

A SCHOOL COUNSELLING & WELLBEING TEAM  
AND MLMC COMMUNITY COLLABORATION

*Share your experience*

CREATIVE PROJECT

WE ARE ASKING OUR MLMC COMMUNITY TO START  
COLLECTING, CREATING AND HANGING ONTO  
ARTEFACTS FROM THIS PERIOD IN OUR LIVES OF

**"LIVING AND SURVIVING A PANDEMIC"**

WITH A VIEW TO CREATING A FUTURE EXHIBIT AT  
SCHOOL AND IN THE WIDER COMMUNITY.

Items to consider:

Photos taken during  
isolation, Videos, Music created,  
Performance, Art - collages,  
drawings, paintings,  
Letters - Journal writing, poetry,  
narratives, Signage in the  
community.

No Artistic Skill Required

1. Create at home, no special materials or skills required, use what you have available.
2. Take a photo or send a brief description of your idea.
3. Submit via email below.
4. Once school resumes, we will be asking participants to bring their items to school for storage, collection and exhibiting.

Give it a try, create, write or collect about your lived experience  
and send a photo or description of your submission to:  
[counsellingwellbeingteam@mlmc.vic.edu.au](mailto:counsellingwellbeingteam@mlmc.vic.edu.au)

# Getting Started

**Try one or more of the prompts below or choose your own idea to respond to your time in lockdown.**

**Use whatever materials you have at hand. You can respond to these prompts in a variety of ways- make a short film, write a diary entry, write a letter, a creative writing piece in short or long form, chalk pavement drawings, a dance, performance, music, a photo or a series of photos, sketch an idea, create an art work, a poster, a comic. If writing a letter or any written piece try writing it by hand on whatever paper or material you have. You could also work on a group or family project together.**



Prompts:

1. Write down all the ways in which coronavirus has affected you. You might like to share your stories in terms of "Lost and Found." (but you can write about it whatever way you choose) What have you lost due to the pandemic? Experiences, patience, worry? And what have you found? An appreciation for the slower pace, gardening, more family time, nature, physical exercise, cooking new recipes?
2. Draw or paint a picture of the people you are staying at home with.
3. Record a snapshot of life through photos, moving images, journal entries, art work and /or newspaper clippings.
4. What is something you have tried that is new and something you wouldn't have tried normally? Write about this new experience
5. Create two columns. In one - list all of the positive things you can think of about *your time in isolation*. In the second column - list the negative things. What are you missing? What events have been cancelled for you?
6. Remote Learning? How Is It Going So Far? How are you adjusting to remote learning? Are you anxious to get back to school as soon as possible? Why or why not? What does a "school day" now look like for you? Are you able to stay on task? Do you have enough work to do — or too much? What do you miss the most about going to school in person every day? What do you miss the least? Write about it. Or sketch or create an artwork about your remote learning experience.
7. Create a children's book complete with illustrations that will explain this time to a young reader.
8. Create a recipe book of things you've been cooking.
9. Interview family members using audio or video - about their time in isolation. About what they miss the most. What they like the most. Challenges?
10. Write or sketch about incidents that have happened to you or your family or friends that were not so positive - where people might have been on edge and anxious.
11. Write a journal entry - one day in isolation - covering the time you woke up to the time you went to bed.
12. Draw a bird's eye view of the room you spend most of your time in.
13. Take a 'frozen' photo of your family in isolation. You could also sketch or paint this photo.
14. Tell us your story. Your goal is to produce a 1-3minute video or written piece about your life during the pandemic.
15. Sketch a storyboard or comic about your isolation time - could be titled ...one day in isolation or a longer story.
16. Make a sculpture, painting or collage from things you have on hand.
17. Make or copy fashion - from garbage bags or newspaper.
18. Have a go at trying to copy famous art works.
19. Create a script about your time in lock down.
20. Perform a play about your time.
21. A diorama of the room you use the most in isolation.
22. Sketch your view from the window that you look out of the most.
23. Write about the order of events - that occurred from the time you first knew that schools would be closed - to now - and what you hope will happen soon when you go back to school.
24. Write about how you think life will look like in the future after this experience of Covid 19.

