

Lost & Found[®]

Pandemic stories of discovery
as told by kids in Canada.



This journal belongs to:



Canadian
Children's
Literacy
Foundation

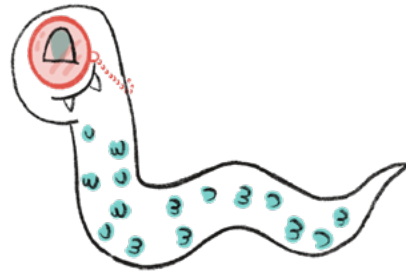
Fondation pour
l'alphabétisation
des enfants
canadiens

Funded by the
Government
of Canada

Canada



Welcome!



This journal is yours to write and draw in during the Lost & Found workshop. It contains activities and tools to help you write about your pandemic memories.

You'll start by exploring and brainstorming. Then you'll work on one piece of writing or art to share with your community and, if you choose, with people across the country!

STEP
1

Remembering

Start thinking about what's happened in your life in the past three years.

STEP
2

Exploring

Read examples of different story forms, and keep playing with writing and words.

STEP
3

Focusing

Decide what story you want to tell, and how you want to tell it—then start writing!

STEP 1

Remembering

So many things have happened in
your life during the pandemic.

What memories really stand out?



Activity:**Memory Cards**

It can be HARD to remember everything that's happened during the pandemic.

Use these Memory Cards on the following pages to help jog your memory.

Do any of the images jump out at you?

What do they make you think of?

**Grounding Exercise**

Sometimes thinking about the past is hard. If you ever feel upset or anxious, try focusing on five things you can feel. For example:

I feel the tag of my shirt against my neck

I feel the breeze on my skin





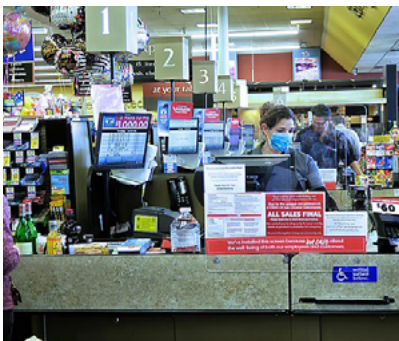
1



2



3



4



5



6



7



8



9

IMAGE #

my memory:



10



11



12



13



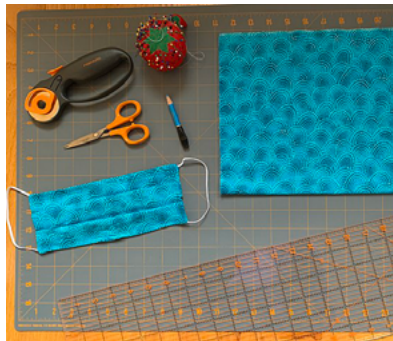
14



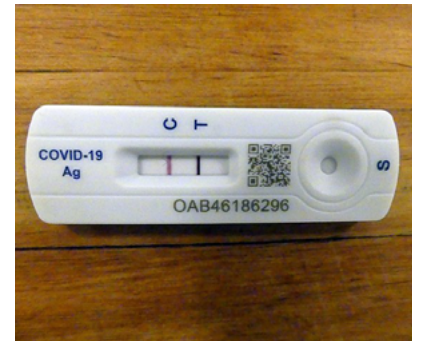
15



16



17



18

IMAGE #

my memory:



19



20



21



22



23



24



25



26



27

IMAGE #

my memory:



28



29



30



31



32



33



34



35



36

IMAGE #

my memory:

Did you think of memories that weren't on a card?

If so, draw and/or write about your memories below.



my memory:



my memory:



my memory:

BONUS

Activity:

Pandemic Prompts

| What do these prompts make you think of? |

Write your answers in the spaces.

CUT HERE TO ADD THIS PAGE TO YOUR MEMORY BOX.



- » Something new I tried was _____
- » Someone new I met was _____
- » Something I felt or feel strongly about is _____
- » A time I got really mad during the pandemic was _____

- » An important event that happened during the pandemic was _____

- » A person I spent a lot of time with was _____
- » A person I wish I'd seen more is _____
- » I celebrated my pandemic birthday by _____
- » Name a taste, a sound, a smell, and a sight from the pandemic _____

- » One good thing about the pandemic was _____
- » The worst thing about the pandemic was _____



STEP 2

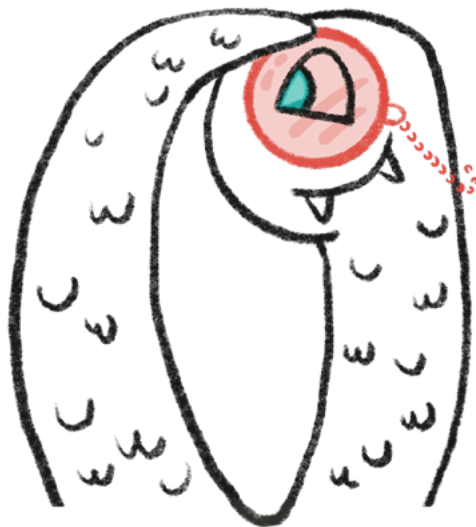
Exploring

There are so many ways to write about your experiences: you can write a poem, story, comic, or something else.

What kind of writing do you like?

What story do you want to tell?

Where do you even begin?



**Don't worry: writing is a process!
Let's take the next step.**

Activity:

Pandemic Objects

Find or think of an **object** or **photo** that reminds you of the pandemic.

This might be the one you brought in for the Show and Share, but it doesn't have to be.

CUT HERE TO ADD THIS PAGE TO YOUR MEMORY BOX.



