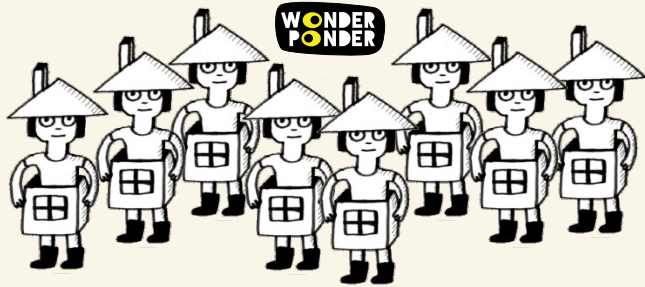


I WONDER

SELF-INTERVIEWS UNDER LOCKDOWN



INSTRUCTIONS FOR PREPARING YOUR "I WONDER, SELF-INTERVIEW UNDER LOCKDOWN" PROJECT

1. DETAILS. PLEASE REMEMBER TO PROVIDE:

- **Name** (first name only if you prefer),
- **Age**
- **School year or grade**
- **Place** and **country** of lockdown.
- **Time** under lockdown so far
- **Who** you are under lockdown with
- **How** you've been coping up to now

2. CHOOSE THE QUESTIONS FOR YOUR SELF-INTERVIEW

To choose your questions, you can find inspiration in some of the questions suggested here —use them exactly as they are or change them as you like—, and/or think of some of your own questions (see 2.b).

2.A. SUGGESTIONS

Here are some questions you might want to include in your self-interview:

EL VIRUS

What is the coronavirus?
What is Covid-19?
Why have these lockdown measures been taken

HOW ADULTS ARE DEALING WITH IT

How are the adults in your life coping with the situation?
Do you feel the media is answering your questions and concerns? Is there anything you feel they are not doing that you'd like them to do?

LEARNING FROM THIS

Do you think this is a situation we might learn from?
What kind of lesson might we learn from this situation?

THE FUTURE

Do you think your life is going to change after this? If you think so, in what way do you think it will change?
Do you think the world is going to change after this? If you think so, in what way do you think it will change?
What do you think would have to change for your country to be better prepared next time something like this happens? What would you like to do on the first day you can go out to the street freely?

THE REALITY OF LOCKDOWN

What don't you like about lockdown?
Is there anything you do like about it? What?
What is the hardest thing about lockdown?
Did you think you'd be able to cope with it better or worse than you are coping? In what way?

YOUR RELATIONSHIP WITH THE DISEASE

Do you have or have you had Covid-19?
Does anyone in your family have or have they had Covid-19?
Do you know anyone who has been admitted to hospital with Covid-19?
Do you know anyone who has died from complications related to coronavirus?
(Tell others about your experience)

THE EXPERIENCE OF SCHOOL AT HOME

What's it like to have school at home?
What do you think your school has got right about the way it has dealt with the sudden change? What do you think could be improved?

DAILY LIFE IN LOCKDOWN

What is a weekday under lockdown like?
What is a weekend day under lockdown like?
How are you all sharing the housework? Does it seem fair and balanced or can you think of a better way?

WORRY AND FEAR

What concerns you about the general situation?
What concerns you personally?

FREEDOM

Are you free? Do you feel free?
In what ways are you less free than before the lockdown?
In what ways are you just as free as before?
In what ways do you think your situation is similar to being in prison?
In what ways do you think your situation is different from being in prison?
Can you imagine living like this for a whole year? What would you do to make your life more enjoyable in the circumstances?
Is there anything that you are doing that makes you feel freer under lockdown?

IGNORANCE AND UNCERTAINTY

Is there anything you do not understand that you'd like to understand better? What?
What would you ask an expert on viruses or pandemics?
What would you ask a psychologist?
What would you ask an economist?
What do you ask yourself?

WAYS OF COPING

What helps you cope with the situation? Do you have any suggestions for people who are not coping so well?

2.B. THINK OF SOME QUESTIONS OF YOUR OWN

You can also think of your own questions (or combine some of your own questions with some of the ones suggested overleaf).

Of course, you'll have lots of questions of your own, but these words might spark some other interesting questions:

DISOBEDIENCE OBEDIENCE RULES FEAR
FREEDOM SECURITY-HEALTH/FREEDOM BALANCE
EXERCISE RIGHTS EMOTIONS CONFINEMENT SCHOOL
ELDERLY PEOPLE'S RIGHTS
FAMILY RELATIONSHIPS RESPONSIBILITY
MENTAL HEALTH LOVE DUTY DISEASE DEATH
THE VALUE OF LIFE THE VALUE OF DIFFERENT LIVES
PRIORITIES CHILDREN'S RIGHTS PLAY
INDIVIDUAL/SOCIETY SOLIDARITY WORK
FRIENDSHIP CONFUSION LIVING TOGETHER

5. TECHNICAL CONSIDERATIONS (AUDIO)

To record your interview you do not need sophisticated equipment. Any recording app on a mobile/cell phone will do. You can also record on a computer, with a voice recording app. All computers come with some kind of voice recorder. Make sure you record somewhere relatively quiet (close the door and tell your fellow lockdowners you are recording to make sure there is not too much background noise).

3. DURATION/LENGTH

(please take this into account when choosing the number of questions for your self-interview or, if you choose many questions, remember to make your answers brief):

- **AUDIO** interviews: Total maximum duration: 15 mins. (may be shorter)
- **WRITTEN** interviews: Maximum length: 1,500-2,000 words (may be shorter)
- **ILLUSTRATED** interviews: One A-4 sheet of paper illustrated on one side only. You can scan it or take a good, clear picture of it (ask for help if necessary). You can try coming up with a Wonder Ponder style scene or doing it any other way you feel like or you think is interesting.

6. SENDING OFF YOUR SELF-INTERVIEW

EMAIL ADDRESS:

Please send us your self-interviews to the following email address: info@wonderponderonline.com.

- In the **SUBJECT**, please type 'I WONDER'.
- In the **BODY OF THE EMAIL** please state: Name - Age - School year or grade - City - Country
- If it's an **AUDIO**, we'd rather receive a LINK for us to download it (instead of the actual file in an attachment).
- If it's a **TEXT** document, please send it in Word or similar so that we can access the text easily and reproduce it on the blog.
- If it's an **ILLUSTRATION**, the best thing would be to use a scanner, if you have one. If not, a clear, well-taken picture will also do. Like with the **AUDIO** files, we'd rather receive a LINK for us to download it (rather than the file itself in an attachment).
- If you think the illustration needs an explanation, go ahead. Please provide it in the body of the email, under the heading **EXPLANATION**. Please keep it short-ish (100-200 words max).

4. BEFORE RECORDING /WRITING/ILLUSTRATING

Once you have chosen your questions and before recording, writing or illustrating your self-interview, it's a good idea to talk with your fellow lockdowners, or with your classmates or friends about the questions. Explore them, think about them and state out loud how you feel, what you think and what you wonder about the current lockdown situation.

That way, when you sit down to record, write or illustrate, you'll have done some thinking ahead and you will have more interesting things to say.



ABOUT THE PROJECT

I WONDER, SELF-INTERVIEWS UNDER LOCKDOWN

is a Wonder Ponder project inviting people aged 5 to 18 to ask questions (wonder) and think about (ponder) the coronavirus crisis and its consequences through self-interviews in audio, written or illustrated format.

To listen to, read or look at the self-interviews received so far, please visit www.wonderponderonline.com