

MY COVID-19

Memory

Journal

2020



Name: _____

WHO AM I?

MY FAVOURITES THINGS....

TOY: _____

COLOUR: _____

ANIMAL: _____

FOOD: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE TO VISIT: _____

SONG: _____

I AM



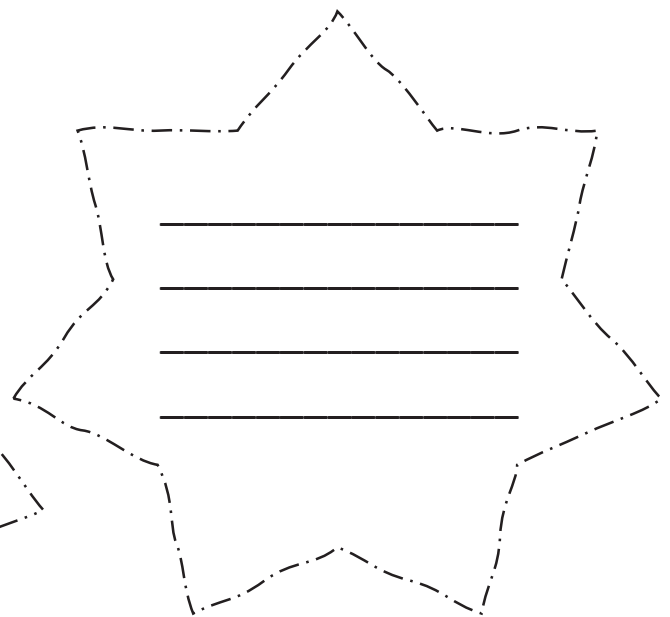
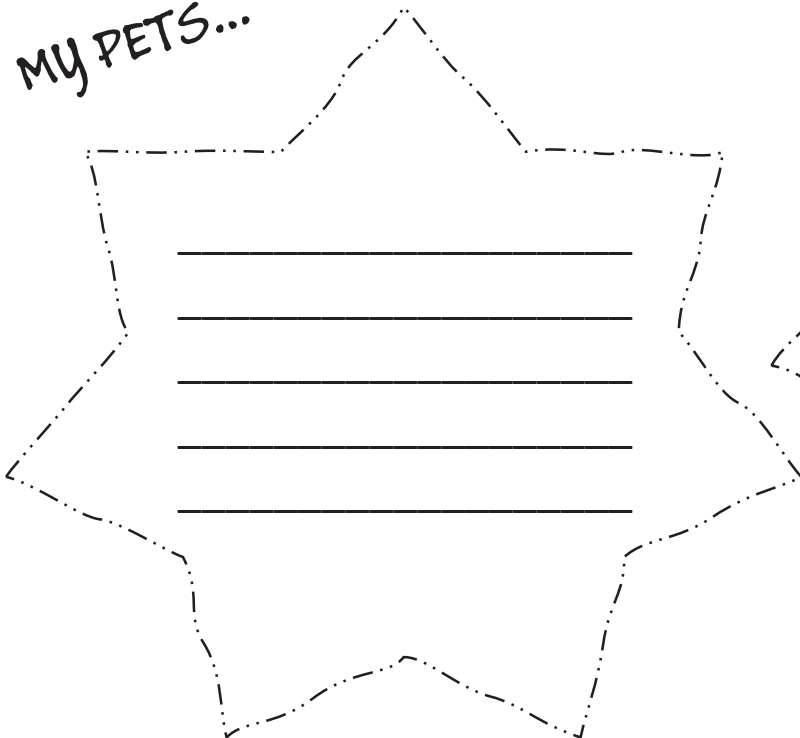
I STAND



