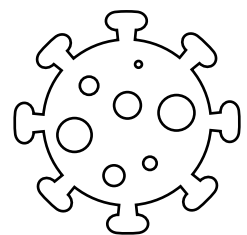
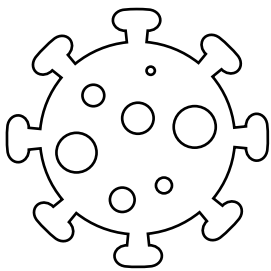


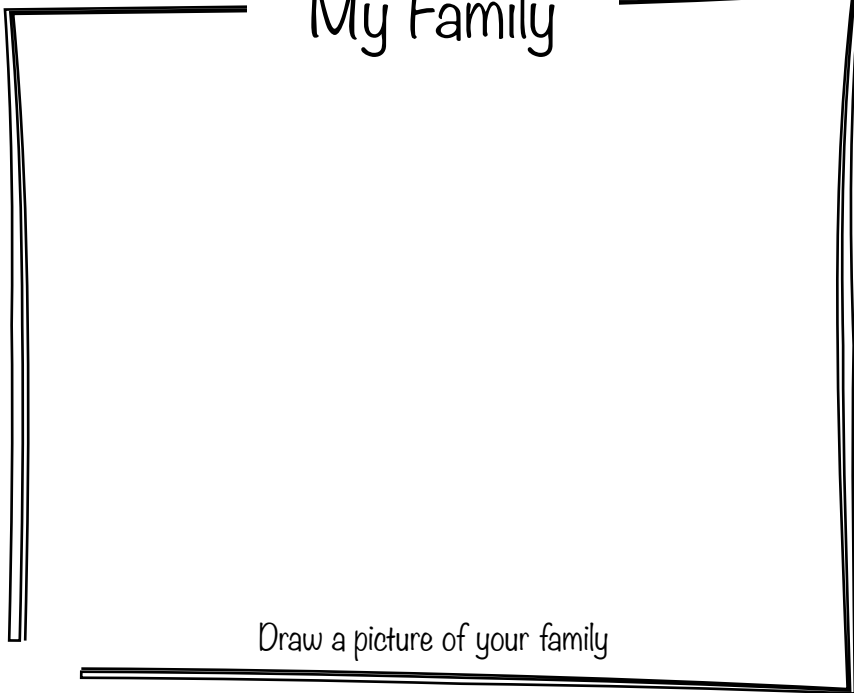
MY COVID-19 JOURNAL



That's me!

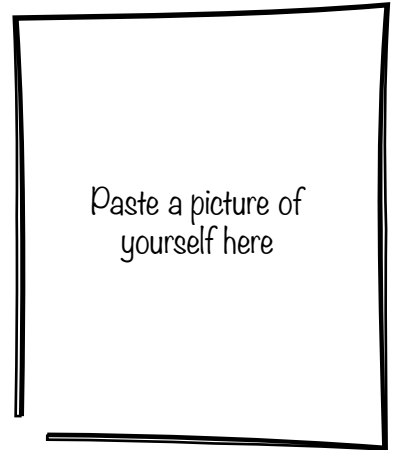
THIS IS ME

My Family



Draw a picture of your family

Paste a picture of yourself here



My Age



My Favourite Things

Food:

Colour:

Animal:

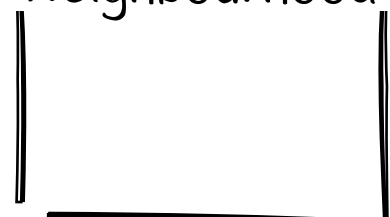
Toy:

Story:

