

# A Guide for Families to Explore the *Lost & Found* Exhibit

When the COVID-19 pandemic was announced in March 2020, our lives changed. We stayed home as much as we could, we wore masks, schools closed, and remote learning started. We visited fewer places and people. Even though we all experienced the COVID-19 pandemic at the same time, it impacted different communities in different ways.

## Minds On Activity

Think back to your family's experiences during the COVID-19 pandemic. Together with your children, use the following questions to guide your discussion:

- » What do you remember most about the COVID-19 pandemic?
- » What changed in our family's life?
- » What were other people (i.e., our neighbours, family members, school friends) doing?
- » What started for us during the pandemic? What stopped?
- » How did the pandemic make you feel?

## Gallery Exploration

Take a look at the attached [gallery](#). Other children and families have contributed their stories, drawings and writing sharing their ideas about their COVID-19 pandemic experiences. As you look through the images and videos, consider the following:

- » What did the COVID-19 pandemic look like to you and your family? How did it sound?
- » How does the gallery remind you of your own experiences?

- » Are any of the pictures, words or videos very different from your own experiences? What was the same?
- » What feelings do these pictures and videos make you think of?

### Extension Activity

Imagine that you are a grown-up in the future, telling your children about the COVID-19 pandemic. Find an item at home or draw a picture of something that was important to you that reminds you of a pandemic memory. Think about the following:

- » What will you tell your kids about the pandemic?
- » What was important to you in that memory, with the item you found or in your picture?
- » Who was with you?
- » Describe your environment – where were you?
- » What do you want your kids to know about the pandemic?
- » What lessons did you learn that you want to pass on to your children?
- » What is something you wished for during the pandemic?

### Submit Your Story

You can submit your story to the *Lost & Found* digital exhibit [here](#). Follow the link to the submission tool that will allow you to fill out the form and upload your work.

### Looking for more?

Download the **FREE** *Lost & Found* workshop curriculum which is filled with great activities and content for children ages 0-12. Download it [here](#).