Silver Linings in the Time of Coronavirus

Introduction:

Silver linings are opportunities to take note of hopeful or consoling prospects in times when life feels dark and heavy. The origin of the idea is most likely found in John Milton's 'Comus' (1634)

Was I deceiv'd, or did a sable cloud
Turn forth her silver lining on the night?
(sable meaning dark and gloomy)

Our modern day take suggests that every dark cloud has a silver lining, and we should look out for it, because it is easy to miss.

Without denying or leaving unacknowledged the immense pain and suffering that has accompanied the arrival of the COVID 19, it can be useful at times like this to recognize experiences and outcomes that feel encouraging or comforting, or reveal resilience.

Purpose:

The following worksheet has been designed for use with children and/or families. It poses a simple question about silver linings in the time of the coronavirus with a follow up scaling opportunity.

Delivery:

Parents/Carers/Practitioners might like to share the following worksheet with children. Alternatively, they may like to simply verbally pose the questions and discuss ideas together.

Follow up questions with children and families:

Did any of your responses surprise you?

Are there any similarities between what you wrote down and what anyone else that had a go at the worksheet wrote down?

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Who	Can you think of examples of any positive things that have come along with all the changes that the coronavirus has brought?	Can you order these silver linings, from the changes you would most like to keep after coronavirus, to the least. Do this for you, those you live with, and your community.
You	Eg. More free time because normal scheduled activities have been cancelled for now.	
Those you live with	Eg. We have got to spend lots of extra time playing games together.	
Your Community	Eg. I have gotten to know more of my neighbours over this time.	