My Height

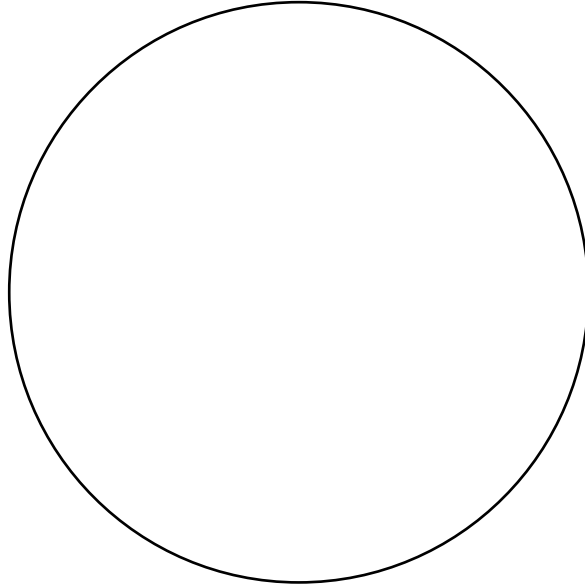


My Neighbourhood



HOW I FEEL

Date:



Circle a word from each column below that represents how you feel. That will be your superhero name for the day.
Draw your superhero emoji or logo above.

Orange

Red

Pink

Green

Blue

Black

Grey

White

Brown

Sleepy

Jumpy

Cheery

Tired

Grumpy

Happy

Sad

Joyful

Excited

Teddy Bear

Carrot

Computer

Bag

Painter

Elf

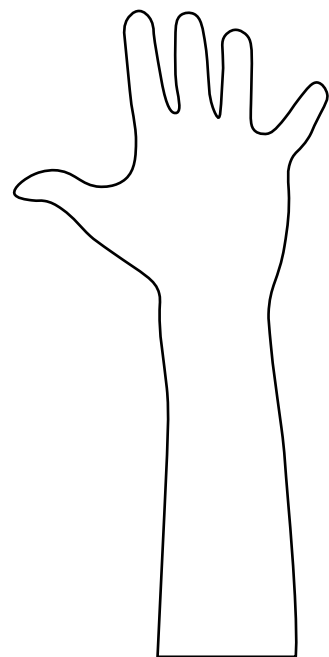
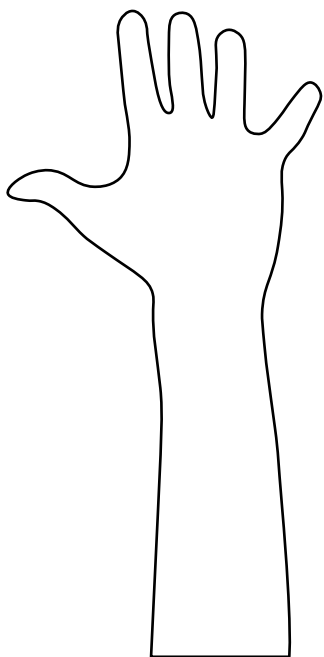
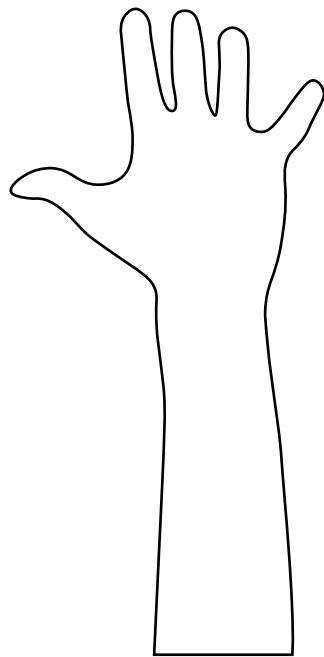
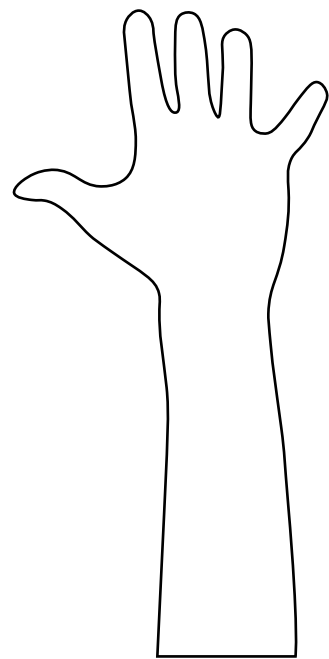
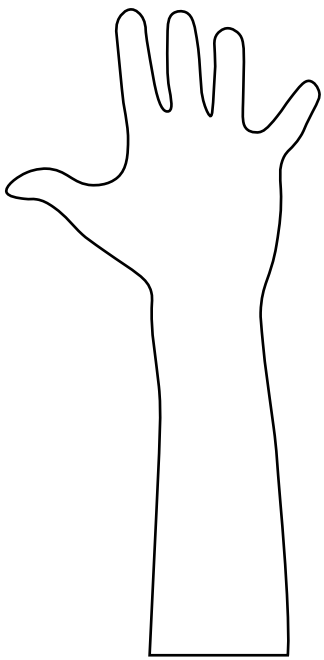
Wolf

