

MY

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

CITY: \_\_\_\_\_

DATE: \_\_\_\_\_

DRAW YOU IN YOUR BUBBLE!

LOCK

DOWN

DIARY  
2020

ISOLATION APPRECIATION

# WHO ARE YOU HOME WITH?



WRITE WHAT YOU APPRECIATE ABOUT THESE PEOPLE.

NAME \_\_\_\_\_

[Blank writing area with horizontal lines]

NAME \_\_\_\_\_

[Blank writing area with horizontal lines]

NAME \_\_\_\_\_

[Blank writing area with horizontal lines]

name.


[Blank writing area with horizontal lines]

NAME \_\_\_\_\_

[Blank writing area with horizontal lines]

NAME \_\_\_\_\_

[Blank writing area with horizontal lines]

IF YOU NEED MORE PRINT ANOTHER PAGE =  =

WHY A LOCKDOWN DIARY?

EVEN THOUGH the WÖRLD  
Just became pretty different  
There's still a lot to



APPRECIATE.

THE SMALL THINGS you might not have noticed before

TELL **THE FUTURE** YOUR STORY.

WRITE  
How you  
ARE  
Feeling

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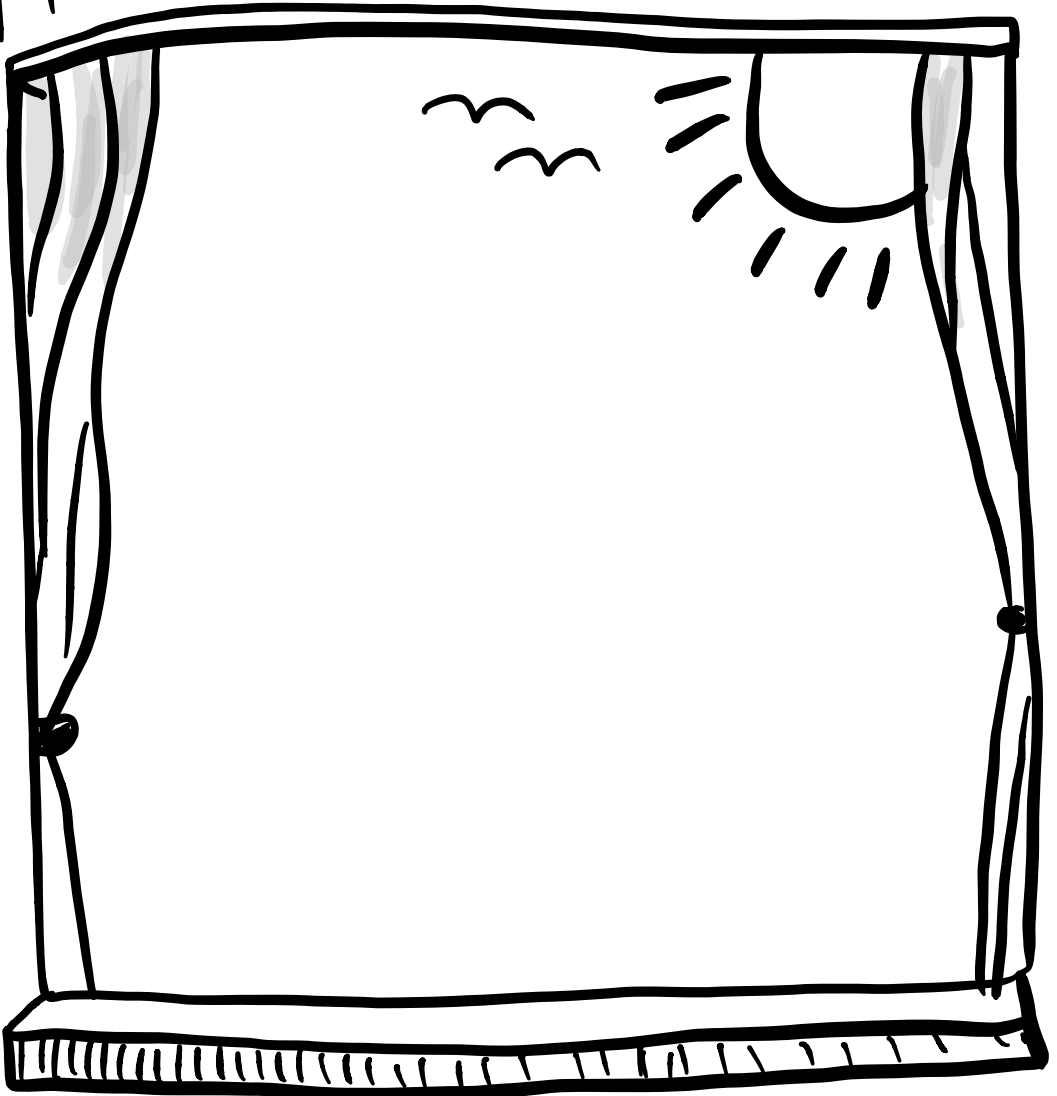
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# DRAW THE VIEW

