

Contact: has@heritageabbotsford.ca

Details: <https://heritageabbotsford.ca/community-journal-project/>

Social Media Sharing: #AbbotsfordHistory2020

New Journal Prompts:

- How do you feel about Phase 2 starting in BC? Are you excited to go to your favourite businesses and see more people?
- Are you feeling nervous about places reopening?
- What's something you are looking forward to doing this Summer?
- Are you discovering new skills during this time of COVID?

Journal Prompts for Adults:

- What are your daily highlights and lows?
- Where do you live in Abbotsford? Has your neighbourhood noticeably changed since the pandemic started?
- What acts of local kindness have you experienced or noticed in the community?
- Are there any individuals/groups/businesses from Abbotsford that you admire during this time?
- What do you think about Canada's/BC's/Abbotsford's policies and leadership during the pandemic? Do you think they are doing a good job in comparison to the rest of the world? Why or why not?
- Do you feel more or less connected to other people during this time?
- Has the pandemic affected your work? If so, how?
- Have you felt fearful or sad since the pandemic started? What are some ways you have found peace?
- Have you learnt a new skill or hobby since self-isolating?
- Do you have children? How has your family unit adjusted?
- If you were diagnosed with COVID-19, what was your experience?
- Set a timer for five minutes, and write down everything you see, smell, hear, and touch during that time period.

Journal Prompts for Teenagers:

- What was your daily highlights and lows?
- Has social distancing impacted your social life? If so, how?
- Have you learned any new skills or started any hobbies?
- What are five things you are grateful for?
- How has your family adjusted to self-isolation?
- How are you connecting with friends?

- How do you think Canada is responding to the pandemic? Are adults following the rules? What about your peers?
- What was your reaction to the public schools in BC closing? Are you enjoying online schooling? Why or why not?
- Where do you live in Abbotsford? Has your neighbourhood noticeably changed since the pandemic started?
- What acts of local kindness have you experienced or noticed in the community?
- Are there any individuals/groups/businesses from Abbotsford that you admire during this time?
- What would you like to see Abbotsford become in fifty years?
- Set a timer for five minutes, and write down everything you see, hear, smell, or touch in that time frame.

Journal Prompts for Children:

- What was the most fun you had today?
- Did anything make you sad today?
- If you got to make three wishes, what would they be?
- What are five things that made you happy today?
- Has your school changed? Do you like going to school from home?
- How are you staying connected with your friends?
- Do you have any pets? If so, what do they do every day?
- What do you think Abbotsford was like a hundred years ago in the olden days?
- What do you think Abbotsford is going to be like in 50 years in the future?
- Have you learned any new games or started any new hobbies since staying at home?
- Set a timer for five minutes, and write down everything you see, hear, smell, or touch in that time frame.