Flower

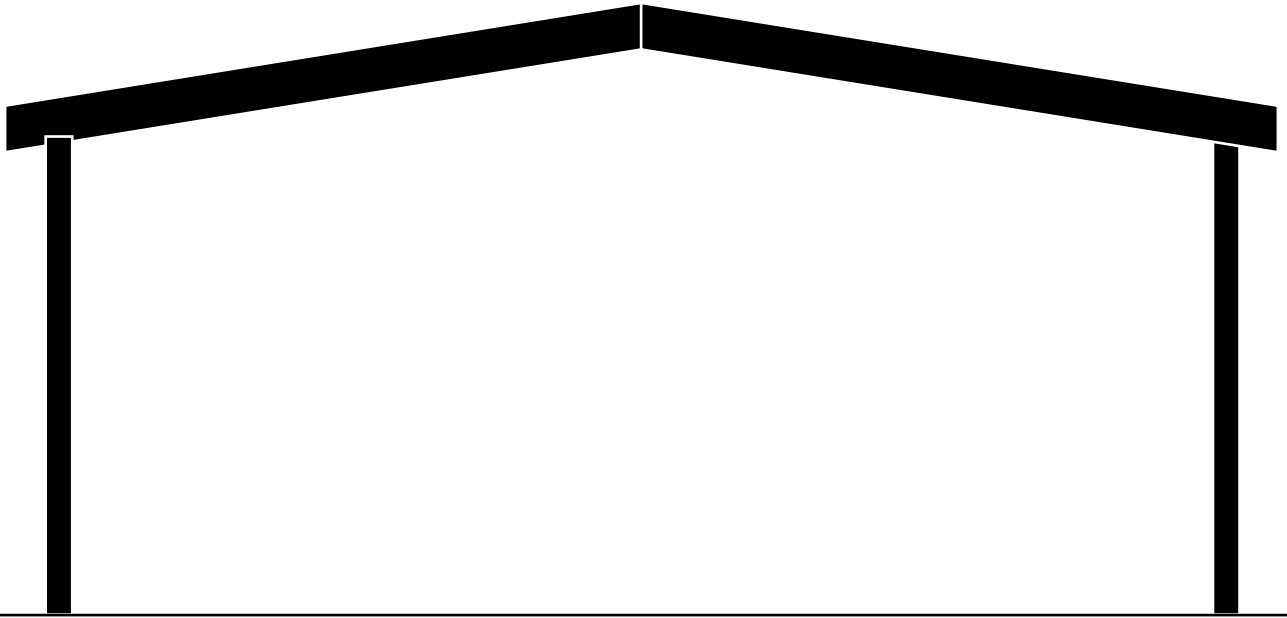
Lightning

SAFE AT HOME

Who are you at home with?
Decorate each hand to represent a person.



HOME, TRULY



What 5 things are you are thankful for at home?

1.

2.