FROM YOUR BEDROOM WINDOW.

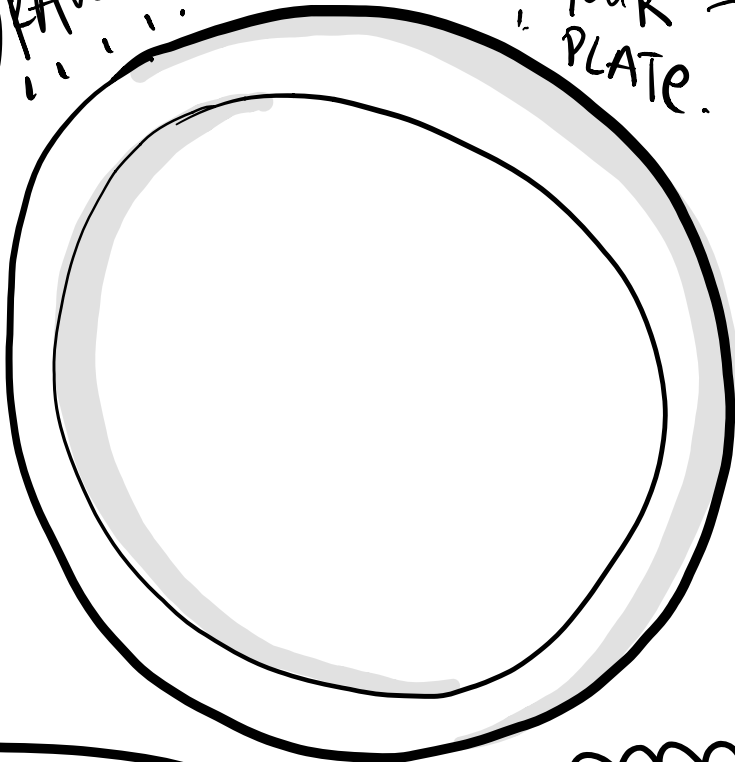
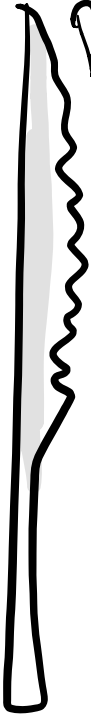


Is there something you didn't notice before? \_\_\_\_\_



# Whats FOR DINNER

DRAW WHAT YOU HAD ON YOUR PLATE.



WHAT DID IT TASTE LIKE?

Hand-drawn horizontal lines for writing, contained within a rectangular box with a wavy bottom edge.

THOUGHTS ON TODAY ↓

A large, irregularly shaped area with a wavy border, intended for writing thoughts. It contains a small downward-pointing arrow next to the text 'THOUGHTS ON TODAY'.