I AM IN



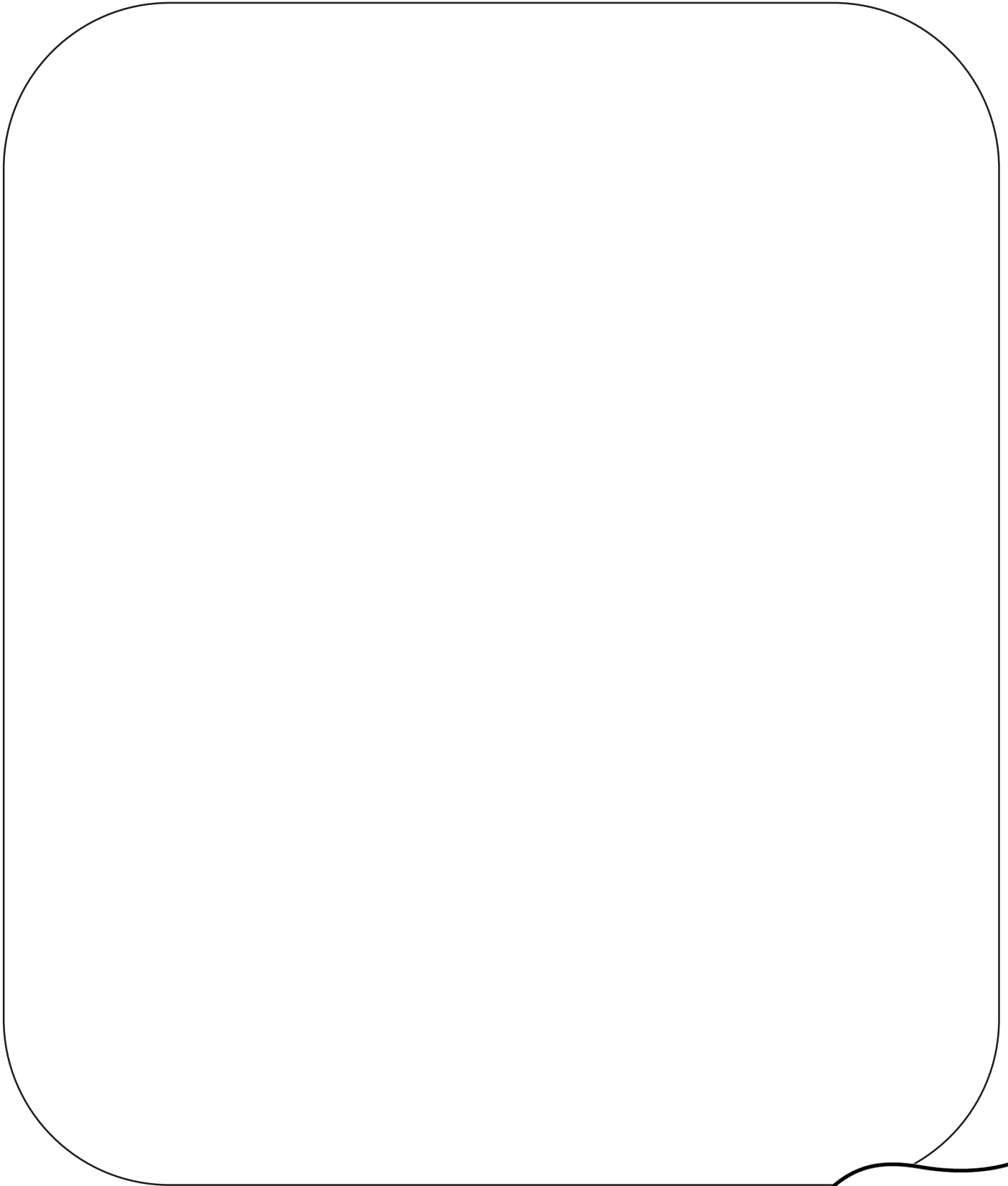
MY PETS...



MY BEST FRIENDS

PHOTOS

ADD SOME PHOTOS FROM THIS TIME FOR YOUR FUTURE SELF TO LOOK BACK ON...





HISTORY IN OUR TIME...

HERE YOU CAN INCLUDE ANYTHING FROM
THIS TIME, EXAMPLES COULD BE...

- DIARY ENTRIES OF YOUR DAYS
- NEWSPAPER CLIPPINGS
- ARTWORK
- SPECIAL MOMENTS

MY FEELINGS...

WORDS TO DESCRIBE HOW I FEEL...

WHAT HAVE I LEARNT FROM THIS EXPERIENCE?

DRAW A SELF
PORTRAIT...

HOW DO YOU FEEL?

