

## **COVID-19: Summer Journal Challenge**

As you are all full aware, the past few months have been more than a bit dramatic. The pandemic is one of the biggest things to happen in modern history – you will probably tell your children and grandchildren about it, and they will certainly read about it in History books!

As a result, the Avanti Fields English Department have decided to run a ‘COVID-19 Journal Competition’. This is an opportunity for you record your thoughts, feelings and learnings from this unprecedented time. Regardless of who ‘wins’ the competition, every journal written is extremely valuable... both now and in the future.

**Your task is to write 1-1.5 sides of A4 (typed up) about your understanding, experience and reflections on the coronavirus and the lockdown period.**

To help, **we have included a set of questions** below for you to follow.

All the best! Be honest, be open and be proud – you are successfully making it through a global crisis!

## Corona: The Journal

1. What has happened/what is happening in the world right now?
2. What is COVID-19 and how/where has it spread?
3. Who is most affected? What can be done to help them?
4. How have different countries/governments responded?
  - a. Has this changed over time?
5. How has social media reacted?
  - a. How have YOU reacted on social media?
6. What were your feelings about this to start with?
  - a. Have these changed over time?
7. What was the reaction of your family/friends to start with?
  - a. Has this changed over time?
8. What new skills or knowledge have you picked up during this time?
9. What scares you?
10. What gives you hope?
11. What is an important lesson that this pandemic has taught us?
12. What can we do – as individuals or groups – to help each other?
13. What can we do to spread positivity and kindness?
14. What is one 'random act of kindness' you will do this week?
15. How will the world – and how we see it – CHANGE because of COVID-19?