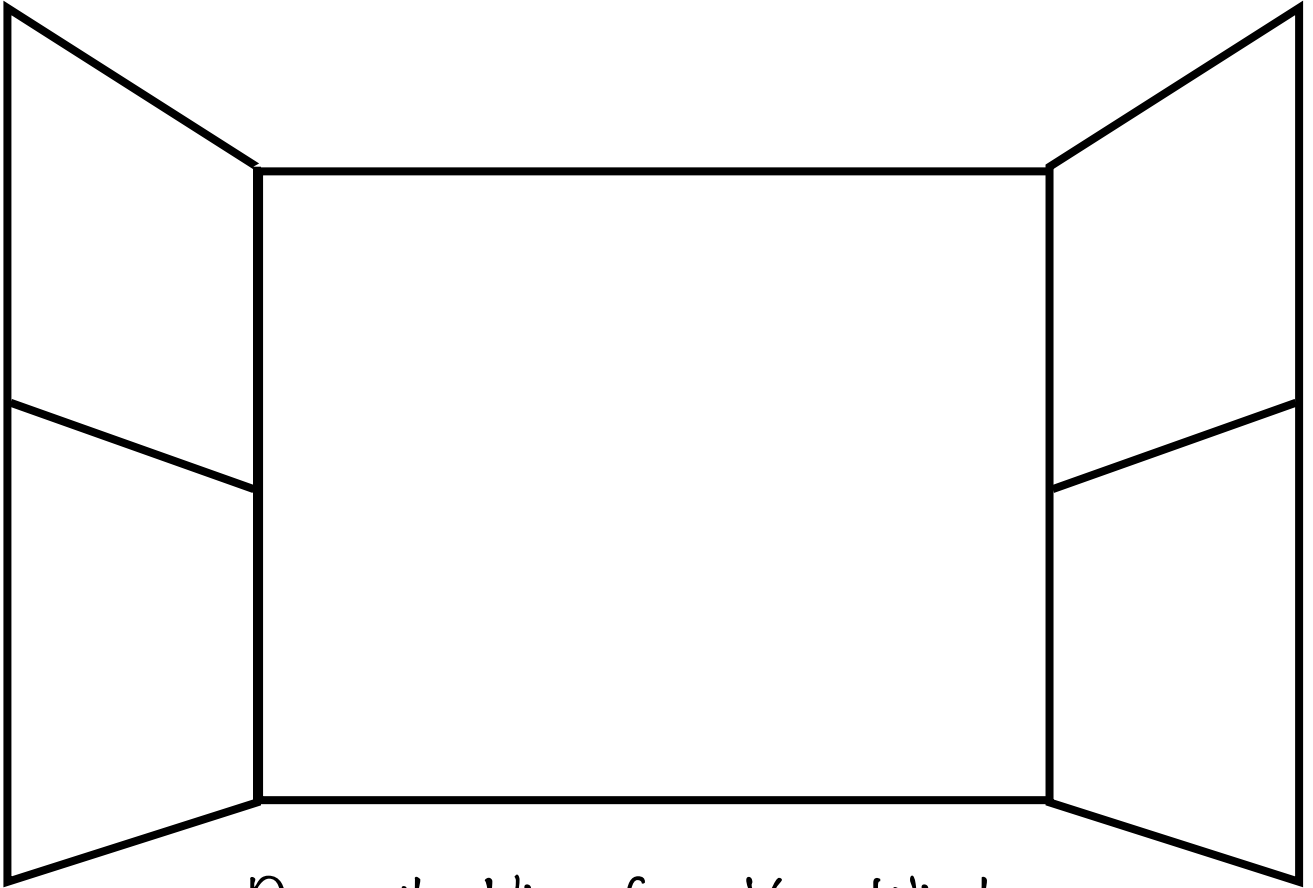
3.

4.

5.

Draw them into the picture above

I Spy



Draw the View from Your Window.

What do you miss most about
being outdoors?

A large rectangular box with a decorative border, intended for writing an answer to the question 'What do you miss most about being outdoors?'. The border consists of a solid line on the top and bottom, and a double-line curve on the left and right sides.

TIME AT HOME

Things you plan to do while safe at home

I'm going to	Done

Cook Book

What dishes do you want to cook at home?

1.

2.

3.

4.

5.

