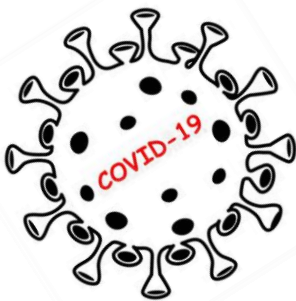
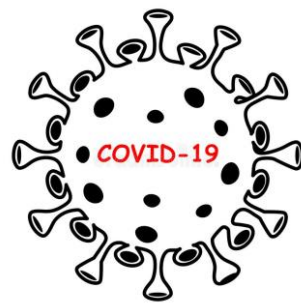


♥ MY COVID 19 ♥

2020

JOURNAL



Name

Signature

Date



ALL ABOUT ME



I AM

 YEARS
 OLD

I STAND

 INCHES
 TALL

I WEIGH

 POUNDS

SHOE SIZE

Favourite Things I Like

Activity _____

Animal _____

Book _____

Colour _____

Food _____

Drink _____

Movie _____

Place _____

Song _____

Superhero _____

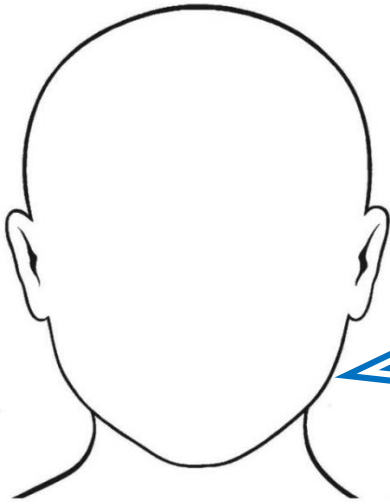
TV Show _____

Best Friends

When I grow up I
 want to be:



MY THOUGHTS



How I am feeling about lockdown.



What does your face look like?

I am most thankful for

What I have learnt most about this experience.

My top three things to do when lockdown is over 😊

Name

Signature

Date



FAMILY HANDPRINTS



This is time for memories. Ask all the family in your house to print their hands here. Make it even more fun by getting your pets to do this too! (with the help of an adult of course 😊)

Name

Signature

Date



LETTER TO MYSELF



Why not write a letter to yourself and put this in your memory box. Later on when you are all grown up you can look back on this time and all the things you did, thought and felt. If you are too small to write, ask a grown up to help.

Dear _____

Lined writing area for the letter content.

Love _____

If you are too small to sign your name, ask your grown up to pop your handprint on the back of your letter.

Name

Signature

Date



LETTER FROM A GROWN UP



Why not ask a grown up over even lots of grown ups to write you a letter just now. Ask them to let you know how they are feeling during this time and what they would like to do when this is all over.

Dear _____

Name

Signature

Date



LETTER FROM A GROWN UP



Love _____

Name of Grown UP

How do you know them?

Name

Signature

Date



MAKING HISTORY



Together with your grown ups, you are making history. Whether you know a key worker, or you are being home schooled, everything you do today is making a difference tomorrow. By staying safe you have done the most amazing job that anyone could - so well done to you all and keep doing it.

Use this section to stick pictures, photos and memories of what you and the people in your life did during this time. Think newspaper cuttings, WHO ran the country, how did people help each other. What did people do to say thank you to key worker around the world. You can print as many sheets as you like and fill them with memories, pictures and much more. Have fun, stay safe and be kind.

