



Questions from Quarantine

An activity to promote open dialogue

There is no guidebook for families on how to best handle the increased stress and grief caused by quarantine. It can be difficult to have a conversation with kids about how they are being impacted emotionally. The Questions from Quarantine jar will help open the lines of communication in a fun and engaging manner.

Items Needed:

Jar
Scissors
Paper
Pen/Pencil



Directions

Write questions on strips of paper, fold and place in jar. Use the questions below, along with fun, silly questions your kids will enjoy. Once ready to play, start with the light-hearted questions to get kids engaged and feeling comfortable. If child is reluctant to answer, allow them to pass. This will help to create a safe space for sharing.

1. Who and what are you missing the most?
2. Have you had any fears since being quarantined?
3. How do you deal with difficult feelings?
4. If you had a crystal ball, what would you want to see in your future when this is over?
5. What has been the most upsetting part of this?
6. What have you liked about being quarantined?
7. If you could see one person who would that be?
8. Who has been your biggest support person?
9. How could the adults in your life better support you?
10. How would you have handled things differently if you were in charge?