» What did you choose? _____

» What memory does it bring up for you?

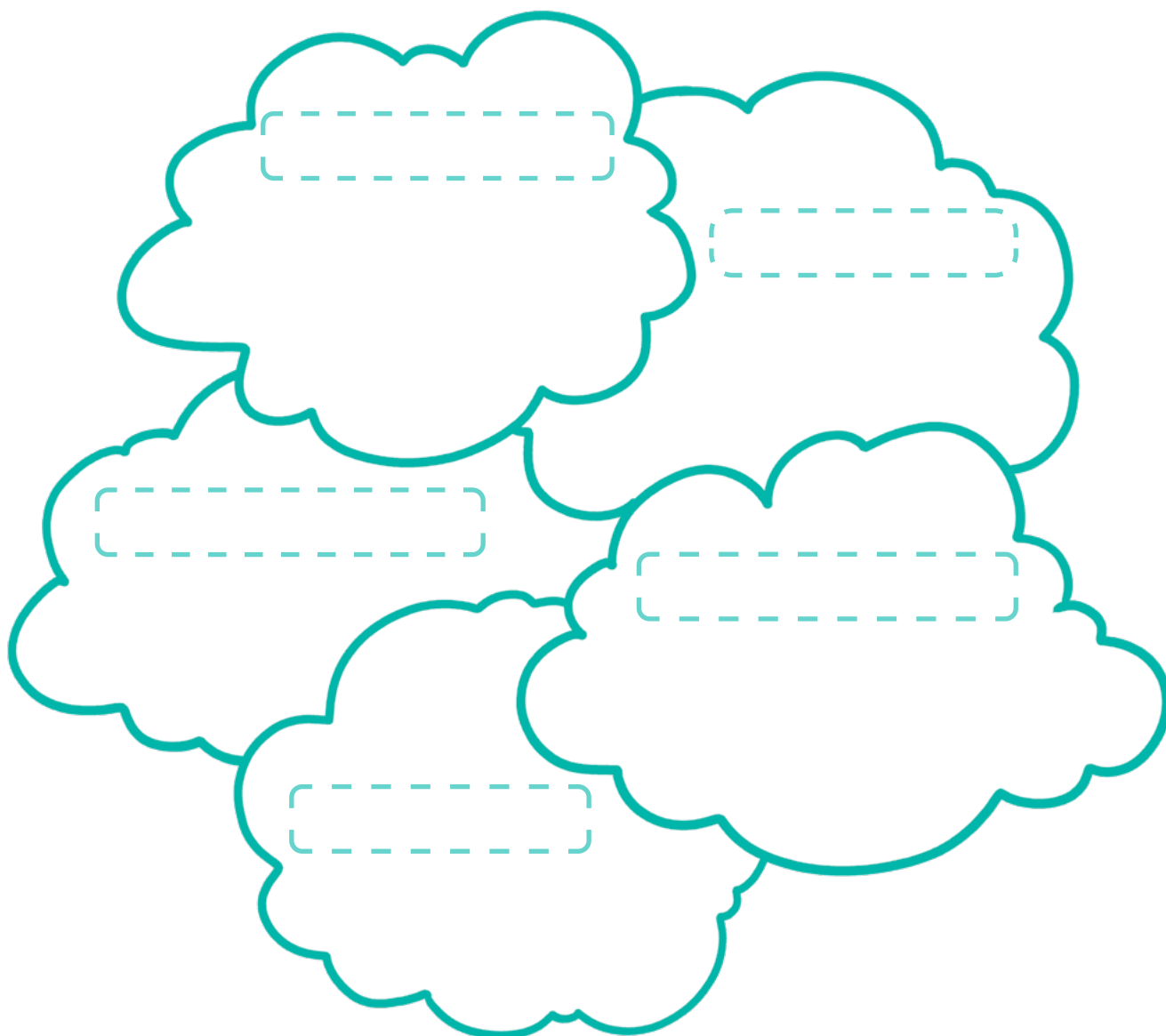
» How did you feel at the time, or how does it make you feel now? If you need help with this question, use the tools on page 34.

» If you like, draw your object below!

Activity:**Word Clouds**

Word clouds are helpful creative tools. Pages 15-23 will show you how they helped some of the writers you got to know in the Ideas Gallery.

- 1** | Take the memory you wrote about on the page before and write down **five words** that come to mind when you think of it. Put one word in each cloud below.
- 2** | Then, if you have time, fill in your clouds with **more words** related to the main words.



BONUS

Activity:

Experiment with Forms

Using your pandemic object/photo and your word clouds, write the same story in five different ways!

Don't worry about writing the whole story; just a sentence or line is enough.

CUT HERE TO ADD THIS PAGE TO YOUR MEMORY BOX.



» **True Story:**

» **Imaginary Story:**

» **Poem:**

» **Letter:**

» **Drawing:**

Ideas Gallery

Let's take a look at some different writing forms, and how using word clouds can help your writing process!





- » **Pandemic Object:** A photo of a book with adventure drawings coming out of the pages
- » **Memory:** Participating in a book club a few times during the pandemic
- » **Word Clouds:**



Using my word clouds, I wrote this story:

Lead the Read

By Aleena

During the pandemic, I encountered various challenges but also had lots of fun in my community. It was a difficult time for everyone as we had to wear our masks and social distance from our friends.

A few times, I participated in book clubs and each time I read a new book. I connected with other kids in online meetings, and then I got divided in a smaller group. We did a read along together and each kid in the group got the opportunity to read a few pages before passing it on the next kid. It was really fun taking turns and enjoying the adventure. When we finished a chapter of the book we answered some discussion questions, and this was a great way for me to learn and improve my reading skills. After the book club ended for the day, I read independently the other chapters in the book.

