

## THE “BEST” AND “WORST” OF THE PANDEMIC

### Objectives

- Students will explore their personal highlights and lowlights of the early days of the COVID-19 pandemic
- Students will create frozen pictures to represent the “best” and “worst” of the COVID-19 pandemic
- Students will reflect on and deepen their understanding of the impact the COVID-19 pandemic had on their lives

### Materials needed

- None

### Activity

*Kristina Wong’s Sweatshop Overlord* takes place during the early days of the COVID-19 pandemic, beginning in March of 2020 and through the weeks and months following. It might feel like a while ago now, but can you remember what your life was like back then? Do you remember what you were doing when everything first shut down? How did you spend your time when everyone was staying at home and “sheltering in place”?

- Divide people into small groups of four or five
- In groups, invite them to take a few minutes to reflect on their experiences of the early days of the COVID-19 pandemic.
- Lowlights: What were some of the challenges of that time? How did you respond to those challenges? What were your coping mechanisms?
- Highlights: What were some of the highlights of that time? Did you learn any new skills? Did you create any new connections? Did you discover any new hobbies/interests?
- Each group will create two frozen pictures (tableaux) representing the “best.” (highlights) and “worst” (lowlights) of the pandemic.
- Everyone in the group must be a part of both images.
- Invite each group to share both images.
- As each image is shared, ask those observing: What do you see? What do you wonder?

### Reflection questions

- How are you holding on to the “best” part of the pandemic?
- Are you still practicing any new skills you learned?
- Who helped you get through those times?
- Are you still connecting with the people you connected with back then?

As you watch the play, reflect on these questions and ask yourself how you’ve changed since the early days of the COVID-19 pandemic in 2020. What lasting impact did the pandemic have on you?

**Lesson Extensions**

- The conversations that come up in the groups can be used as prompts for more creative exploration such as through writing and/or devising original theatre content.

**Lesson Variations**

- Text can be added to each image through “thought-tracking.” Each person in the image is invited to share one line that their character might say or think.