

29th March 2020

Dear students,

It's been a long time since I have seen and talked to you. I am wondering how you are and what you are doing.

Today I am writing this letter to tell you a bit about my life during this time of social distancing and also to ask you about how things are going.

Life has changed a lot in the past few weeks. Social distancing and self-isolation measures are very challenging.

Schools are closed, teachers and students have to work from home. One of the consequences of social distancing is that all of a sudden we have more time on our hands.

I try to use time productively. I have set up a daily routine. In the mornings I try to do something for school. In the afternoon I work in the garden or in the house or do sports.

What does your day look like? How do you keep busy and motivated? What bugs you the most? What do you do with this spare time? One idea is to set up a family project together like a family game night when you play games together or challenge someone to a game of chess or a video game. Maybe you could teach your parents how to play Fortnite. What about a film night? You can take turns picking the film of the night. Have you started any family projects?

Not being able to meet up with friends is really hard. But there are so many ways of communicating like Facetime, Instagram, Facebook, Skype. But you know what? I really just like to phone my friends or send text messages or emails. What about you? How are you keeping in touch with your friends? I usually do sports several times a week like swimming or sport climbing. Since that is no longer possible I try to get a bit of exercise by riding my horse or jogging but always on my own or with a close friend.

Do you do anything to relax and have some down time? How do you keep fit? Can you still do your favourite sport at home? I often listen to audio books while doing different boring things like cleaning the kitchen at the same time.

Do you like audio books or podcasts or do you prefer watching films? I'd love to hear about your favourites right now and why you like them.

Now I even find time to read books. Tell me about books you love. Or do you prefer comics or graphic novels? What are you into? Do you have time to spend on your hobby? Are you learning something new?

How do you like doing e-learning? Do your parents or brothers and sisters help you with your homework? Do you miss school, your classmates and teachers yet?

Now, it's your turn. Please write a letter to me about yourself and how you are doing. Tell me about the biggest changes in your life, about a typical day in your "new" life, about what you do with all your spare time alone or with your family. I'd love to hear how you keep in touch with your friends and how you stay calm and focused, what you do to relax and have fun. It would also be interesting for me to hear if you follow the news about the corona virus and how it is spreading. There are groups of young people who are helping others, like doing the shopping or walking dogs. Are you doing anything like that? And what do you find hardest? Is there anything that you find really surprising about this situation? I'm very interested in hearing about you, so please write back by mail. Use my letter to get help with expressions and ideas. You should send it as an e-mail by Friday 3rd April.

I'm looking forward to hearing from you.

Stay safe and happy.

Yours Ms Kindler