

Life Stories Memoir Program – Remember the COVID-19 Pandemic

Writing Prompts

1. Describe a time when you felt joy in the midst of this pandemic.
2. Describe a time when you felt angry or scared in the midst of this pandemic.
3. If you or a loved one had COVID-19, write about your experience. What were your symptoms? What was your recovery like? How did you protect others?
4. Describe an everyday activity/behavior you have modified because of COVID-19.
5. Describe how your workday has changed because of COVID-19 vs what it was like pre-pandemic.
6. Describe your experience with being laid off, furloughed, or becoming unemployed.
7. Describe how you spent your free time at home.
8. Describe the moment you knew COVID-19 was not just an issue for people in other countries and in larger cities on the east coast.
9. Describe your experience shopping, going to a doctor's appointment, or a restaurant during the pandemic.
10. For business owners – describe how the pandemic affected your business. Did you have to shut down or lay off employees? How have you had to change your business practices in response to the pandemic?
11. Describe how you have changed your communications with family and friends during the pandemic.
12. The pandemic has lasted through Easter, Mother's Day, Father's Day, and the July 4 holiday. Tell how you celebrated one or more of these holidays this year versus how you celebrated in previous years.
13. Tell about a milestone event in your life that had to be cancelled or changed because of the pandemic.
14. Describe one memory from the pandemic that you want to make sure others know about.