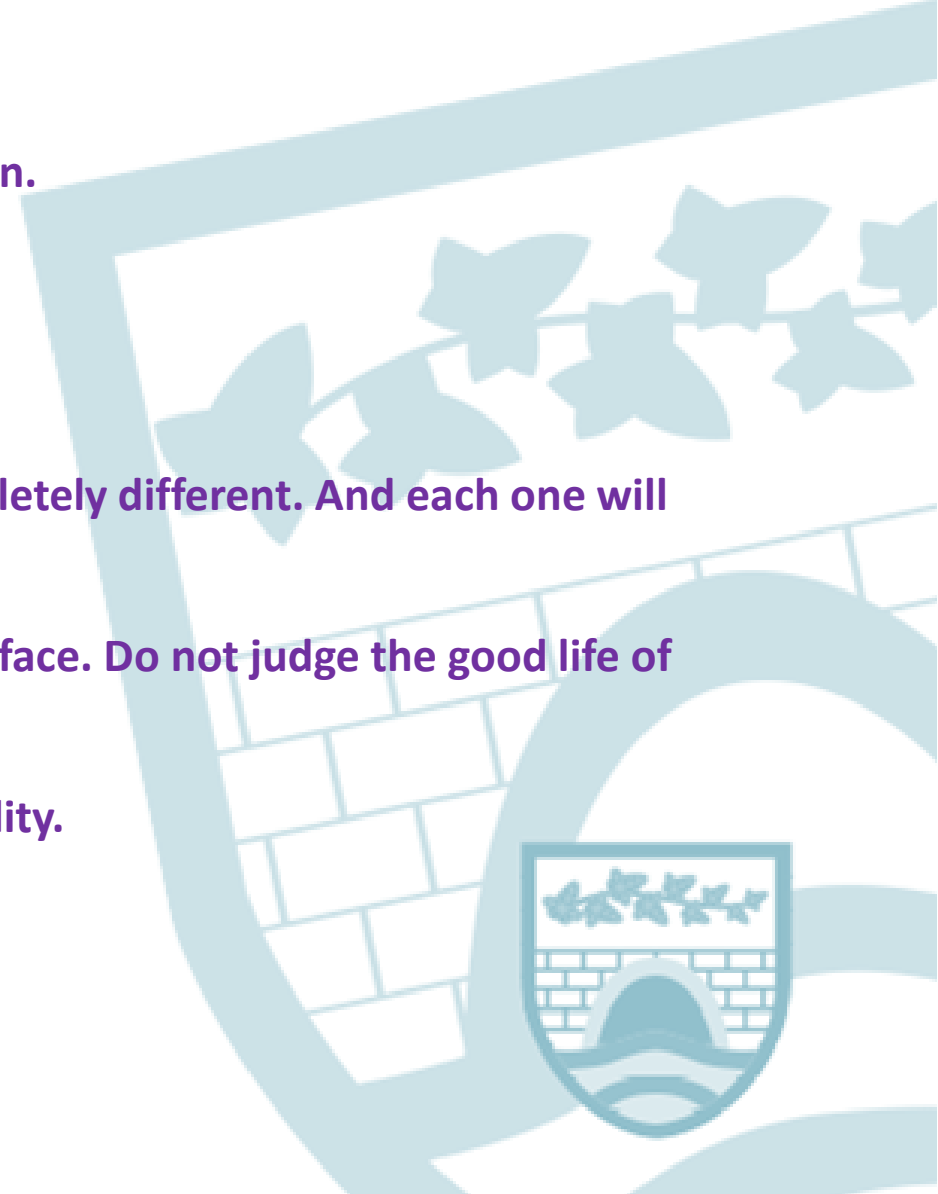
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We are on different ships looking to survive.

Let everyone navigate their route with respect, empathy and responsibility.

Damien Barr

*(The poem is quite long, so sections of it have been quoted here.)*



# The Recovery Curriculum: what now?



- Time to reconnect: share three best experiences of lockdown.
- Time to be kind: give compliments to friends/your teachers today.
- Time to be positive: what are your goals for today, this week?
- Time to think ahead: we are not in a rush, take your time to plan the next steps.
- Character traits developed: Empathy and Authenticity