# FIVE AWESOME THINGS

ABOUT TODAY

1

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2

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3

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4

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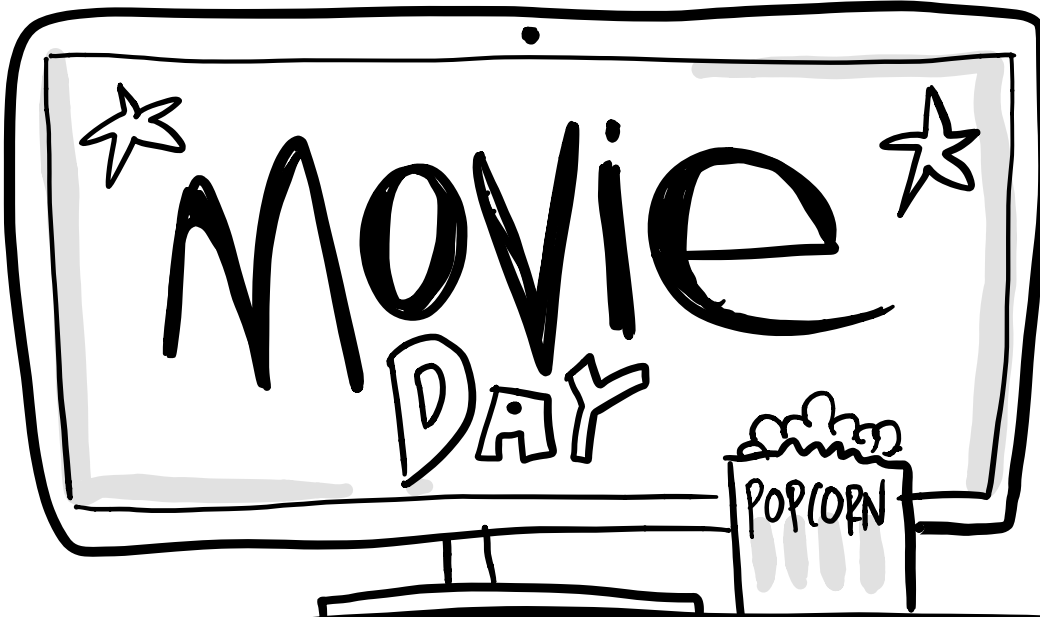
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5

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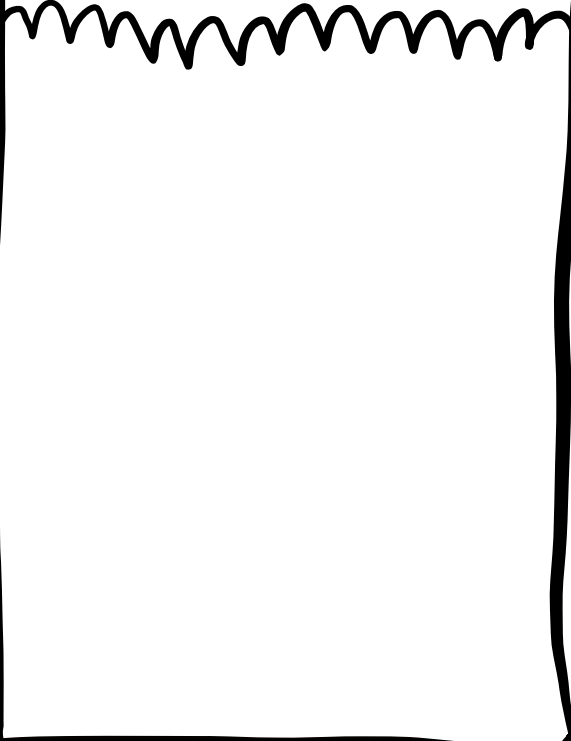


WATCH A MOVIE / TV SHOW. HOW WAS IT?

TITLE

YOUR REVIEW

What else did today hold?



↙ CIRCLE ONE. ↘  
LIKE DISLIKE

Write A Note <sup>To</sup> You In The

**FUTURE**

How to Keep Calm + Cool.

