

# Need Some Nudging?

Here are some prompts to spark your creativity!

## Writing (stories, essays, poems, etc.)

- Describe a typical day in quarantine.
- Describe a good or exciting day in quarantine.
- How has the pandemic changed your life, for good or for bad?
- What has virtual schooling been like?
- What do you miss most during the pandemic?
- Describe the day you envision when things get back “to normal.”
- Write a letter to someone or something you miss.
- What have you gained or lost during the pandemic?
- Write about something you’ve learned about yourself these past few months.

## Artwork (2D drawings, paintings, photographs)

- Personify the virus in a drawing/painting.
- Create an image of your family during quarantine.
- Capture how something—like hairstyles, pets, school—has changed.
- Draw a comic strip about the pandemic experience.
- Draw (or make a list of) things you loved to do during quarantine.

### **Additional prompts from the Wisconsin Historical Society:**

[https://wisconsinhistory.org/pdfs/JournalProject/Covid\\_19\\_Journal\\_Prompts.pdf](https://wisconsinhistory.org/pdfs/JournalProject/Covid_19_Journal_Prompts.pdf)