HAPPY

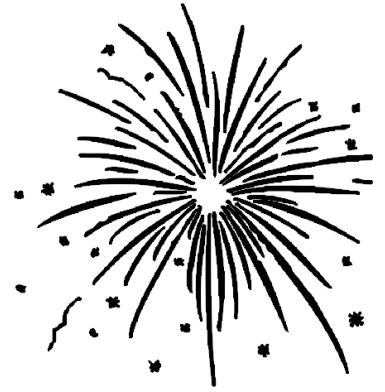
SAD

ANXIOUS

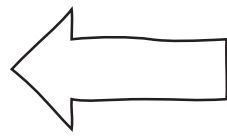
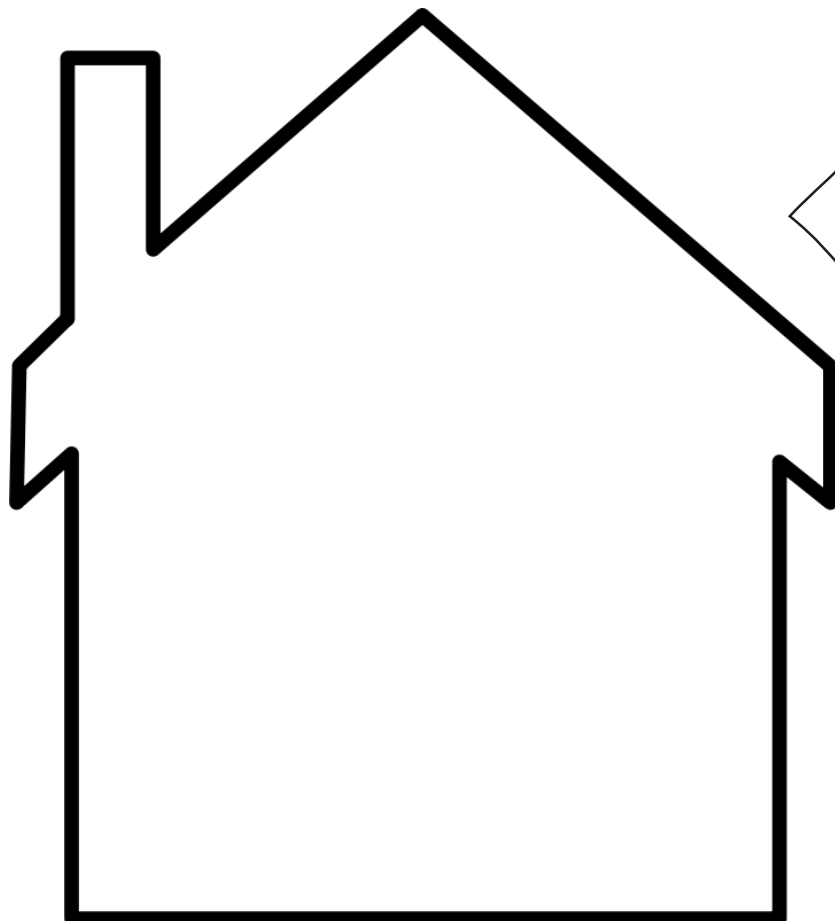
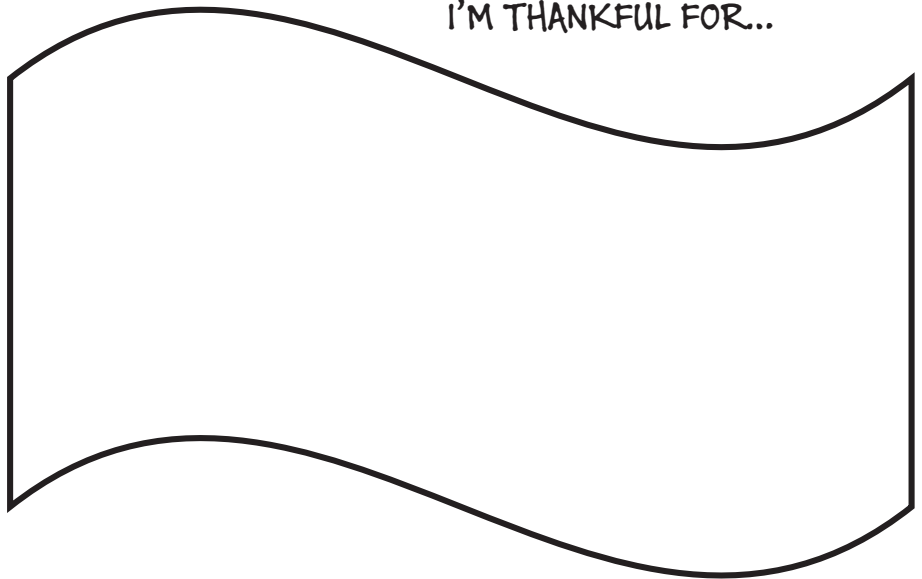
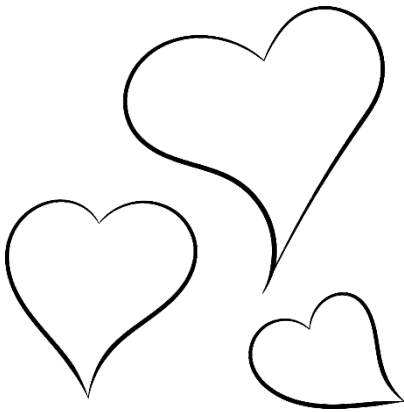
ANGRY