When it is the last week of book club, we played quiz games that related to the book we are reading. We also had a question and ask session with the author that wrote the book. It was really inspiring to hear what diverse authors have to say.

At the end of the book club, we completed the book, and we all had a chance to make new friends. I reflected all the different ideas I read over the club.

To me, it was a new perspective being virtual because of the social distancing being done. I think these book clubs I participated in were really educational and fun. I can't wait to participate in another book club to read new books and share my experience with my family and friends.

Ideas Gallery

Poem

» Memory Card Inspiration:



And the Boy Stayed Home . . .

By Luke

He was sad; he missed his teacher and friends.

He was bored; he couldn't play with people.

He felt trapped; he was stuck in a box.

He laughed; he watched the Simpsons.

He was hungry; he ate a lot of good meals.

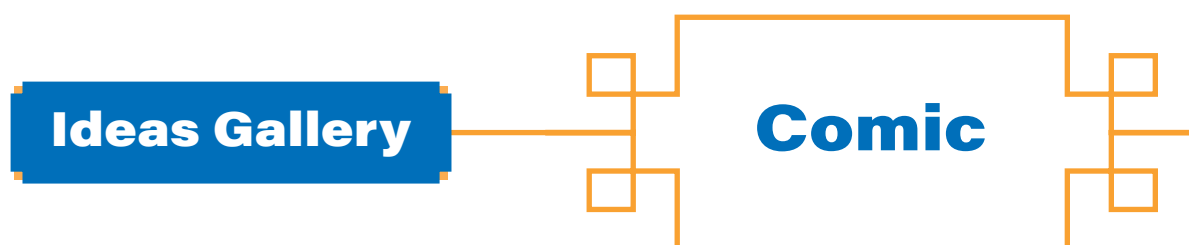
He felt free; he felt like he could fly when he ran with his dad.

He was depressed; he knew innocent people were dying.

He was excited; he had all this time to do whatever he wanted.

He felt safe; he knew that he would get through this.

He felt loved.



- 1:** I chose this **Pandemic Prompt:** *I celebrated my pandemic birthday by...*
- 2:** It made me think of my **birthday party**. It was in the backyard and we all sat at different tables while mom brought around candy
- 3:** I created these **word clouds:**



First I drew this comic:

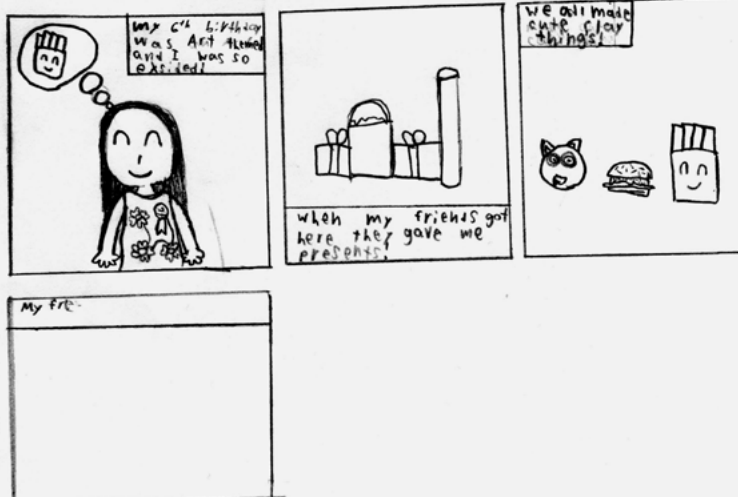
My 6th Birthday!

