

COVID-19 Journal Question/Theme:

Name:

Date:

Age:

Gender:

Below are a series of questions for children and adults that can be referenced when completing your COVID-19 journal. These questions are here to serve as inspiration for those unsure what to write about. Please feel free to pick and choose which questions you feel are relevant to you or write about whatever theme interests you.

Questions for students:

1. How do you feel about being at home so much? What are some things you miss doing? What are some things you can't wait to do once you're able to leave your home?
2. What do you think about going to school online? What do you miss most about your school?
3. How is your life different now compared to before social distancing due to COVID-19? What are some things you like about being home so much?
4. How did you spend your time today? What did you do, who did you talk to?
5. Write down 5 things you never realized you were grateful for before.
6. How are you and your family going to change your behaviors after the COVID-19 pandemic?
7. What are your greatest fears and/or anxieties during this time?
8. What new hobbies have you started? What do you like about them? Do you think you will continue doing them in the future?
9. Are there any ways in which you have been helping your neighbours and society? What are other ways in which you could help?
10. Draw a picture of how you're feeling, what you did today, what you would like to do once you're able to leave the house.

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In addition to the questions on the previous page, here are some questions specifically for adults:

1. Do you think the pandemic has had any positive and/or negative impacts on your mental health? If so, what?
2. What have you learnt about yourself?
3. What are some of the positive and/or negative impacts the pandemic has had on the world?
4. What are your top 3 memes or videos that you have watched during social isolation?
5. Are you still using social media channels as much? Which do you use more or less?
6. How do you think that the government (federal, provincial, municipal) has handled COVID-19 pandemic? Why?
7. What are some things you want to check off your to-do list before the pandemic is over?
8. Which of your friends or family have struggled the most during this time? How could you help these friends or family members?
9. How do you think COVID-19 will affect your life going forward?
10. How has your exercise routine and/or diet changed during the pandemic?
11. How has your relationship with your partner/children/family/friends changed during social isolation due to COVID-19?
12. How are you supporting local businesses during this time? Which businesses have impressed you with their ability to adapt and change?