Dear  
future me.

AGE NOW:

AGE IN 2032.

# SELF PORTRAIT

MY MOOD IS: \_\_\_\_\_

TODAY I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# I S O L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FAMILY.

Hand-drawn horizontal lines for writing.



APPRECIATION DAY.

WHAT DID YOU DO TO NOT GET

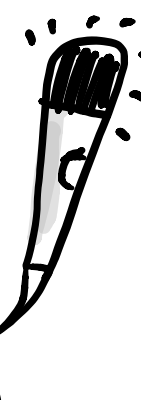
**BORED**  
TODAY?

MORNING

AFTERNOON

EVENING

# LISTEN!



TO YOUR FAVE SONG.... Really Listen..

WHAT ARE THE WORDS ABOUT??

ARTIST \_\_\_\_\_  
SONG NAME .. \_\_\_\_\_  
WHAT DO THE WORDS MEAN??

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



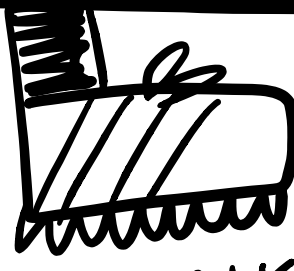
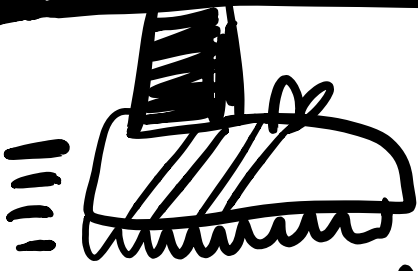


# I S O L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FRIENDS

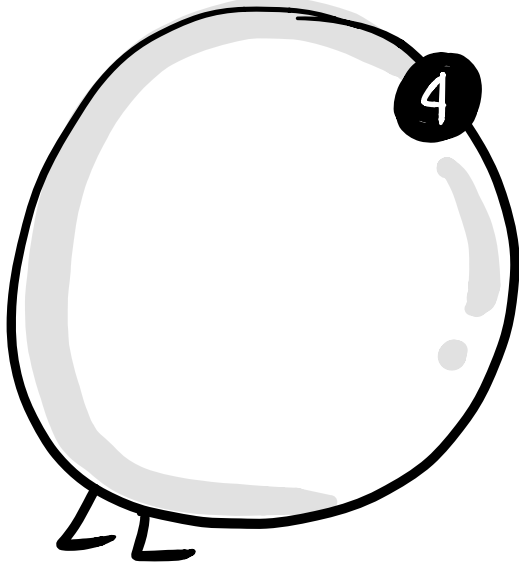
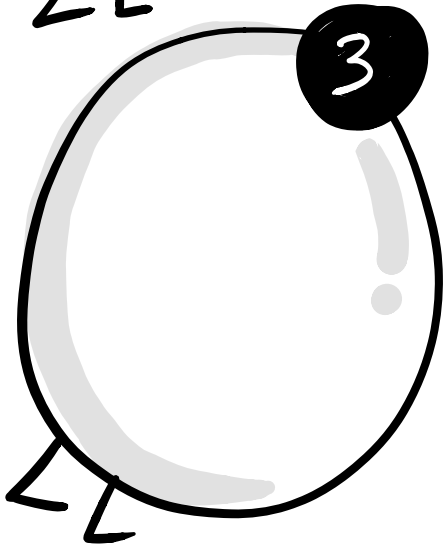
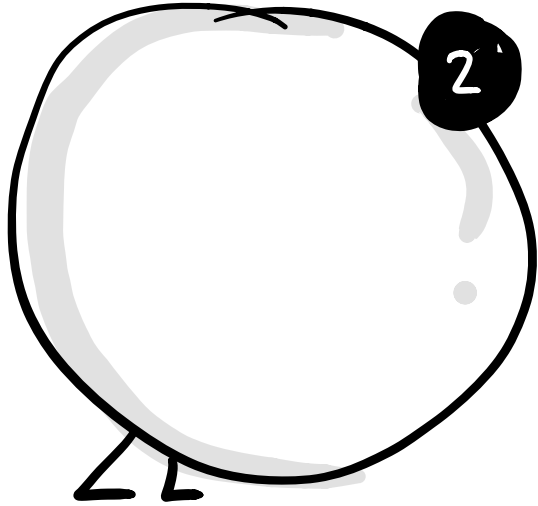
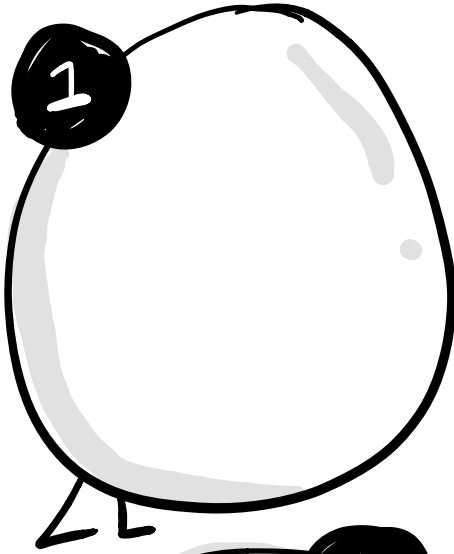
A series of 15 horizontal grey lines, each with rounded ends, providing a space for writing answers to the question above.

