**Write a Corona Diary guidelines**

Please follow these guidelines for creating your diary or experiences. We retain the right to refuse to accept anything that contravenes these guidelines. All submissions must be your own personal experience and point of view.

Personal details:

* Write a section at the start to introduce yourself and your circumstances. This will help get you into writing.
* You may wish to remain anonymous when recording your experiences. If you do not then we may need to restrict access to your material for an extended period of time.
* Please do identify (in general terms) your occupation, for example NHS worker, shop keeper, self-employed, artist, plumber, and where you live.
* Are you single, married, parent of children etc. This helps give a better perspective on your situation.

Format:

* Handwritten diaries can either be sent to us in their original format (notebook, scrapbook, exercise book) or scanned as a PDF.
* Electronic diaries should be sent to us as a Microsoft Word document or PDF.
* Images should be sent as a TIFF or JPEG file.
* Sound recordings should be sent as WAV files, if possible.
* Video recordings should be sent as MOV or MPEG-4 files, if possible.
* We cannot accept works of art larger than A3 and they must be on paper rather than canvas. We cannot accept 3D works of art.

Children:

* We would particularly like to encourage children to participate in this project. We feel they have a unique perspective on their circumstances. Please feel free to utilise the templates below to help them write or draw their thoughts and feelings. Of course, they’re not limited to just these questions.

**Ideas for younger children**

Date:

What did you do today?

What was the weather like?

Did you go for a walk?

Draw a picture on the other side of the paper.

**Prompts for older children**

Did you do some schoolwork today?

What do you miss about being at school?

Did you go out for a walk or exercise? – where to and did you see anyone else?

Did you speak to other members of you family who live elsewhere – how did you do this?

How do you feel about being kept at home?

Have you had a birthday whilst at home – how did you celebrate?

How are you keeping in touch with your friends from school and clubs?

Can you think of a time in history when people had to live very different lives all of a sudden?

How important will the events of today be in the course of history?