By Eleanor

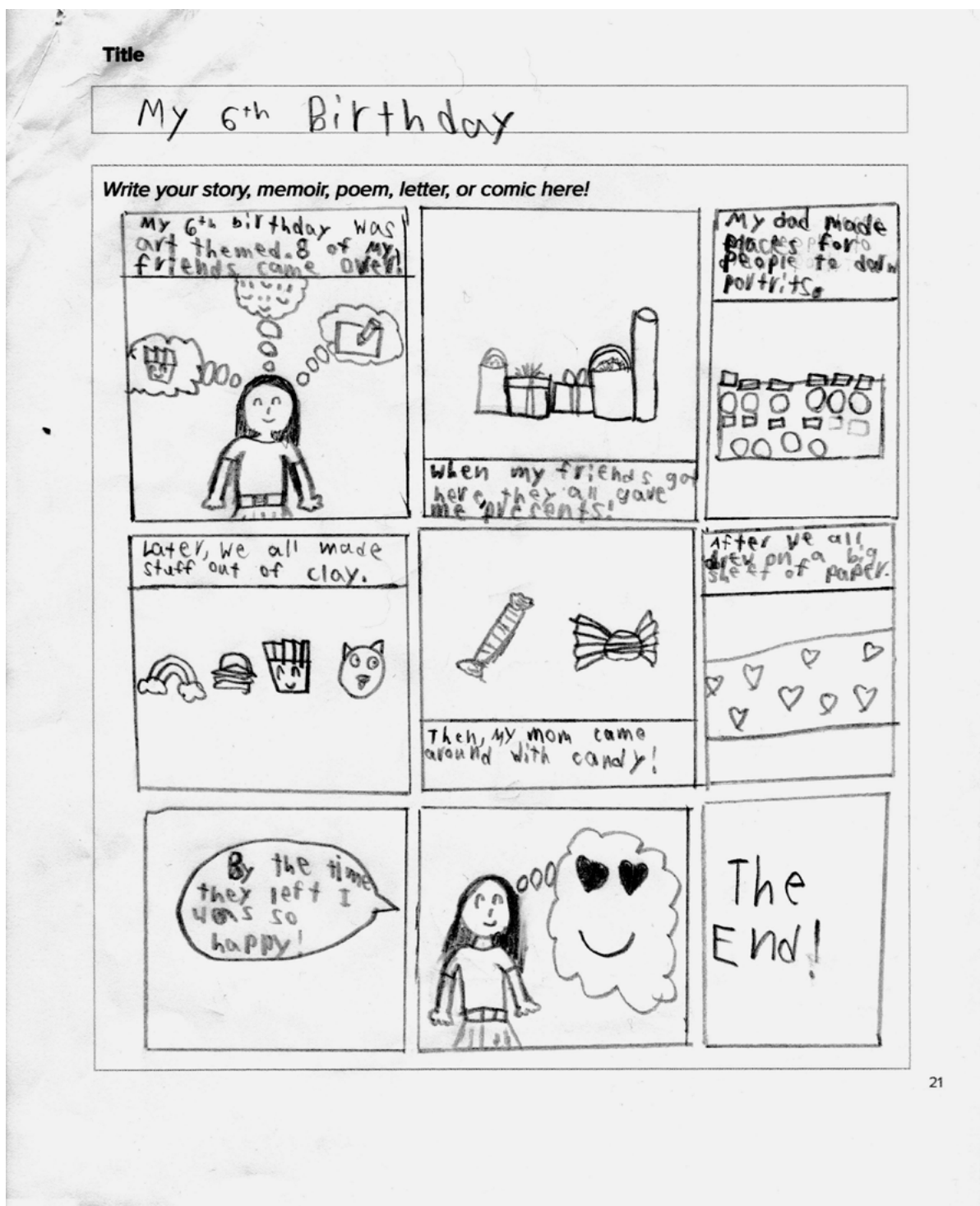
Title

My 6th birthday!

Write your story, memoir, poem, letter, or comic here!



Then I went back and added more:



Dear Future Me

By Lana

Today is Friday, October 23, 2020.

It has been almost five years without seeing my dad and my brother. Hopefully when COVID-19 gets a little better I will get to see them. Everything has shut down in Lebanon with all the COVID cases, so it slowed down the paperwork and my brother and dad have not gotten their passports yet.

My mom, my sister, and I moved to Canada because we thought it would be a good place for me and my sister to learn. I was five years old and my sister was twenty-one. At first, before we moved here, I was excited because I was very young and I barely understood anything. I was looking forward to seeing my cousin and making new friends. A few months after we arrived in Canada we thought it would be nice if we were able to live here, so we started our papers.

The week before our flight, me and my family were sitting down and eating dinner. We were talking about how we feel about coming to Canada and I remember when I said I am happy because I get to make new friends and see what it's like to be on a plane for the first time and see what Canada actually looks like in real life.

We had to take a flight to France then to Canada so it was pretty cool. When we arrived at the airport in Canada, all I saw was my aunt, cousins, and grandma waiting for us. When we came to my cousin's house I saw a bunch of snow, which was pretty weird because in Lebanon it doesn't snow.

When I moved to Canada I didn't think I would miss my dad and brother that much. Now that I think of it I'm pretty brave—I may not show it, but I am. I may not show that I miss my family, but I really do. I'm always thinking about when they come to Canada and live with us and what we're gonna do. I would like to go and visit Niagara Falls so I can show them how beautiful the view is from there.

My birthday is January 6th, which isn't that far away from now. I am hoping for a birthday present that my dad and brother will be here by then. It would make me, mom, and sister very happy, and it would be less stressful for my mom.

I'm very grateful for everything, especially for all my friends who have helped me throughout everything that I have been through. Sometimes when I think about it, I think I have bad luck, but who knows, maybe something bad would have happened if we rushed everything so that my dad and brother came to Canada.

A few months before we came, my uncle from my dad's side passed away. After I found out I was pretty sad because we were very close—he was like my best friend. He was a very sweet, tall man. Every time I went to my uncle's house he used to give me a lot of snacks and money. On my birthdays he would be the one that would host a birthday party for me and get me cake.

If I had a chance to bring someone back to life, I would bring my uncle back, but sadly that is impossible.

A few months later, we received plane tickets for my mom, my sister, and I to go to Canada and visit my aunt and grandma. Since we hadn't seen them in a long time we decided to take that chance and go. The trip helped me forget about a lot of things, my aunt passing, my uncle passing and my grandma and grandpa on my dad's side.

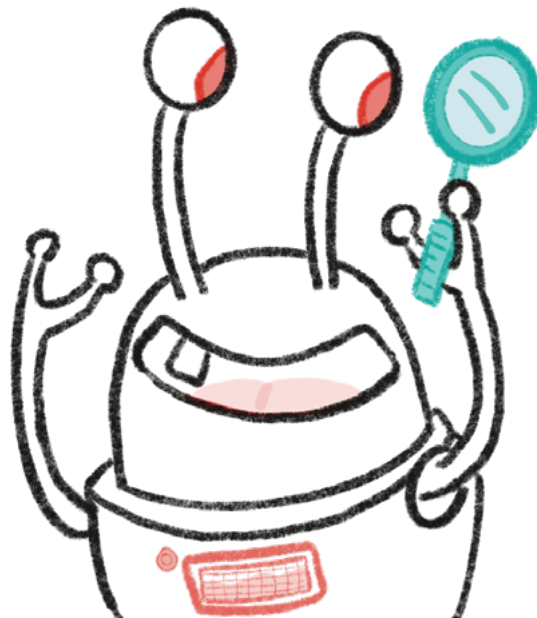
From Things Can Be Misleading, 360° Stories Creative Writing Program, The Reading Partnership and Story Planet, Toronto 2020

STEP 3

Focusing

By now you've brainstormed a lot of memories. It's time to choose one memory to write more about!

