

CORONA VIRUS COVID-19

OUR NEW NORMAL

We did not anticipate this situation when we began our 2019-2020 school year. In a split second, we were all asked to go above and beyond what we have ever done before to make the best out of the situation. Although your 2019-2020 school year did not go as planned, there are still memories to be made and things to be remembered. Take some time to reflect on your experience and remember that we are all in this together.

- I first heard about the Corona Virus on _____
- My initial thoughts about the virus were _____

- School was shut down from _____ to _____
- We were quarantined at home under the “Safer at Home” order for _____
_____ days/months.
- While school was out, I spent my time doing _____

- I did my own research on COVID-19 and discovered _____

- The CDC recommended self-quarantine and social distancing to “flatten the curve.”
Because of this, I spent time at home with my family doing _____

- I’m not insensitive to the situation, it’s just that I manage my stress and fear of the
unknown with humor. The bigger the coronavirus situation got, the more memes that were
about _____

- My favorite meme was the one that said _____
- During this time, I was able to catch up on my favorite shows: _____

- Because I had some extra time at home, I taught myself how to _____

- Because I had some extra time, I made some personal goals for myself, which included _____

- Being away from school was great because I got to _____

- But it wasn't all fun and games; I missed out on _____

- My favorite part of virtual learning was _____

- My least favorite part of virtual learning was _____

- On the bright side, we came together as a community. One thing my community did to help was _____
- During this time, people began to help others. My favorite story/stories in the media were _____

- One/Some thing(s) my family and I did to show kindness and help others was to _____

- Easter was a little different this year. Instead of doing/going _____
my family and I did _____
instead.
- Spring Break was a little different this year. Instead of doing/going _____
my family and I did _____
instead.
- My family really supported me by _____
- My friends really supported me by _____
- My teachers really supported me by _____
- All of our lives have been altered by this viral disease. The most immediate and biggest changes I have seen so far are _____

Feel free to share your answers, feelings, and thoughts with your family, friends, and teachers.
(Your teachers would love to hear from you!)