**COVID 19- Be a historian.**

When you are a grandparent, you will be able to tell your

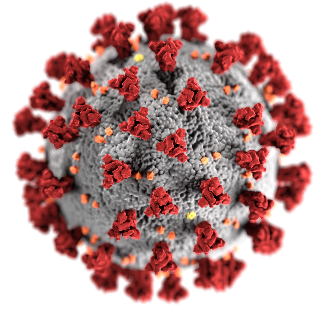
grandkids about a time in history that you encountered.

Keep a journal of the times we are going through.

You can answer some of these questions in your writing

book.

* Whatever is on your mind about the pandemic (including how you feel about it),
* Your observations about what is happening in society as a result of the pandemic (like people buying up all the hand sanitizer, bleach, toilet paper, and, the latest, flour, or the financial markets taking a dive, or people losing their jobs),
* Your symptoms if you happen to get sick and have the energy to do so,
* The symptoms of others if they get sick,
* How you are altering your habits, school life, and living arrangements to cope with the situation,
* The new ways you are learning to socialize, including the technology you use to keep in touch,
* How you are passing the time if you don’t have a lot of work to do (new hobbies picked up, old hobbies renewed, etc.),
* How you are coping with being at home (if this is your situation),
* How your pets are coping with having you home,
* How you are helping others (checking in on relatives, serving in an essential service capacity, etc.),
* How you are coping emotionally with social isolation and fear related to the pandemic (if you use humour to cope, including gallows humour, make note of it
* How have I adapted my life so far? Have I had to change my daily routine? How so?
* What does my daily life usually look like? What does it look like right now?
* What do I think about the current situation? Broadly? Specifically?
* What am I afraid of? Broadly? Specifically?
* How am I handling the situation? How am I passing my time? Am I helping others?
* Am I staying isolated for my safety or the safety of those close to me?
* How do I feel about official responses from the government?
* Does this pandemic remind me of anything else?
* What is my plan moving forward?
* What are my hopes for the future?

You may choose how you would like to record or display your work. You might choose to write an actual diary entry, a newspaper report, interview someone, make a Powerpoint, etc.