Think about which event or experience you want to tell people about.



What do **you** want to remember many years from now?

Time to Write

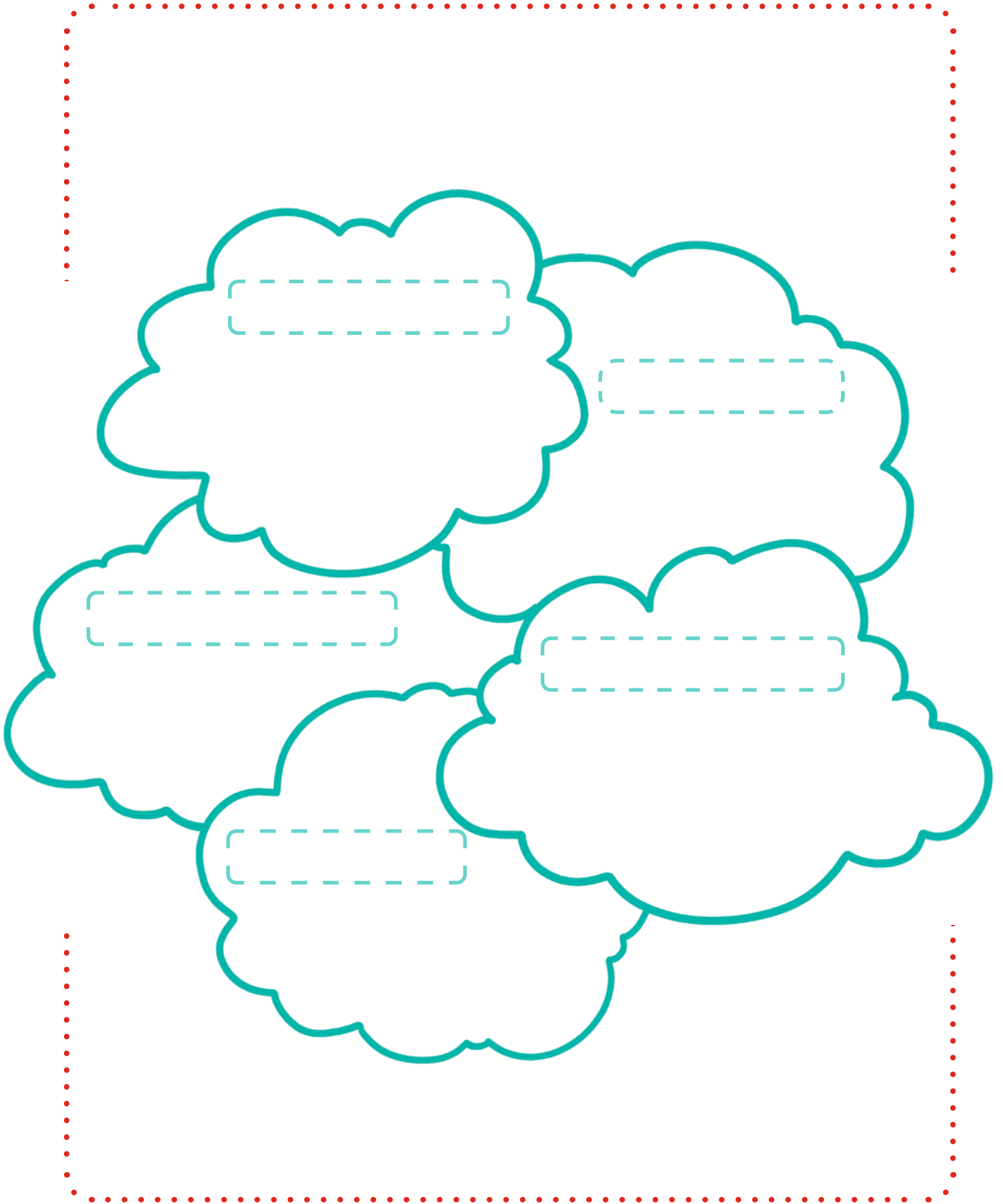
Use the following pages to write your story, poem, or letter, or to draw

- » **To begin**, try creating **word clouds**. They can help you sort your ideas and come up with descriptive words.
- » **It's helpful** to understand **how you feel** about certain events and memories. Try using the tools on pages 34 and 35.
- » **If you want to write more** than one piece, go ahead! Just **add more blank paper** if you need to.
- » **Would you rather** tell a story in an **audio** or **video** format? Find instructions to do this on page 33.