APPRECIATION DAY.



# WALK

IF YOU CAN TAKE A WALK  
OUTSIDE. DRAW 4 THINGS YOU REMEMBER



# NEW

Learned something new in lockdown?

## WHAT IS IT?



A series of ten horizontal, light gray brushstroke lines intended for writing.

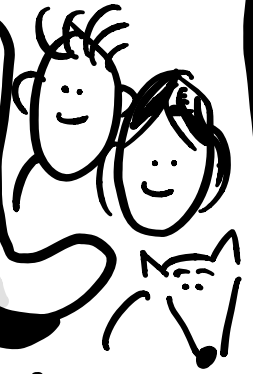
# MORNING

WAKE? WAKEY!!  WHAT'S THE PLAN TODAY?


WHAT DID YOU GET DONE? ANY SURPRISES.


# EVENING

# NORMAL



WHAT Are You looking forward to when  
Life returns to normal... when the lockdown ends?

A series of 12 horizontal, light gray brush-stroke lines intended for writing answers.

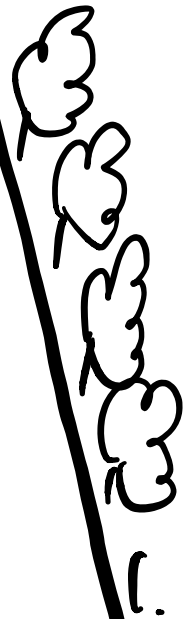
# QUIET

There's not  
many cars on  
the road...  
no noise!!!  
What other  
sounds can  
you hear  
now?  
Birds.  
WIND?  
The sea?  
Laughter?

