

Activity 1: Reflecting on the silence

In the Live Lesson, we are going to be holding a one-minute silence.

After the silence, you will be given some time to look at the emotions grid below and circle the words that most match what you're feeling as you remember the people who lived through the war.

Surprised	Interested	Happy	Confused	Uninterested	Depressed	Angry	Scared
Shocked	Impressed	Excited	Muddled	Detached	Fed up	Upset	Terrified
Astonished	Fascinated	Enthusiastic	Unclear	Unconcerned	Regretful	Annoyed	Worried
Flabbergasted	Gripped	Pleased	Distrustful	Unresponsive	Downhearted	Infuriated	Nervous
Stunned	Affected	Glad	Mixed-up	Unsympathetic	Disappointed	Outraged	Threatened
Startled	Moved	Passionate	Unsure	Distant	Miserable	Antagonised	Horrorified
Appalled	Struck	Inspired	Puzzled	Unmoved	Grim	Irritated	Disturbed
Offended	Engaged	Elated	Unconvinced	Unemotional	Saddened	Cross	Panicked
Bewildered	Hooked	Contented	Uncertain	Uninvolved	Hopeless	Irate	Alarmed

If none of these words match what you're feeling, you can write your own words down in the blank boxes above.

Ask your teachers to send us your words at live.lessons@bbc.co.uk and they'll be fed into our crowd-sourced word cloud.