

# Collecting for Collingwood: COVID-19

## Journaling Prompts

How has the COVID-19 outbreak changed your life? This one question can trigger a multitude of memories and thoughts. By writing down your feelings, worries, unexpected happy moments, observations and experiences during this challenging time, you can create a journaling narrative that will provide an important historical perspective for the future.

Why not add a doodle or digital photograph to your entry? Jot down the line of a song that has made your heart sing or caused tears to flow. Did you laugh at something in the media? What was it?

Here are some questions that may help focus your thoughts and reflections:

- In 100 years, what do you want the residents of Collingwood to know about the challenges we are facing today and how we are overcoming them?
- If you could offer advice to someone in the future about today's global pandemic, what would it be?
- When did you first become aware of COVID-19? How did you feel? Have your feelings changed over the weeks and months?
- Are you able to self-isolate at home? How are you coping with changes in social interaction?
- Have you spoken with your family about the COVID-19 outbreak? How is your family feeling?
- What changes have you or your family made in your daily lives due to COVID-19? What does family time together look like right now? What activities are you doing to stay occupied?
- How has your work life, or your life as a student changed? Are you able to work from home or do you continue to go to your place of employment?
- What does your remote work or school space look like? How has the way you work or study changed?
- Has your place of work reduced hours, or been forced to close? How are you coping with these changes?
- How are you staying engaged with community activities/groups/organizations?
- What are you seeing around your community? (Ex. Empty streets, closure signs, barricaded playgrounds)
- Have you seen or experienced an act of kindness?
- How much more or less are you staying engaged with the news and/or social media? How does this information affect you?
- What are your fears and hopes during this time?

After the outbreak, please consider donating your journal to the Collingwood Museum by contacting Museum Supervisor, Melissa Shaw at [mshaw@collingwood.ca](mailto:mshaw@collingwood.ca).