SEE IF YOU CAN REFLECT
YOUR FEELINGS IN YOUR
DRAWING

WHAT I'M EXCITED FOR...



I'M THANKFUL FOR...



CAN YOU DRAW
YOUR HOUSE?

I AM LIVING WITH...

DURING THIS TIME

WHAT I AM DOING
TO KEEP BUSY?



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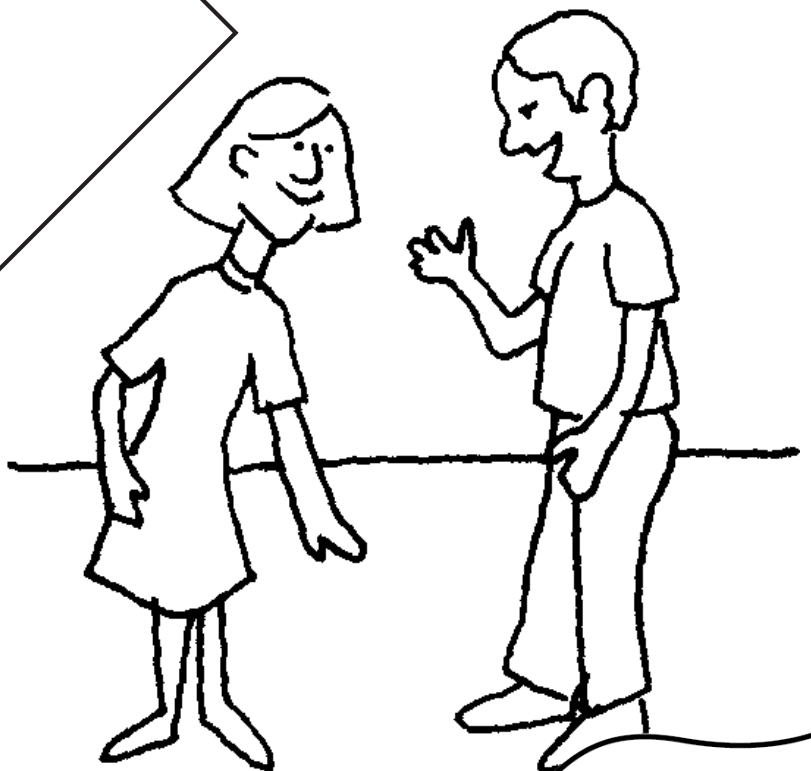
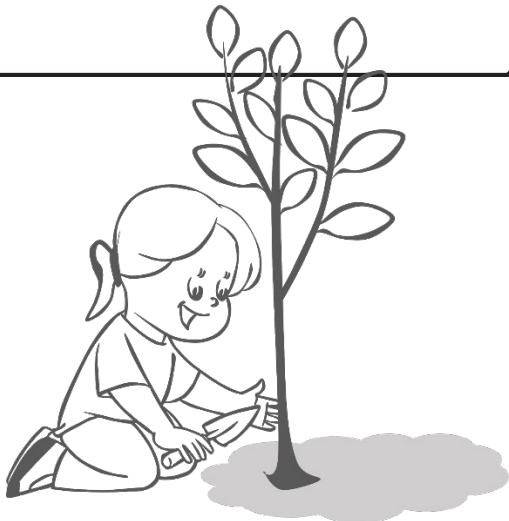
MY COMMUNITY

HOW ARE YOU STAYING CONNECTED TO OTHERS?

