

Personal Record of the 2020 Coronavirus Pandemic

In research and academics, a **primary source** refers to information collected from people who witnessed or experienced an event firsthand. These can be historical documents, literary texts, artistic works, journal entries, surveys, and interviews.

This is your chance to go down in history as a primary source for the coronavirus pandemic of 2020. Even if you just keep it to yourself, one of the best ways to deal with anxiety and other emotions is to write about how you feel. It can be a journal entry, a poem, a short story, a song, or you can draw a picture. Here are some coronavirus writing prompts and other things to do.

Coronavirus Writing Prompts

1. When you first heard about the coronavirus, what were your initial thoughts and how have they changed over the course of the pandemic?
2. After hearing the virus could cause us all to have to spend a few weeks at home, how did your family prepare? Did you stock up? What's one supply you wish you had stocked up on?
3. Compare and contrast your typical daily schedule before and after the stay-at-home order.
4. Maybe you can't go out and do stuff with your friends, but you are spending more time with family. Compare and contrast the negative vs. positive outcomes of the stay-at-home order.
5. What do you think the government did right about handling the situation? What do you think they did wrong? What would you have done differently if you were in charge?
6. How have you been spending your time at home? Homeschooling as usual? Organizing your room? Catching up on your reading? Working on a new and different project? Taking a break?
7. How has the coronavirus pandemic personally affected you the most?
8. How has the coronavirus pandemic changed the way you look at the world? What long-term effects do you think it will have on the way you do things?
9. What is the first thing you want to do when the stay-at-home order is lifted and business returns to normal? Go to the mall? Get a haircut? Eat at a restaurant?
10. Write a poem about the coronavirus situation. It can be serious and thoughtful, or uplifting and inspiring, or even a humorous lockdown poem.

Other Things to Do

1. Draw a picture that in some way represents this experience for you.
2. Gather some items that can serve as reminders of these times, such as mail that you receive about the situation, notifications from businesses, letters and cards from friends and family members, etc. E-mails and screen captures of headlines can be printed out.
3. Place your writings, drawings, and other items in a folder and put it someplace for safekeeping.