Name

Signature

Date



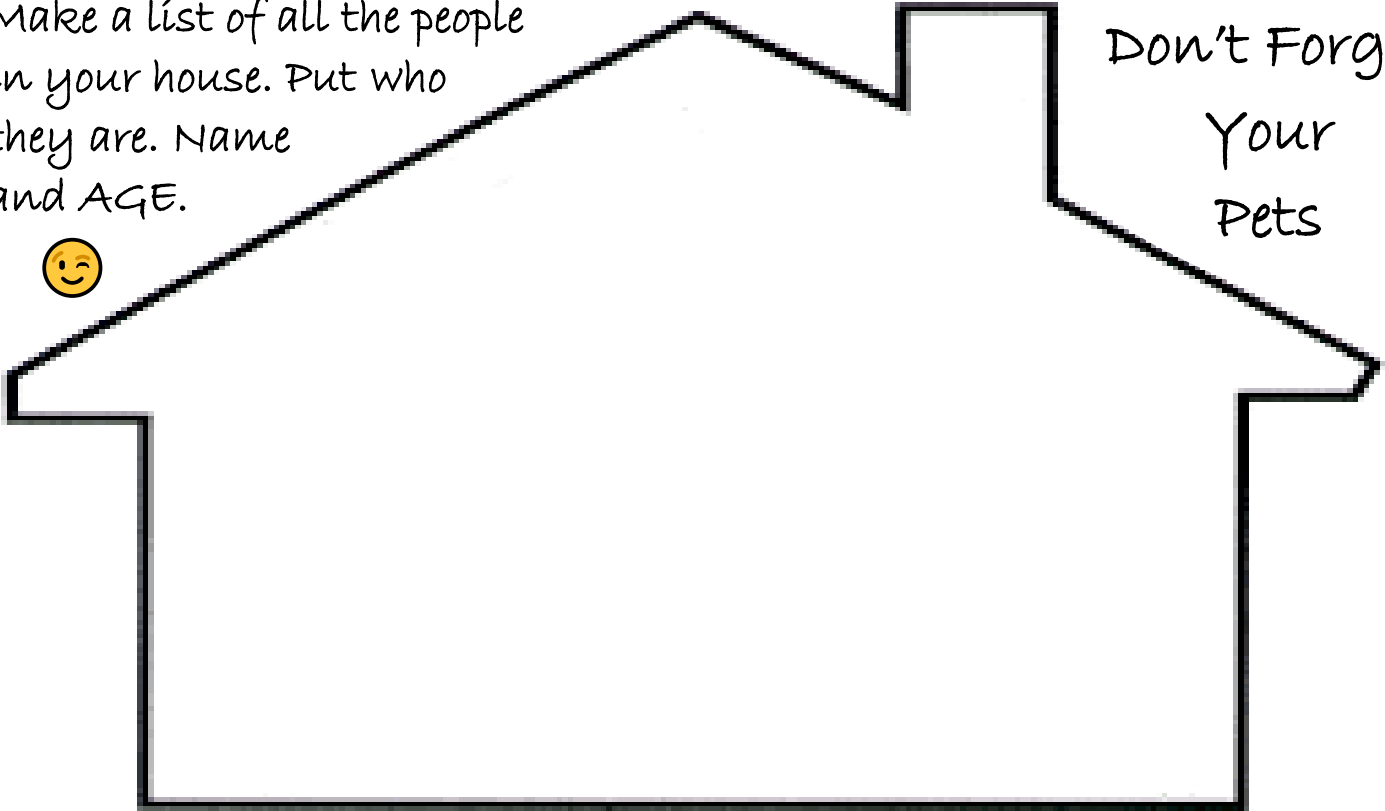
MY HOUSE



Make a list of all the people in your house. Put who they are. Name and AGE.



Don't Forget Your Pets



Make a list of all the things you are doing to keep connected with others and have fun in and outdoors. It could be making rainbows, singing songs, or sending a letter to a loved one.



Colour the house just like yours!

Name

Signature

Date



SPECIAL OCCASIONS



Think about the special things that have happened during this time. It could be a special birthday, easter celebrations or a special day for someone you love. Whether it be an easter egg hunt or shouting at a distance you loved someone, write it down.

Special Occasion	Date	What did you do to celebrate?

Write about your favourite one.

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Name

Signature

Date



TALK TO A GROWN UP



Here are some things you can ask the grown ups in your life.

Highs and lows of home schooling?

What lockdown day are you on

What are you most thankful for during lockdown?

Favourite Moment

After lockdown goal

Activity Outdoors

Activity Indoors

Book

Food

Drink

Movie

Place

TV Show

Name

Signature

Date



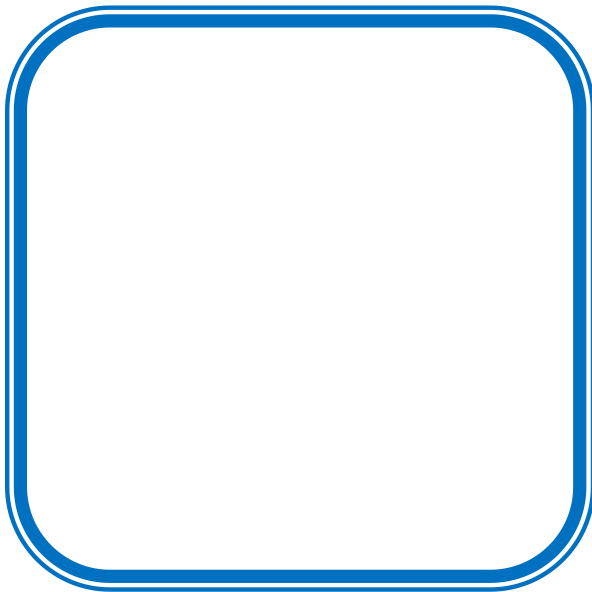
STAY AT HOME



Right now, along with all the grown ups, you are doing your bit to keep everyone safe and well. Here are some special words at this time, can you think of any more.



[NHS.UK/coronavirus](https://www.nhs.uk/coronavirus)



And now can you draw a picture of the one thing that everyone should be doing for 20 seconds to keep the virus AWAY.

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Name

Signature

Date