What are some foods that you
want to eat once this is over

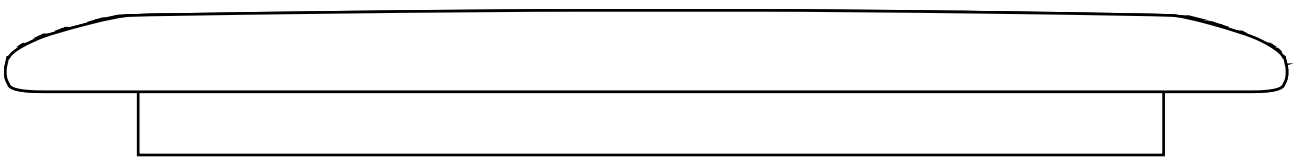
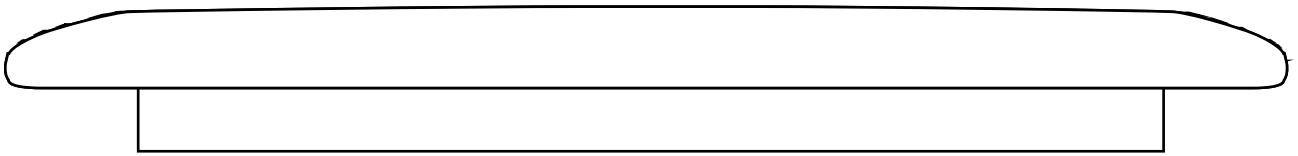
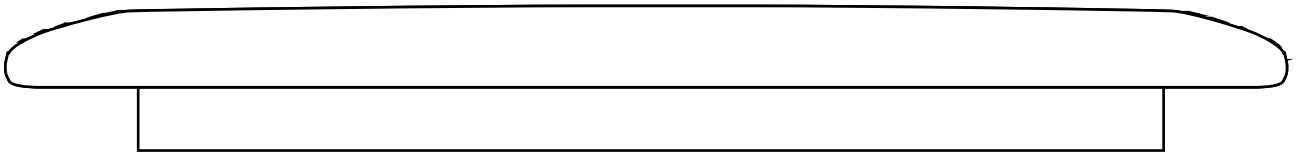
WHAT I'M DOING

What are your 5 favourite activities to do at home?

The form consists of five blank activity cards arranged in a staggered, overlapping pattern. Each card is a white rectangle with a black outline and a small vertical rectangular slot on its left side, designed to be inserted into a binder or folder. The cards are positioned as follows: one at the top left, one at the top right, one in the middle, one at the bottom left, and one at the bottom right.

WHAT'S INSIDE

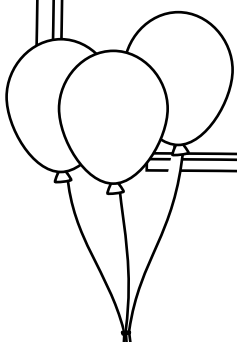
Draw what is on the shelves
in your fridge or cupboard



