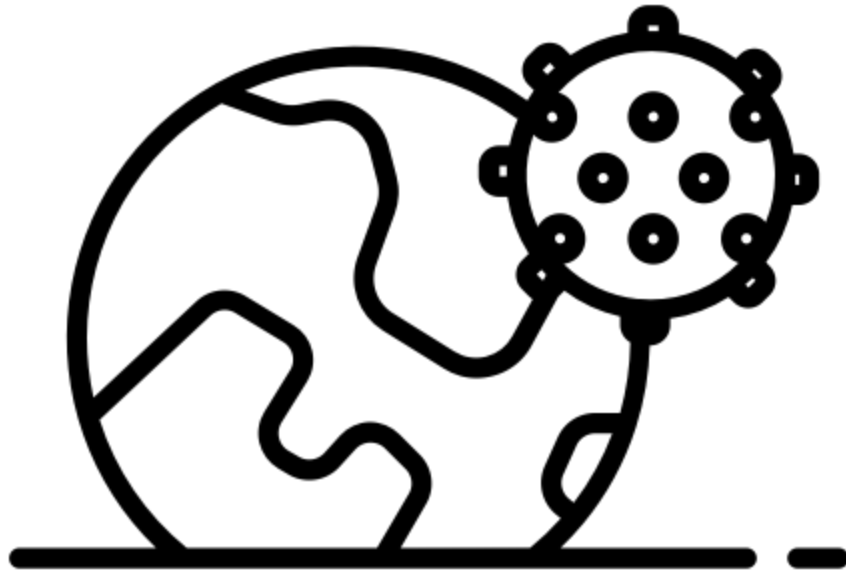


COVID-19 Journal Prompts



A little help with remembering how we kept sane when the world was a little crazy.

We were home from _____ to _____

Use or tweak these however you like. If you want to skip some, feel free. If you want to use a prompt more than once, go ahead!

If you re-do a prompt, don't get rid of the original. It's interesting to see how things change over time, so keep those thoughts too.

I first heard about COVID-19...

All about me right now – my favourite things and people...

I am spending my time safe at home doing ...

I think a lot about ...

I worry about ...

I want to remember ...

The best part of this is...

The worst part of this is ...

I mostly feel ...

I really miss ...

I don't really miss ...

Once this is over, the first thing I want to do is ...

I am grateful that ...

I have learned ...

I have learned how to ...

I found out I actually like ...

I am staying connected to my friends and family by ...

My typical day looks like this:

School at home is ...

My favourite time of day is ...

I am keeping active by ...

When I get bored, I can always ...

Special days were celebrated a little differently this year. Here's how:

At home with me, there is...

Everyone else is spending their days ...

The biggest change has been ...

The most surprising thing about this situation is ...

Take care, wash your hands, stay safe at home :)