

Memoirs about the COVID experience:

Lesson Plan Ideas:

<https://docs.google.com/document/d/1RCVcBDxIcFJGc3MAecAKXk3iz-EUR58xxz03Jf2e4RY/edit>

https://greatergood.berkeley.edu/article/item/help_students_process_covid19_emotions_with_these_lesson_plans

Feelings that you might have felt during COVID: (top 3)

Hopeful	Lonely
Frustrated	Tired
Concerned	Depressed
Fear	Relief
Shame	Calm
Helpless	Determined
Sad	Tired
Angry	Energized
Irritable	Stressed
Hopeless	Isolated
Anxious	Overwhelmed
Afraid	

Questions:

When you think back to COVID (a. the initial lockdown phase, b. at home schooling, c. coming back to school - returning to normalcy) what color comes to your mind?

When did you first hear about COVID/the lockdown?

Is there a particular song you remember listening to during the pandemic?

Is there a particular tv show you remember watching during the pandemic?

Who was the most influential person in your life during the pandemic?

What occupied the greatest amount of your time during the Pandemic?

What did you miss the most during quarantine?

What was your best/worst quarantine memory?

Was there a positive change in your life during the quarantine

What do you think was the biggest thing you missed because of quarantine? How did that make you feel?

Was there something that you did without during COVID?

Biggest hurdle you faced during COVID?

What is one memory that rises to the surface when you think about COVID...write about that memory!

Examples of Pandemic Memoirs:

Students writing about their experiences during COVID:

Pandemic memoir (17 year old)

<https://www.mghclaycenter.org/parenting-concerns/birdcage-memoirs-a-teens-reflections-on-living-through-the-pandemic/>

6 Word Pandemic Memoirs - <https://www.sixwordmemoirs.com/pandemic/>

Student share their experience:

https://www.postregister.com/news/education/students-share-their-school-covid-19-experience-in-their-own-words/article_6064d7f7-809f-5a86-9664-9e6d18a4f37d.html

<https://www.the74million.org/article/pandemic-notebook-13-students-across-america-write-about-covid-19-their-disrupted-school-year-and-the-disorienting-new-normal/>