Grounding Exercise

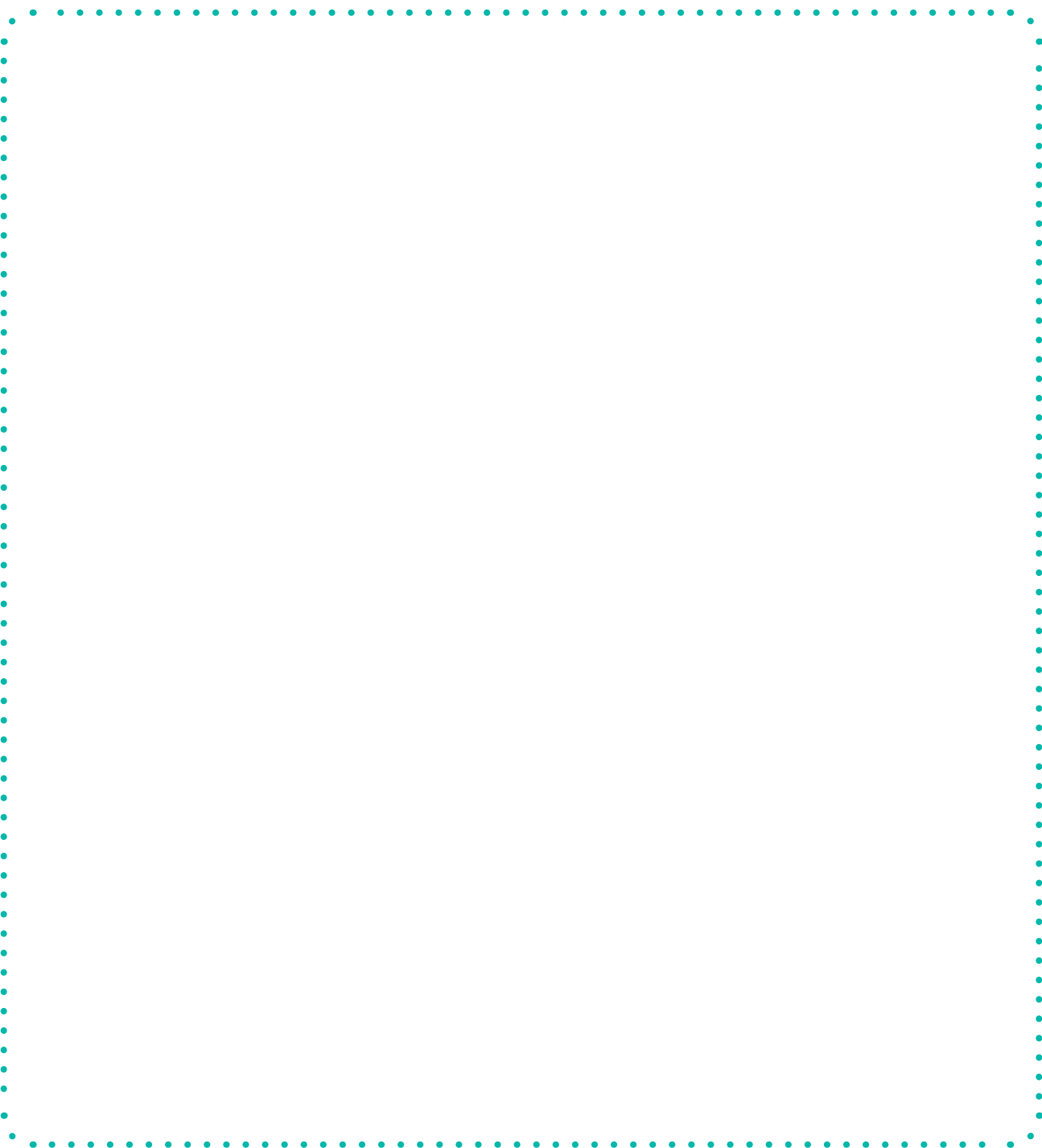
If you're feeling overwhelmed, try a butterfly hug by crossing your arms, as if giving yourself a hug! Now gently tap one arm and then the other arm. Keep breathing and alternately tapping your arms for a minute or two, or as many times as you want to and feels good!

