



Lockdown Selfies – Some Topics to Talk About

- 1 How has the lockdown affected you personally?
- 2 How different to normal life has it been during this coronavirus outbreak?
- 3 What's been your biggest single concern during the Covid-19 crisis?
- 4 How have you taken your regular exercise?
- 5 Topics to talk about:
 - How you stayed in touch with your family
 - How you stayed in touch with your friends
 - Boredom and how you overcame it. If you did.
 - Any new skills you learned.
 - How you went shopping.
 - Were you shielding someone?
 - Were you vulnerable? How was it?
 - Did you feel threatened?
 - How well do you think we coped as a Country?
- 6 Would you say any benefits have arisen? If so – what?
- 7 What's been your biggest problem?
- 8 What if anything do you think will change in the long-term for you personally?
- 9 And for society or Rutland in general? Positive? Negative?
- 10 What do you think will be the thing you remember most following the lockdown? Why?