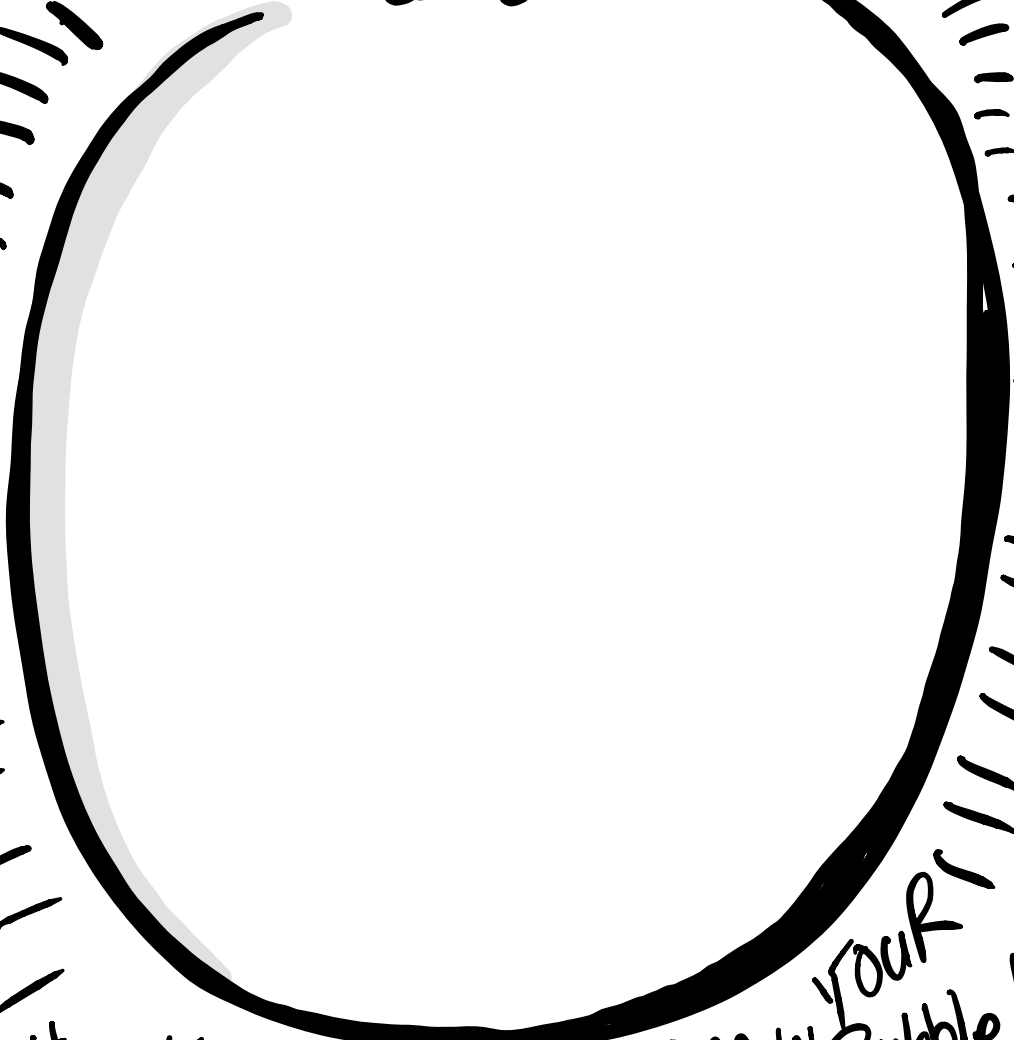


# OUTSIDE

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦



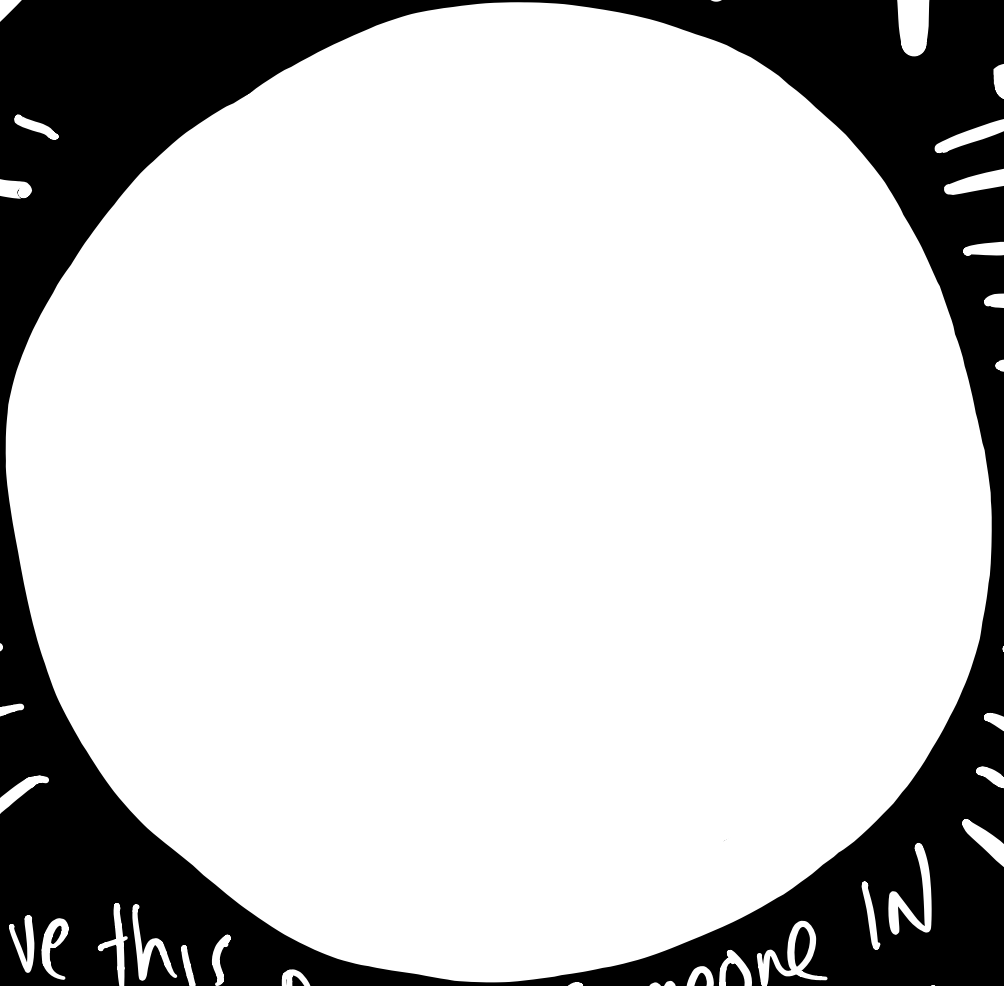
KIND



Write a Kind message to someone in <sup>your</sup> Bubble!



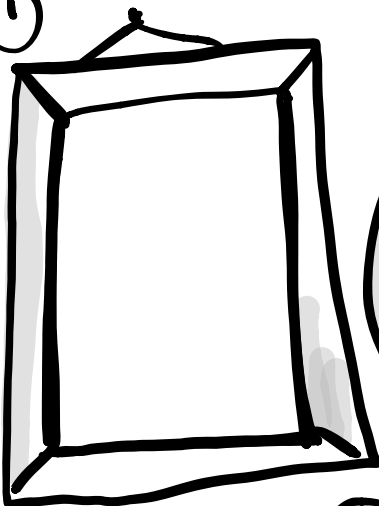
# BACK at Ya!



Give this page to someone in  
your lockdown bubble. Ask  
them to write what they like about  
being stuck with you

DRAW TODAY IN PICTURES.

