

Workbook prepared by



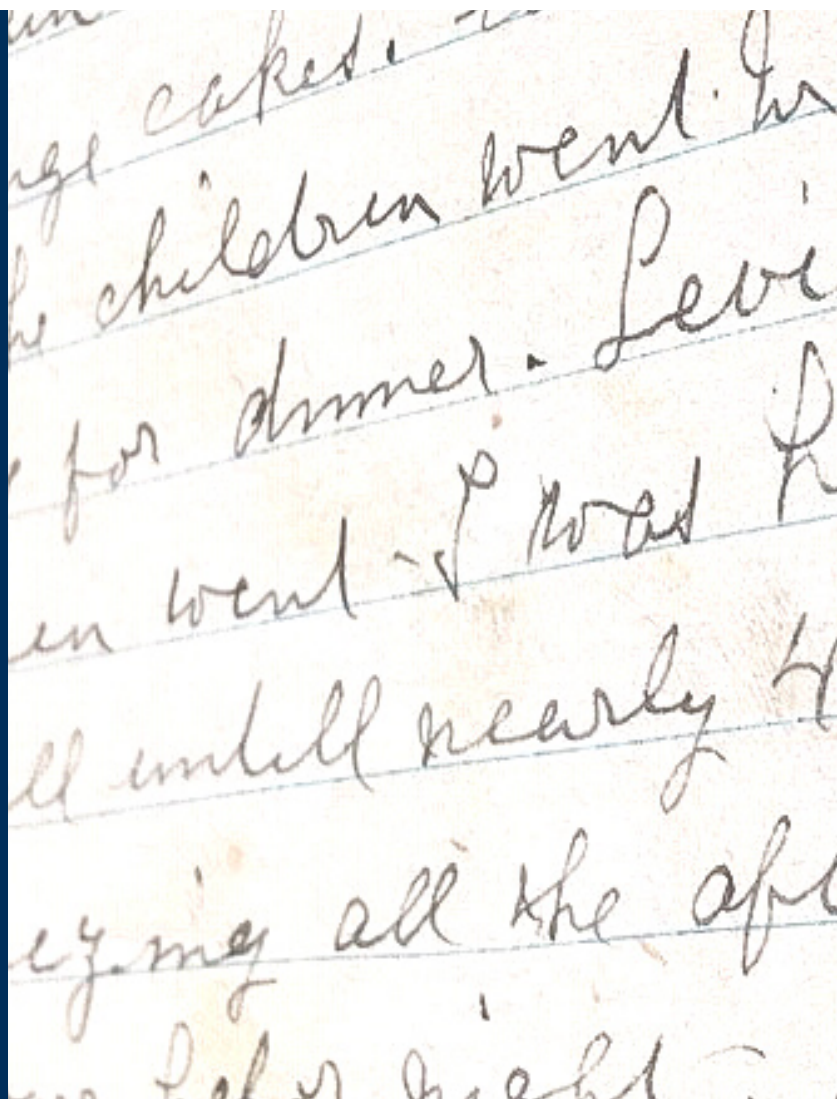
MY COVID-19 JOURNAL

MY NAME IS

I AM _____ YEARS OLD

In 2020 we are living through unique times due to COVID-19. The NOTL Museum needs YOUR help to document history because we are living through a future history class! Crazy right?!

This is a workbook that will help you to document your COVID-19 experiences so that future historians and museums can learn about how our community was affected by COVID-19.



What is COVID-19?



In the news and all around us, there is a lot of talk about this new virus and people getting sick, what have you learned about this virus? Tell us by making a comic strip!

Rules, Rules and more rules!

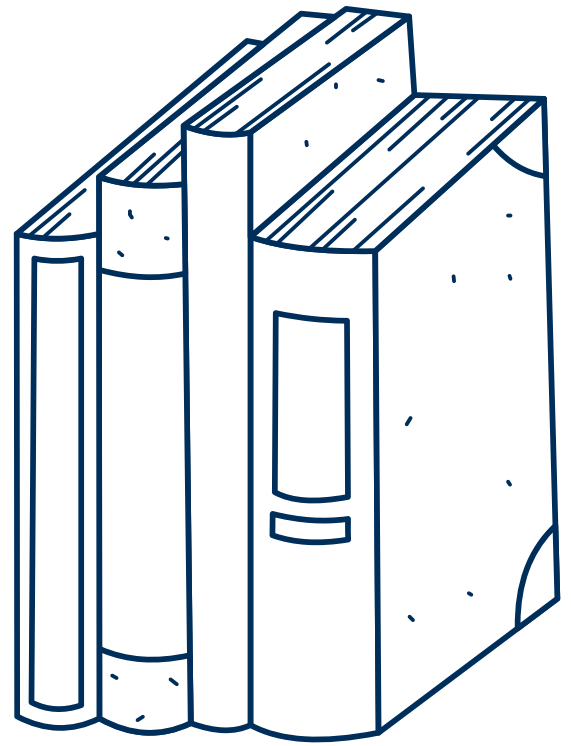
We a lot of new rules because of the virus. What are some new rules and why do we have them?

