

▶ 2020 MEMORY MAKER ▶

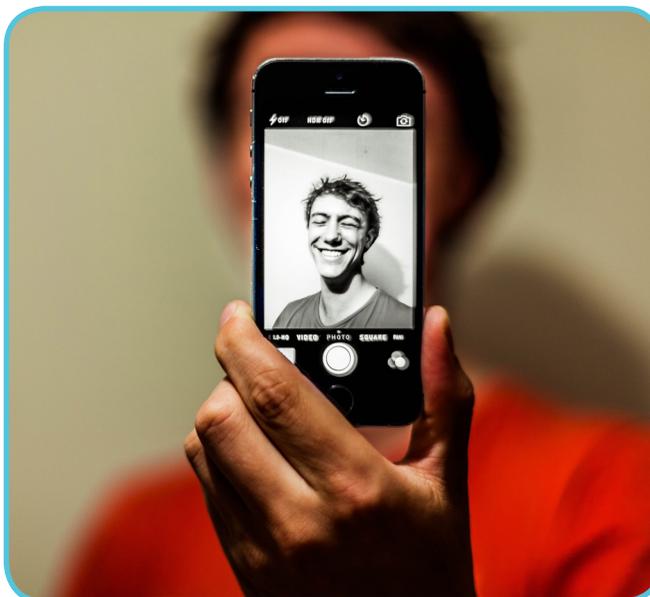
2020 will be a memorable year, commemorate it with the '2020 Memory Maker'. As a family or individual, answer 20 questions from the lists below, you could pick randomly or choose your favourites. Record your answers and keep them as a memory for the future.

YOUR LOCKDOWN LOGISTICS

1. When did you first hear about Covid-19? When did you realise that things might be getting serious?
2. What did you change about your personal hygiene routines? Did you sing Happy Birthday twice or count to 20?
3. Did you participate in a social-distancing greeting? E.g. elbow tap / foot touch
4. What was the build up to lockdown like for you?
Describe what people were saying / planning for at work, home, school, in the community?
5. Where were you when lockdown was announced by the Prime Minister? How did you feel? What did you do?
6. Who have you been in lockdown with? Do you live on your own or are you with family and friends? How old are they? Are they working? Have they been home-schooling? If you live on your own – do you have any pets? Who are your neighbours?
7. Did you panic buy anything? If so – did you use it all or did you buy something you thought you would need, that you haven't ended up using?

LIVING LIFE THROUGH LOCKDOWN

8. How have you been getting your shopping? Is this different to before?
9. What has been your favourite food during lockdown?
10. Have you experimented with any new recipes? Were they nice? Will you pass them on to others?
11. What has been your favourite way to connect with friends and family?



12. Has anything really annoyed you about others during lockdown?
13. Have you broken any lockdown rules? What did you do? Did you get caught?
14. Have any of your family members been working as key workers? How have you felt about this? What has been the impact for your family?
15. How do you think your experience of lockdown compares to other people?
16. How have you felt during lockdown? Have your emotions changed?
17. Did you clap for carers?
18. How did you explain lockdown to your children?
19. Did you find home-schooling difficult or did you enjoy it?
20. What's the best book you've read?
21. Did you exercise more during lockdown? Will you carry on?

THINGS TO LOVE ABOUT LOCKDOWN

22. Did you do something kind for someone? Who? What was their reaction?

PTO...

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23. What is your favourite lockdown memory? Who was there?
24. Which song will always remind you of lockdown?
25. Have you learnt any new dances?
26. Have you done any fitness challenges?
27. Have you raised money for charity?
28. What's the most surprising thing you've learnt about a friend or family member?
29. Which series / box sets have you seen?
30. Have you taken up any new hobbies?
31. What was the funniest thing you saw on social media?
32. Which activities have kept you the most entertained?
33. Which new habits or routines have you formed during lockdown? Will you keep them up after lockdown ends?
34. What's the kindest thing someone has done for you?
35. Who has inspired you during lockdown?
36. Have you been apart from a loved one e.g. boyfriend / girlfriend? How has this been?
37. Have you celebrated any special occasions / birthdays?

LEARNING FROM LOCKDOWN

38. What have you become more grateful for?
39. Who have you missed the most?
40. What have you missed the most?
41. What are you not going to miss about lockdown?
42. What is something that we used to do before lockdown, that you think will never be the same again? (for example do you think we will ever return to shaking hands to greet someone without washing our hands for 20 seconds or applying antibacterial gel?)
43. Can you think of 3 good things that have happened due to lockdown that wouldn't have happened otherwise? (reduction in climate change, more community spirit, closer family ties etc.)

CHALLENGE YOUR FRIENDS!

Why not pass the '2020 Memory Maker' onto your friends or family so they can have a go at recording their own version? When you're finished you could swap recordings to learn about each other's experience.

LIFE AFTER LOCKDOWN

44. Have you purchased a face mask to wear? Where did you get it from? Have you made a face mask using inspiration from the internet?
45. How do you feel about lockdown restrictions being lifted? Are you worried about anything? Are you excited about anything?
46. Have you made any plans for places in the world to visit when travel restrictions are lifted?
47. If you ever had to go into lockdown again - what would be your top tips to be ready?
48. Have you spent more or less money than usual? What have you spent it on? (food, clothes, gifts for yourself/others?)
49. Have you met any new people during lockdown, e.g. neighbours, friends of friends on zoom calls, workmates? Has it made your existing friendships stronger? Will you stay in contact with them?
50. What is the first thing you will do at the end of lockdown?