

COVID-19 2020 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 LOCKDOWN

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

#5 WHAT

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

#7 HOW

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

#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?

#11 OTHERS' REACTIONS

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

#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?

#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?

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#14 & #15 MEDIA COVERAGE

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.

#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.

#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.

#23 REOPENING TRIAL & ERROR

"Most researchers agree that reopening society will be a long haul, marked by trial and error." – Kai Kupferschmidt
Governments are trying to triangulate the: HEALTH of their citizens, the FREEDOM of their populations, and ECONOMIC constraints. Of these three, what (if any) do you think should take precedence? Why? Share personal experiences that have shaped your opinions.

#25 CAREFREE SUMMER?

"Warmer weather calls to mind carefree summers — picnics in the park, swimming at the beach, fireworks on the Fourth. But nothing feels carefree now."
– Michael Levenson, Tara Parker-Pope and James Gorman
What are your state's current recommendations about responsible social distancing outside? What plans can you make to have a fun summer despite the restrictions?

#24 CALENDAR SCRUB

"What special events or vacations have been scrubbed from your calendar this year? Describe your feelings about the changes.