A large dashed-line rectangular box containing seven horizontal lines for writing.

WHO I MISS SPENDING
TIME WITH...

A large arrow-shaped box pointing to the right, containing seven horizontal lines for writing.



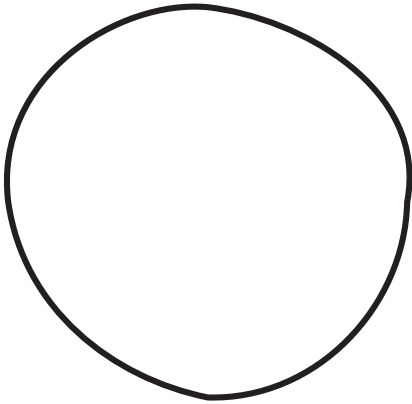
SPECIAL OCCASIONS

WHAT DID YOU CELEBRATE DURING THIS TIME?

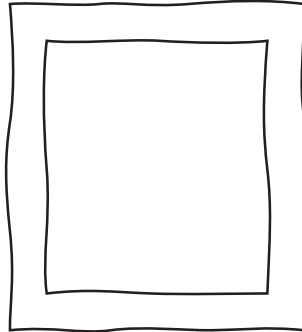
EVENT	DATE	HOW YOU CELEBRATED

INTERVIEW YOUR FAMILY

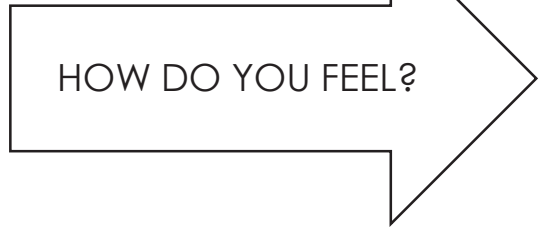
WHAT HAS CHANGED
THE MOST?



DAYS SPENT
AT HOME



HOW DO YOU FEEL?

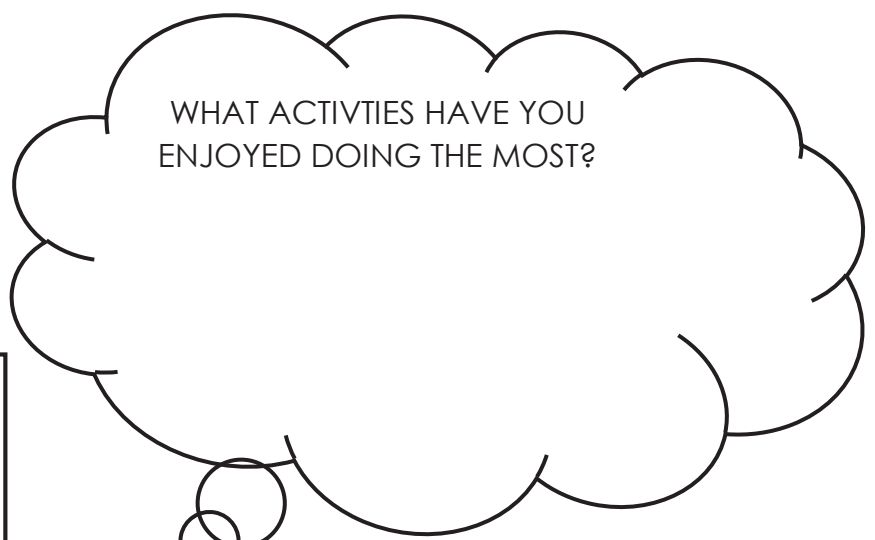


- 1
- 2
- 3

WHAT ARE YOUR TOP
3 MOMENTS FROM
THIS EXPERIENCE?

WHAT DO YOU THINK ABOUT
HOME SCHOOLING?

WHAT ACTIVITIES HAVE YOU
ENJOYED DOING THE MOST?



WHAT ARE YOU MOST
THANKFUL FOR?



TV SHOW YOU WATCHED:

FAVOURITE TIME OF DAY:

LETTER TO YOURSELF

DATE: _____

DEAR _____

LOVE _____