

COVID-19 JOURNAL PROMPTS

- 50 years from now, what will you tell people about the pandemic?
- Are you forming any new habits?
- Describe how your screentime has been impacted by social distancing. Has your opinion about “being online” changed as well?
- Describe the food you are eating these days? Where does it come from? Has this changed?
- Describe what it is like for you when you do leave your home.
- What new things have you learned about your family?
- Do you have pets? How are they impacting your staying-at-home experience?
- How has nature and the outdoors changed since people are staying inside more?
- How has your hair changed?
- How have you stayed in touch with friends/family?
- How have your relationships with your friends been altered or strengthened during this time?

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- What's one thing you LIKE and one thing you DISLIKE about safer at home?
- What's something you did this week that worked completely differently because of the pandemic?
(example: I went to the vet today and had to drop my cat off at the door and wait for a phone call to tell me what was up with her.)
- What's something you have done, that you don't think you would have if this hadn't happened?
- Who deserves an award for the way they are handling this pandemic? Why?
- What has helped you get through so far?
- What kind of person do you hope to be "after"?
- What kinds of music have you been listening to?
- What hobbies or creative interests are you exploring?
- What new traditions have you created with your family?
- Who do you miss and why?
- What words and phrases are common now that were not before?
- Write a love letter to something you miss.

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- What has surprised you?
- What images or sounds will stick with you from this time?
- What has worried you or caused you fear?
- What have you enjoyed about the transition to distance learning? What has been difficult?
- What is the first thing you'll do after the pandemic?
- What kind of media have you been consuming and what purpose does it serve for you?
- What have you gained? What have you lost?
- How have you responded to the news / headlines?
- What seems to be more important now that wasn't before? What is less important?
- What Youtube videos have most inspired you to do something new or out of the ordinary?
- What have you learned during this time of your life that you think you'll take with you post-COVID?
- What should stay the same after the pandemic is over?
- What will be one new change in your life that you want to hold onto? Why?

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- What is one thing about your experiences now that you know you will forget, even though now it seems hugely significant?
- What have you noticed that you never noticed before?
- What have you tried to do that is new and has challenged you?
- Share or create a meme that summarizes your quarantine experience
- There are a lot of things about quarantine life that are a bummer. But every day there are joys. What joys are you experiencing?
- We could call this time a “significant pause” of our world. As you have taken a pause from typical daily life, what sorts of other joys or struggles have emerged?
- What “acts of kindness” or positive stories have you heard or witnessed?
- What “creative expression” from others has helped you during this time? In what way? (books, movies, TV shows, music, Youtuber, TEDtalks, podcasts, games)

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- What are the biggest changes to your life because of COVID-19?
- What are the three places you miss the most?
- What are your outlets for expression and creativity?
- If you could choose a real or imagined location to be in lockdown where would you go?
- Write a celebration for someone or something that deserves to be recognized.
- If you made a music video to capture the experience of this time in your life, what images would viewers see and what music would be playing?
- Imagine you were creating a time capsule of your last month. What would go in it?
- How has your relationship with your surroundings changed since the safer at home order began? What about your relationship with the weather, or outdoors?
- Journal from the perspective of an animal or object that has played a role for you during this time in your life.