



2020 COVID Prompt Journal



1. Share a memory of your time being home school that you would want to remember in 20 years.
2. Where do you get your news? Do you discuss the news with your family?
3. Who do you see as heroes or what heroic behavior have you seen during the pandemic? Why do you feel it is heroic?
4. How do you relieve stress or worry?
5. Unknowns can be scary. What would you tell a friend to help them feel better right now?
6. Compare and contrast: Traditional school versus online/home school. Which one do you like better? Make a list of Pros and Cons for each.
7. You are an Olympian who has trained for years to compete in 2020 and now the games have been rescheduled. How do you react to this news? Would you still want to compete next year?
8. What is one thing you are excited about once things get back to normal?
9. What do you think you will tell your children about this time?
10. How has school being suspended and activities cancelled affected you?
11. If you were President of the United States right now, what would you do to help our country through this pandemic?
12. How can writing about the way we are feeling help us during times of challenge?
13. If you could do anything or go anywhere right now, what would you do or where would you go?
14. Has social distancing (or changes in your schedule) caused you to have a really good conversation with someone? If so, what did you talk about? If not, who would you like to talk to?
15. What has been your favorite virtual school assignment during this time?
16. Thirty (30) years from now, someone your age asks you to describe the COVID-19 pandemic. List 15-20 words you would use to describe the situation and experience.
17. What is something you now realize you took for granted about school?
18. You are now the teacher. How would you reach out to your students to teach them during this time?
19. What is something you have learned through this that is unexpected? Do you think you would have learned that another way?
20. Has this experience brought you into a closer relationship with your family? Will it continue?
21. If you were the parent, how would you say to help the disappointment and through all the change?
22. Write about 3 things for which you are grateful.
23. How has sacrificing to prevent the spread of the virus affected you? Do you think it is worth it?
24. Who would you write a thank you note to and why. Write the thank you and mail it.
25. What lesson do you want to teach older people as a young person through this experience?
26. How have you stayed connected to your friends?
27. What is your role in preventing the spread of the virus?
28. Have you learned a new skill lately? If so, what is it? If not, what would you like to learn.
29. What has been your favorite thing about virtual/online school?
30. Tell the story of the pandemic to your future grandchildren.
31. What changes in behavior, personal habits, and communication do you think will continue when the pandemic is over?