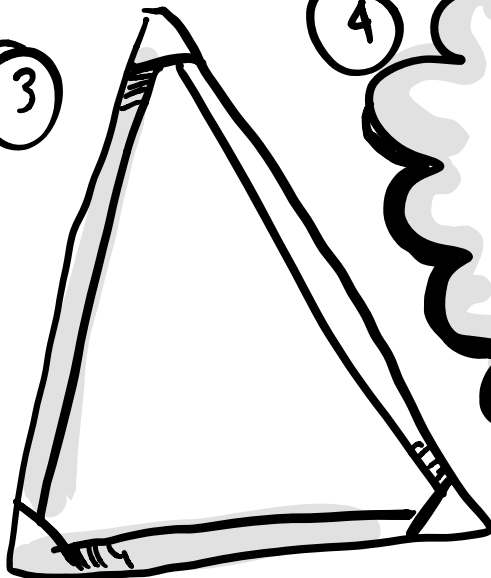
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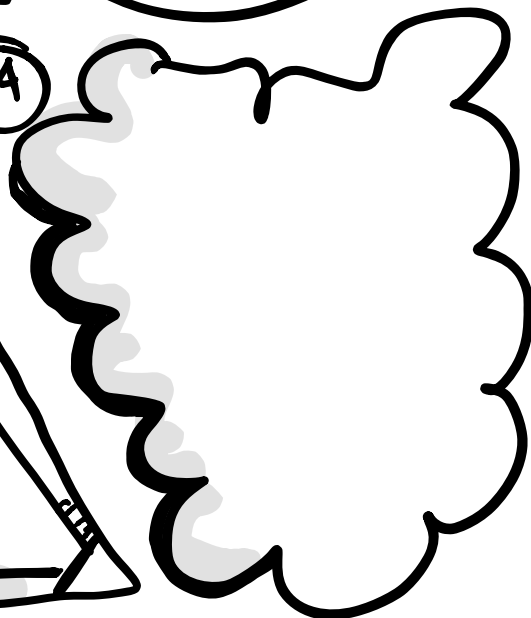
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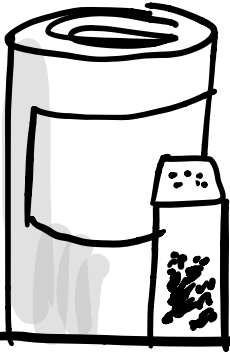
③



④



..... NO WORDS .....



# Pantry

Draw What's in  
Your Cupboards at  
Home



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A SHOPPING  
LIST FOR  
NEXT TIME



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# Details of the Day.....

Let's get down to the nitty gritty... write away!

7 Am



8 Am

9 Am

10 Am

11 Am

12 pm

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm



# A Week's Worth

HIGHLIGHTS OF THE  
WEEK JUST GONE



DAY	DAY	DAY
DAY	DAY	DAY
DAY.		

BLANK

TO

WRITE

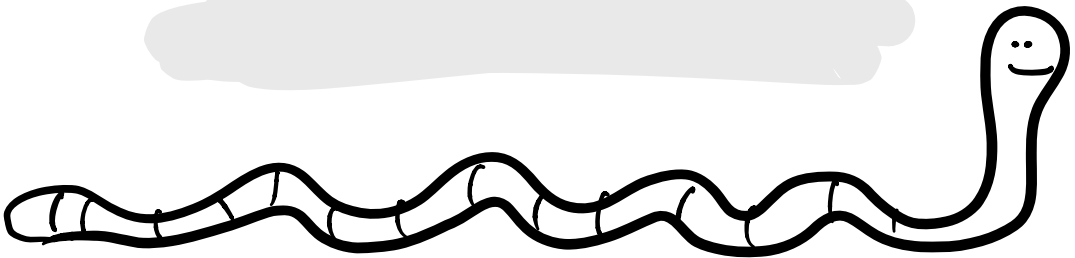
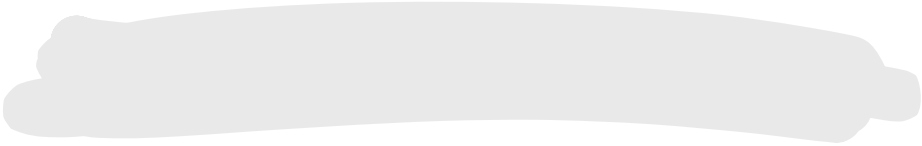
WHATEVER

YOU

WANT

# Feelings

WHAT are your feelings today. chat about them with those in your bubble



# SHARE ↗ THE ↘

WRITE A poem, CALL SOMEONE SPECIAL +

READ OUT LOUD TO THEM.

Blank lined area for writing a poem.

!!! CARE !!!



MY STAY AT HOME SUMMARY.

**SUM UP THIS** time



? TO Future Kids? ?



Hand-drawn horizontal lines for writing.

Signed: \_\_\_\_\_