

## Prompt #1



During the pandemic I played \_\_\_\_\_ for  
the first time. I liked it because \_\_\_\_\_

\_\_\_\_\_.

- If you like, pick an **Emotion Card** from the deck.
- **Write** or **draw** more about it!

**Lost&  
Found.**

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## Prompt #2



Write about or draw an adventure you had during the  
pandemic.

- What was it?
- Where did it happen?
- Who were you with?
- How did it make you feel? If you want, pick an **Emotion Card** that matches your feelings.

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## Prompt #3



- **Write** about or **draw** something fun you did together during the pandemic.
- How did it make you feel?
- Do you remember different things about the event?

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## Prompt #4

*For caregivers*



**Write** about or **draw** a story that you would like to share with your little one when they grow up, about an adventure you had together during the pandemic.

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## Prompt #1



**Tell us** about an adventure you had during the pandemic.

- What was it?
- Where did it happen?
- Who were you with?
- How did it make you feel? If you want, pick an **Emotion Card** that matches your feelings.

**Lost&  
Found.**

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## Prompt #2



**Tell us** about something fun you did together during the pandemic.

- How did it make you feel?
- Do you remember different things about the event?

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## Prompt #3

*For caregivers*



**Tell us** a story that you'd like to share with your little one when they grow up, about an adventure you had together during the pandemic.

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## Prompt #4



Share some of the **sounds** you heard during the pandemic.

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## Prompt #1



**Act out** an adventure you went on during the pandemic.

- Was it inside your home or outside? Show us how you prepared for your journey.
- Who did you go with? What did you see? Move like someone or something that was part of your adventure
- How did it make you feel? If you want, you can pick an **Emotion Card** from the deck.

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## Prompt #2



**Act out** a time when you played together during the pandemic.

- Try to mime the game and have someone else guess what it was.
- Do you remember different things about the event? Did you move differently?
- How did it make you feel?

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## Prompt #3



**Act out** one of the following:

- A game or sport you played together during the pandemic. Move as if you were playing it right now.
- Your favourite thing to do at a park/playground during the pandemic.

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