BIG EVENTS

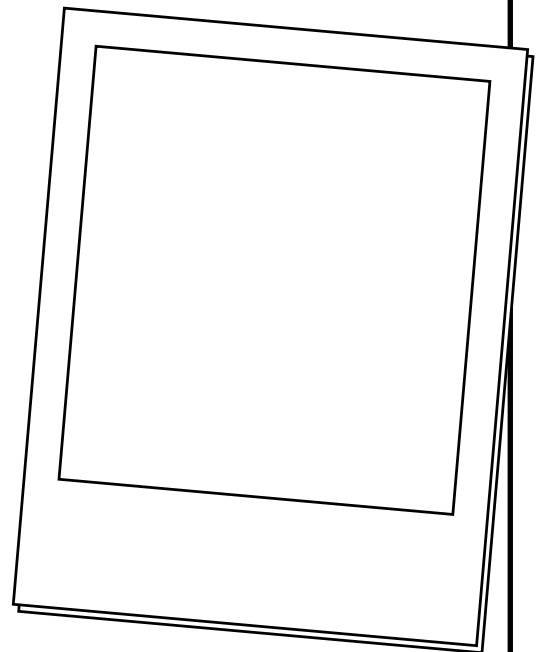
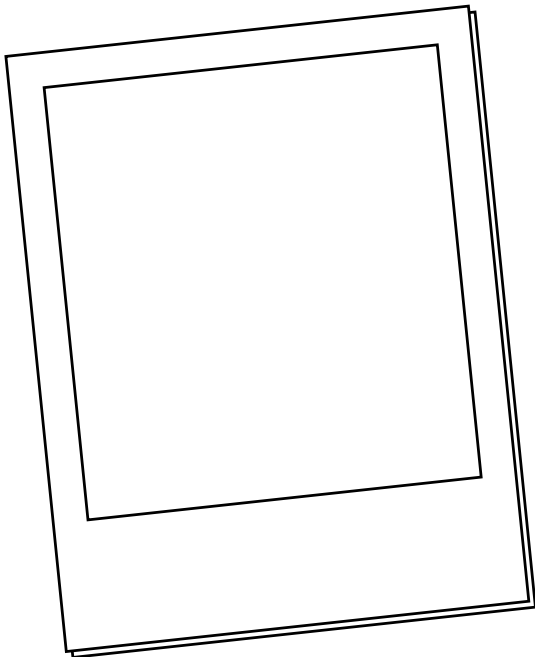
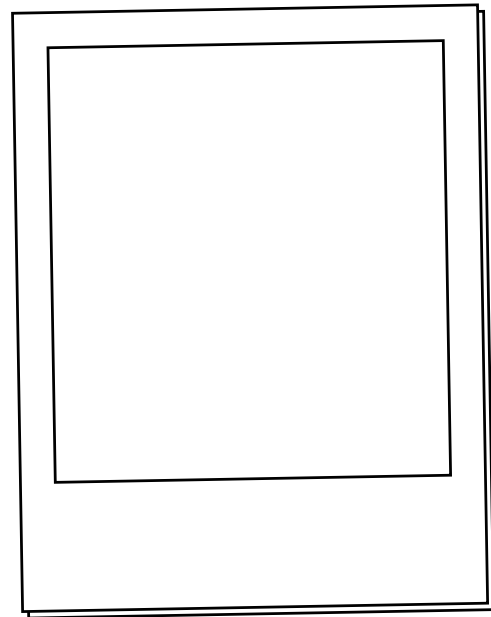
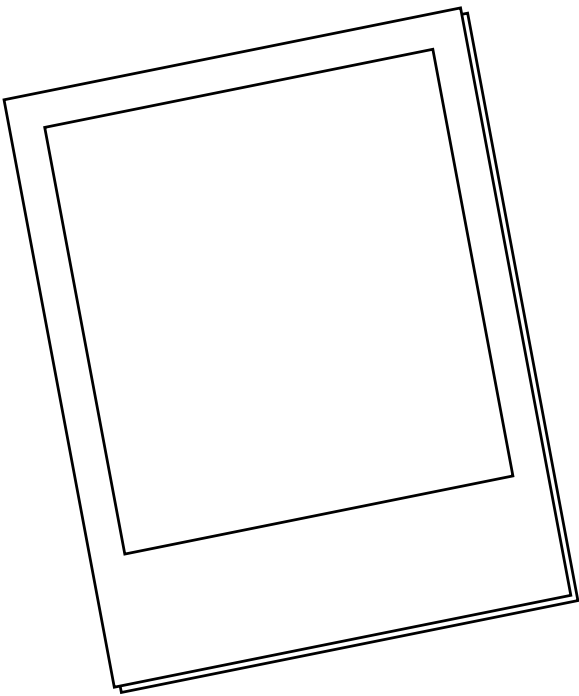
What special occasions (e.g. birthdays, anniversaries) took place?

Date	Event	What did you do?



