

Telling your Covid-19 story (part 2).

As we now look back on a year of unprecedented change and upheaval stemming from the Covid-19 pandemic, here are some questions we can ask to help us personally document what we've experienced.

1. From your perspective, who or what experienced or endured **the biggest change** (physically, mentally and/or emotionally) during the past year?
2. Record the details of **one particular day** ...
3. When you look back, what **3 things** about daily life during the Covid-19 pandemic define your experience?
4. If you could record **ONLY 5 details** to remember about the past year, what would they be?
5. List 2 things that for you are now **inseparably connected!**
_____ & _____
6. What **single image** could you use to highlight your experience?
7. When you think about what we've collectively experienced during Covid, what are you **curious** about?
8. Was there anything that emerged in your life during 2020 that will become a **tradition** for you?
9. What has this global pandemic helped you recognize with more appreciation and **love**?
10. Specifically what do you want to always **remember** about this time in history?

NOTE: The **Story by Stacy** [Storytelling Pack insert cards](#) can help you document these specifics memories. They are designed to become part of an [Extended Story](#) in your scrapbook albums.

BONUS Idea 💡 Use the ABC stickers to create an alphabetical list of words associated with Covid-19 and this worldwide pandemic over the last year!