

# Pandemic Parenting | **Family Worksheet Guide**

This 12-month program aims to help process, capture, and preserve the raw emotions and experiences of pandemic life for families and children. It's such a wild time to be alive with so many topics of passion, angst, and division to navigate, which has brought COVID -19 conversations to the forefront of parenting in 2022. It's time to listen to what our children have to say about all of this and help them process today's world together while building stronger parenting relationships.

To make the most of this opportunity, please take some time to discuss the questions with your children of all ages. Please remember to pause and listen. Be prepared, you might be surprised by some of the answers to questions that you may not have thought to ask. Discuss a few worksheets before choosing one to work on more thoroughly.

## **Take some time, explore and see what flows....**

Finish the sentence/story and draw a picture about it. Parents and children are encouraged to both complete their own worksheets for a more enriching experience. If you are feeling inspired you may like to write a story, poem or create a different artwork using any medium. You may complete as many worksheets as you like.

## *Pandemic Portfolio 2* *from the Mouths of Babes*

Linda Rae would love to share and celebrate the voice of the next generation through exhibitions and a keepsake book for our community to own and be treasured for generations. You are invited to submit your completed worksheets, stories, quotes, poems and artworks to the project for preservation in this important time capsule.

**#kbpandemicportfolio**



Follow along and join the project.

## **Questions to ask yourself and your child for each worksheet.**

- What did you/they do?
- How did it make you feel?
  - Happy/ Sad / Frightened / Unsure / Safe ...
- Why did you feel like that?
- How do you feel about it now?

## **Remember to discuss the finished work too.**

Try asking.

- Why did you choose those colours?
- Who/what is this part?
- Why did you add this detail?
- How do you feel about your work?
  - Happy/ Sad/ Proud
- Who would you like to show this to?

*Thank you  
for  
participating*

## **Please submit completed work to the project.**

Hand Delivery to:  
The Office of Ali Kent MLA  
Member for Kalgoorlie  
227 Hannan Street,  
Kalgoorlie WA 643

Scanned and emailed to:  
sparkles@lindarae.online

Check for updated options at:  
[www.lindarae.online/pandemic](http://www.lindarae.online/pandemic)



When \_\_\_\_\_ had to stay at home \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



For additional guidance using your Pandemic Parenting worksheets visit [www.lindarae.online/pandemic](http://www.lindarae.online/pandemic)  
Returned worksheets may be publically exhibited, published online, and reproduced in the Pandemic Portfolio II publication and project promotions. Thank you for participating.

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When \_\_\_\_\_ wear/s a mask \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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When \_\_\_\_\_ use/s sanitiser \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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When \_\_\_\_\_ got vaccinated \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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When \_\_\_\_\_ went to hospital \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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When \_\_\_\_\_ got COVID-19 \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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When \_\_\_\_\_ do/does a RAT \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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When \_\_\_\_\_ talk/s to \_\_\_\_\_ on the

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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The worst thing about COVID-19 is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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The best thing about COVID-19 is \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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Masks make me feel \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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Vaccines make me feel \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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Sanitiser makes me feel \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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RAT's make me feel \_\_\_\_\_

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\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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COVID - 19 makes me feel \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Name: \_\_\_\_\_ Age: \_\_\_\_\_



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\_\_\_\_\_ because of COVID-19.  
Name: \_\_\_\_\_ Age: \_\_\_\_\_



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