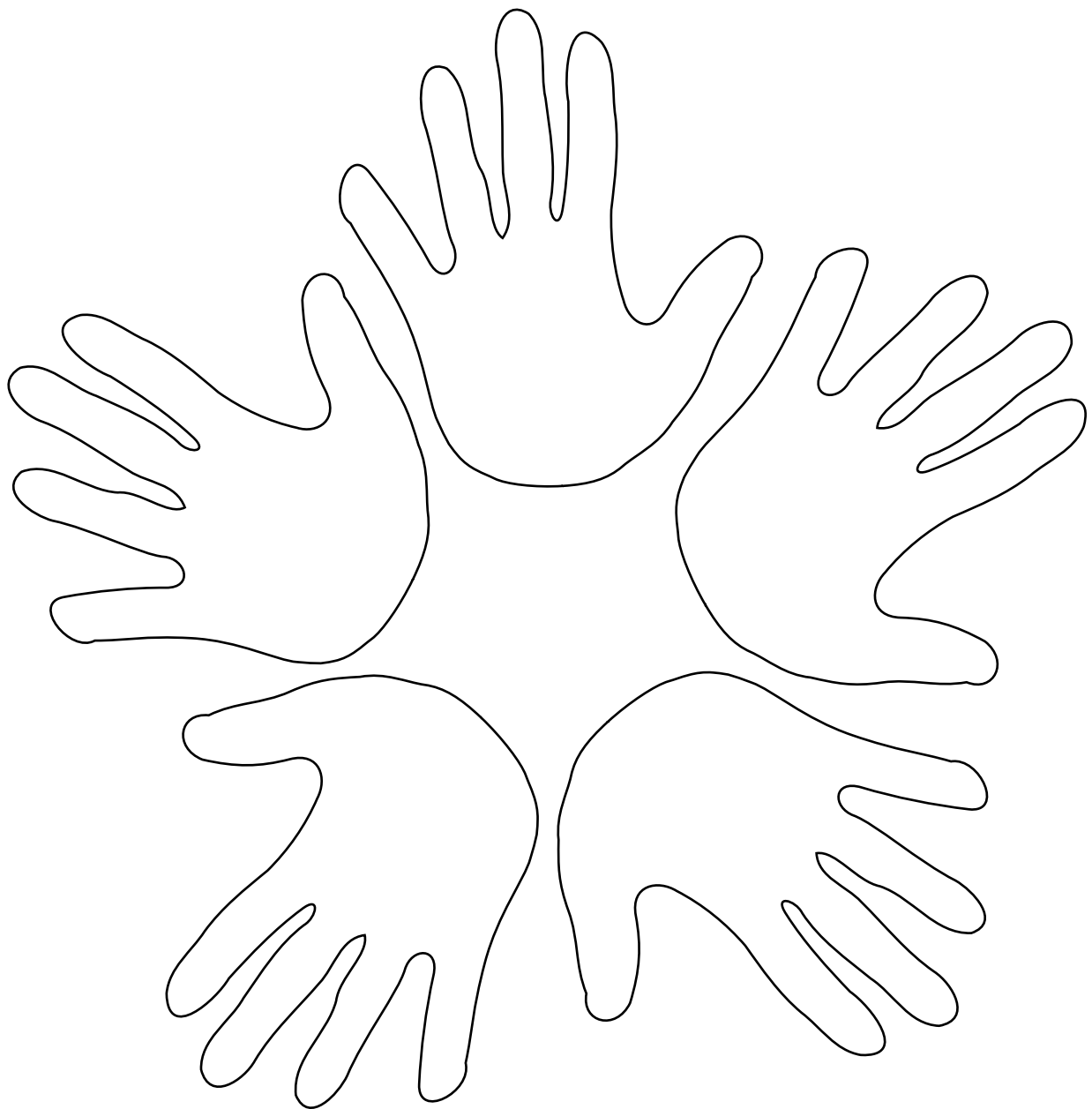
REMEMBER

What are some uplifting or memorable stories in the news?



COMMUNITY

What are some ways that we can help others during this time?



PLANS

Where do you want to do or go once this is over?

Park	
Outdoor Activity	
Attraction	
Restaurant	

DEAR FUTURE ME,

Write a letter to your future self about how you are feeling today.



DEAR

Parents, write a letter to your child about what you hope they learn from this situation.



B

I

N

G

O

Opened the fridge door to aimlessly look inside

Finished reading a book

Helped to cook lunch

Played a board game

Packed the closet

Answered the telephone

Visited a "digital" museum

Made slime

Attended lessons online

Waved at passer-by from the window

Washed hands for 20 seconds

Slept in past 10 am

Helped with chores 3 days in a row

Learnt a magic trick

Ordered something online (with parent's help)

Exercised at home for 10 minutes

Had more than 2 video calls in a day

Watched 3 Disney movies

Ate pasta

Interrupted another person's video call

Ate a snack

Ate ice cream

Coloured a picture

Helped to cook dinner

Baked cakes or cookies