



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 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 PERSONAL LETTER

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.