What is your least favourite rule? Do you have a favourite rule? If yes, what is it?

Besides the rules in place what are 3 other things we can do to prevent the spread of the virus?

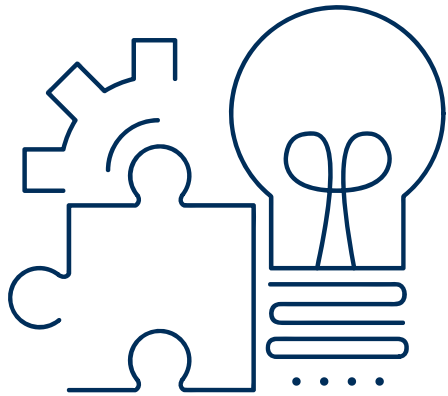
You can have some fun with this and tell us in a poem or make your own rap song!

Write and illustrate a book!



You are the star of your own book, so tell us what you are doing while staying home!

Things you might want to include in your story:



- What are you doing to keep busy?
- Do you have any siblings at home? What is it like to be at home with them all the time?
- What do you like most about physical distancing?
- What do you like least about physical distancing?
- What are you doing to keep active?
- What are you doing to pass the time?

Bonus Activity

Meme Maker

Tell us how you are feeling by making your own meme!

Tell us about your parents!

How have your parents been affected by the virus? Interview them to find out!

Brainstorm your questions here!

Questions you might want to ask:

- What are you doing to keep busy?
- What has been the biggest challenge?
- What do you like most/least about physical distancing?
- What are you doing to keep active?

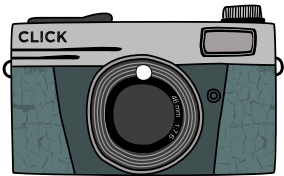
ACTION: Start a daily or weekly journal or photo journal about what you and your family have been doing to pass the time!

Communication

How are you communicating with friends and extended family like grandparents, aunts, uncles and cousins?

Write a letter to your future or past self about this pandemic.
What would you tell yourself? What would you want to know?

Start a Scrapbook



Take photographs of you at home or of your neighbourhood and tell us about them!



Clip newspaper articles and add them to your scrapbook!

In your scrapbook you can also include a number of the activities from this workbook!

Tell us about School!

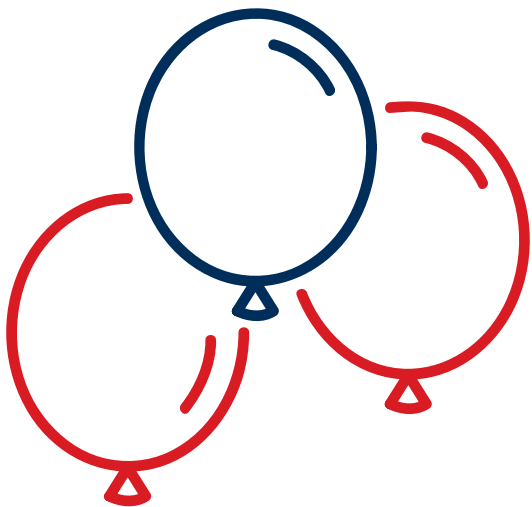
Tell us what it is like to "go to school" while at home?

- What is the best thing about going to school and learning at home?
- What is the worst or hardest thing about learning at home?
- What do you miss most about going to school?
- What is something new that your teachers are doing to help you learn at home?
- How are your parents helping with your school work?

Become pen pals with someone in your class, at your school or even a relative!

Events!

Write the list of events down here and what you did to celebrate (e.g. St. Patrick's Day, Easter, Birthdays, Anniversaries)!



Everyone has had to make sacrifices. What is the biggest thing you have had to give up?

What do you miss the most? What is the first thing that you want to do when all the rules go away?

What 3 things are you most excited for when this is all over?

Say Thank you!

Create some artwork to thank all of our front line workers or those who are going out of their way to help members of their community! This could be a sign, a picture, thank you card, anything you want!

Lending a Helping Hand

What do you want to say to all the workers who are helping those who are sick or those in need right now?

There are a lot of people helping their community during the pandemic. What are you and your family doing to help? What you do wish you could do help?

Kindness Project

There have been a number of feel good stories in the news these days. Start your own kindness project or do something to lift spirits in the community!

If you need some inspiration check out "Some Good News" YouTube channel:
https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug



Brainstorm your kindness project here!

Are there any local acts of kindness that you have heard about? Tell us about them!

Our Future

What do you want future historians to know about how the virus affected your daily life?

What would you tell your former self about this virus? What would you tell your future self about this virus?