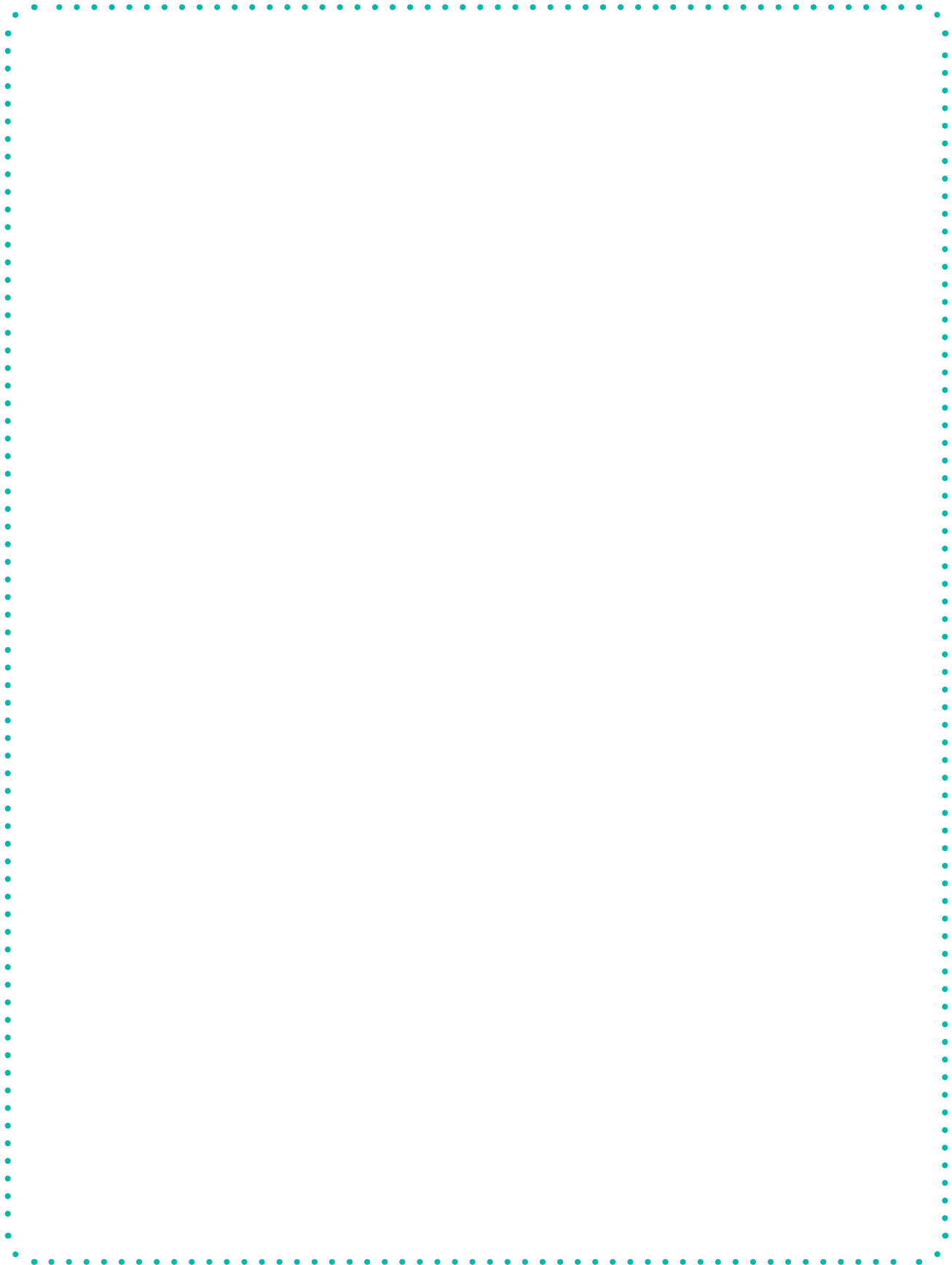


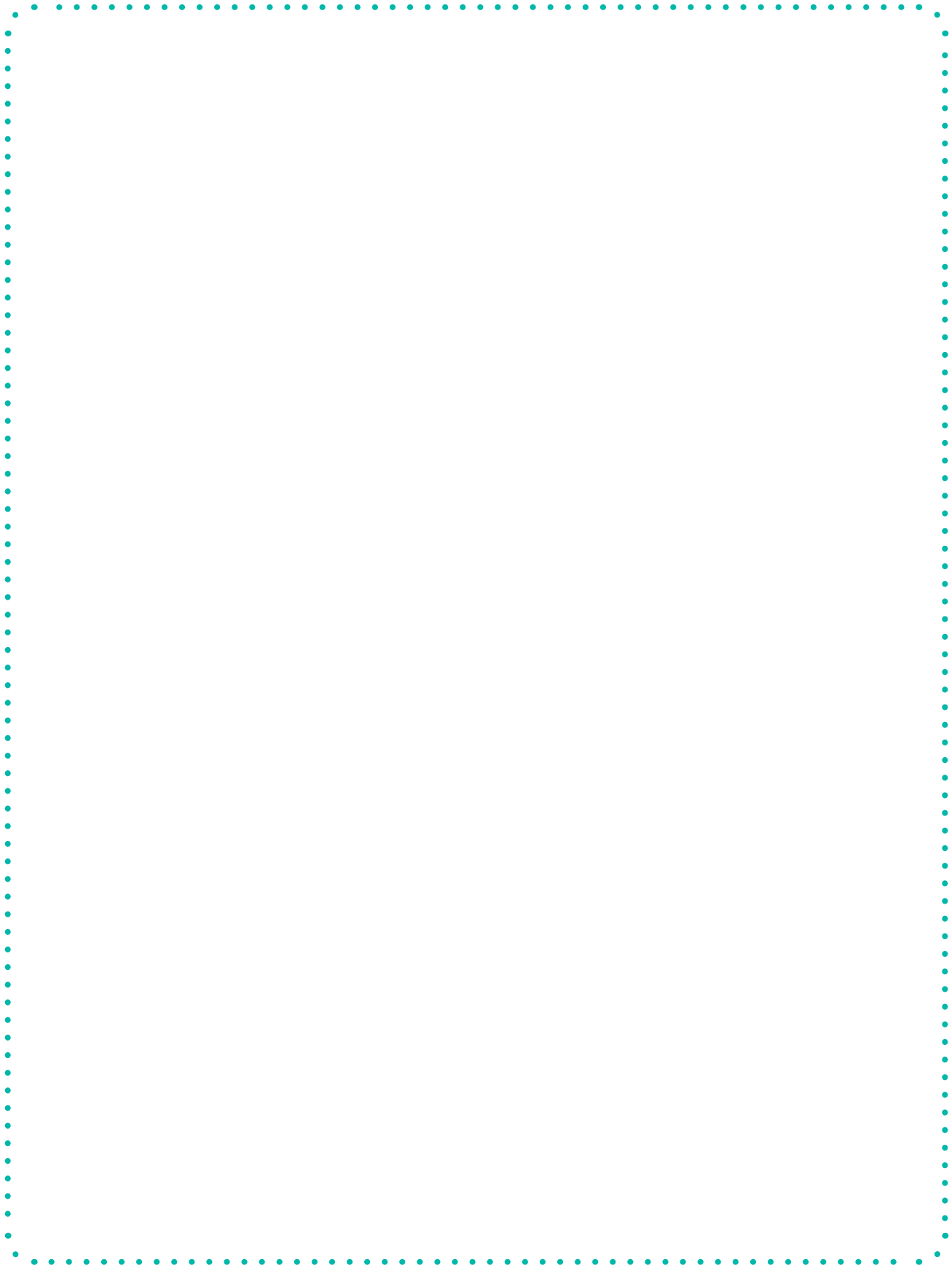


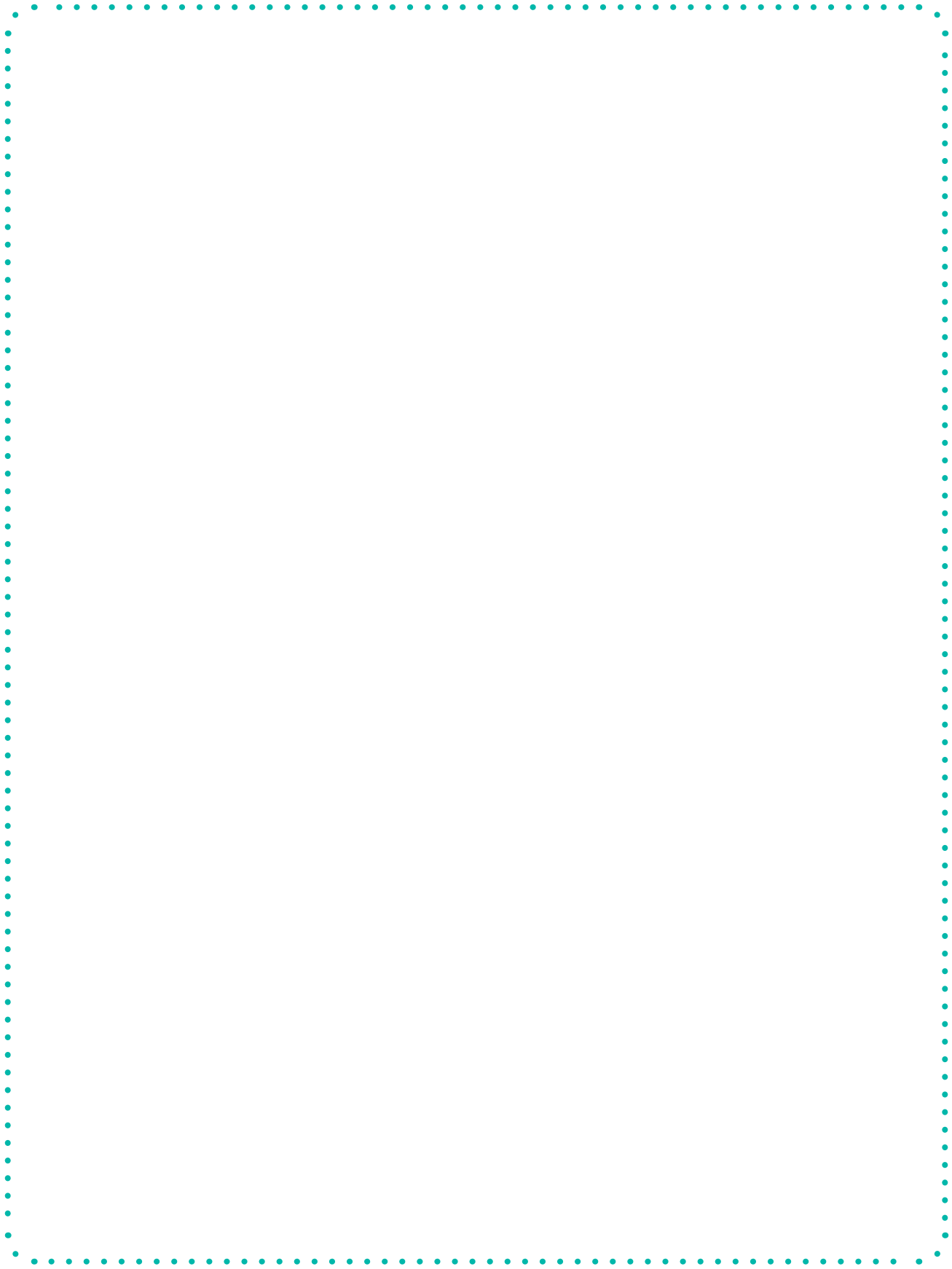
Title

Author









Extras



Revising and Editing

Once you have a rough copy, go back to the beginning and look for ways to make your writing really come to life!

1: Try adding **Detail**.

- » **Simple:** I went to the store.
- » **Detailed:** I rode my bike two blocks to the grocery store.

2: Use **Descriptive Words**.

- » **Plain:** I was so hot.
- » **Descriptive:** Sweat was dripping down my back.

3: If you use the same word over and over, try finding **new and interesting words** to replace them.

4: You're almost there! Now go back one last time and use this **editing checklist** to catch any mistakes.

I've checked my **spelling**.

I've used **capital letters** at the beginning of every sentence.

I've used **punctuation** (periods, exclamation points, or question marks) at the end of every sentence.

Creating Audio & Video Stories

Instead of writing or drawing, you can also **tell a story aloud** in an audio or video recording.

- 1:** Begin by **planning** what you're going to say. **Jot** down notes in bullet points. Don't worry about using complete sentences.
- 2:** **Details and descriptions** are important! Think about painting a picture with your words.
- 3:** **Practice** your story aloud once.
- 4:** **Record** your story with whatever device you have (phone/laptop/tablet/camera). Then **listen** to it.
- 5:** **Make changes** to improve your story, and then **practice** it again.
- 6:** Make your **final recording**.

Here are some tips if you're **recording a video**:

- » Stand or sit in **one place**.
- » Be as **expressive** as you like! You can act, dance, sing too!

Emotion Cards



Angry



Bored



Calm



Confused



Frustrated



Happy



Hurt



Lonely



Nervous



Proud



Sad



Scared



Sleepy



Surprised



Excited

Wheel of Feelings

If you're finding it hard to understand **how you feel** about something, this wheel can help.

Start at the center circle. Find your **main emotion**, then move within that **same colour** to the larger circles.

