

April 2020 **COVID-19**  
**JOURNAL PROMPTS**

**#1** How has your life **changed** since the Coronavirus outbreak? ALL.THE.WAYS.

**#2** List the **BEST** and **WORST** things about being in **QUARANTINE**.

**#3** An experience with **FUNNY** or **CRAZY** or **BEAUTIFUL** during **QUARANTINE**.

**#4 WHO**

Do you live/work with? Do you miss being with but can't? Do you know who has contracted or is most vulnerable to CV-19?

**#5 WHAT**

Would you do for **ONE PERSON?** **A GROUP?** if you were guaranteed to never contract CV-19?

**#6 WHEN**

Have you felt the most **SAD/DEPRESSED** during quarantine? Who/what makes you feel better? Have you felt the **HAPPIEST?** What have you done - or can you do - to share that happiness?

**#7 HOW**

Will CV-19 end? Will it?  
Will you be different in one year?  
Will the world be different in one year?

**#8 WHY**

Do bad/difficult things happen?  
Do some become bitter & some better after something hard? What about you?

**#9 YOUR EASTER WEEKEND**

How was it different from past years? How was it the same? What are the pros and cons of celebrating a holiday during quarantine? How might this change how you celebrate future holidays?

**#10 CURRENT COVID-19 STATS**

List the number of **CASES** and **DATES** (to date) of COVID-19 in: **THE WORLD, YOUR COUNTRY, YOUR STATE.** What do you **THINK** about those numbers? How do you **FEEL** about those numbers?

**#11 OTHERS' REACTIONS TO COVID-19**

People have reacted to the pandemic in **SURPRISING, DISAPPOINTING & INSPIRING** ways. Discuss your feelings about reactions of: **FAMILY, FRIENDS, PUBLIC OFFICIALS, HEALTH CARE WORKERS.**

**#12 FIVE SENSES**

What did you **TASTE, TOUCH, SMELL, HEAR** or **SEE** today that made you glad to be alive?

**#13 STILLNESS**

Although staying put is hard, maybe we will be reluctant to resume our rushing about and something of the stillness now upon us will stay with us. What of your current **STILLNESS** might you be reluctant to resume?

**#14 & #15 MEDIA COVERAGE OF COVID-19**

Choose two stories/articles that triggered emotional reactions -- one positive, one negative. Discuss (and cite) each story separately, detailing your thoughts and feelings from each.

**#16 EARTH DAY 2020**

Since the Covid-19 outbreak: Carbon emissions have plummeted – the air above Los Angeles, Beijing and New Delhi is miraculously clean. Research more ways the quarantine has helped rest, restore and heal our earth. What do these changes tell us about taking care of our planet?

**#17 MOVIE/TV SHOW**

What movie or TV show have you seen during quarantine that has impacted you in a way it wouldn't have before? Explain.

**#18 LETTER TO A LOVED ONE**

Write a letter to a loved one to be read in the future (5 years? 10? you decide). Include your feelings about and experiences during the life-altering pandemic.

**#19 EASING RESTRICTIONS**

Bill Gates suggest the US reopen "high value" segments of the economy. In your opinion, which 5 types of businesses should reopen first? Research. Compare your list with opinions of experts. Who's right? Wrong? Why? Did your list change after learning more?

**#20 ALL THE GOOD**

The pandemic is bringing out the very best in people! Search "Coronavirus Good News." List your favorite stories. Plan your own "good news" activity to help someone - or a group - struggling because of CV-19. Share your story with family, friends, on social media.

**#21 RESILIENCE**

"One's ability to overcome a blow or series of blows, accept what happened, and find strength to address later challenges." What blows have you experienced? Have you accepted them? How? What strength(s) have you found?

**#22 LETTER TO YOUR FUTURE SELF**

Write a letter to your future self (you decide when it should be read). You can include experiences, thoughts, feelings, fears, hopes and takeaways from living through the COVID-19 quarantine and pandemic.