

MY

NAME: _____

AGE: _____

CITY: _____

DATE: _____

DRAW YOU IN YOUR BUBBLE!

LOCK

DOWN

DIARY.

2020

... ISOLATION APPRECIATION ...

WHO ARE YOU HOME WITH?



Draw and label who you are at home with

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



APPRECIATE.

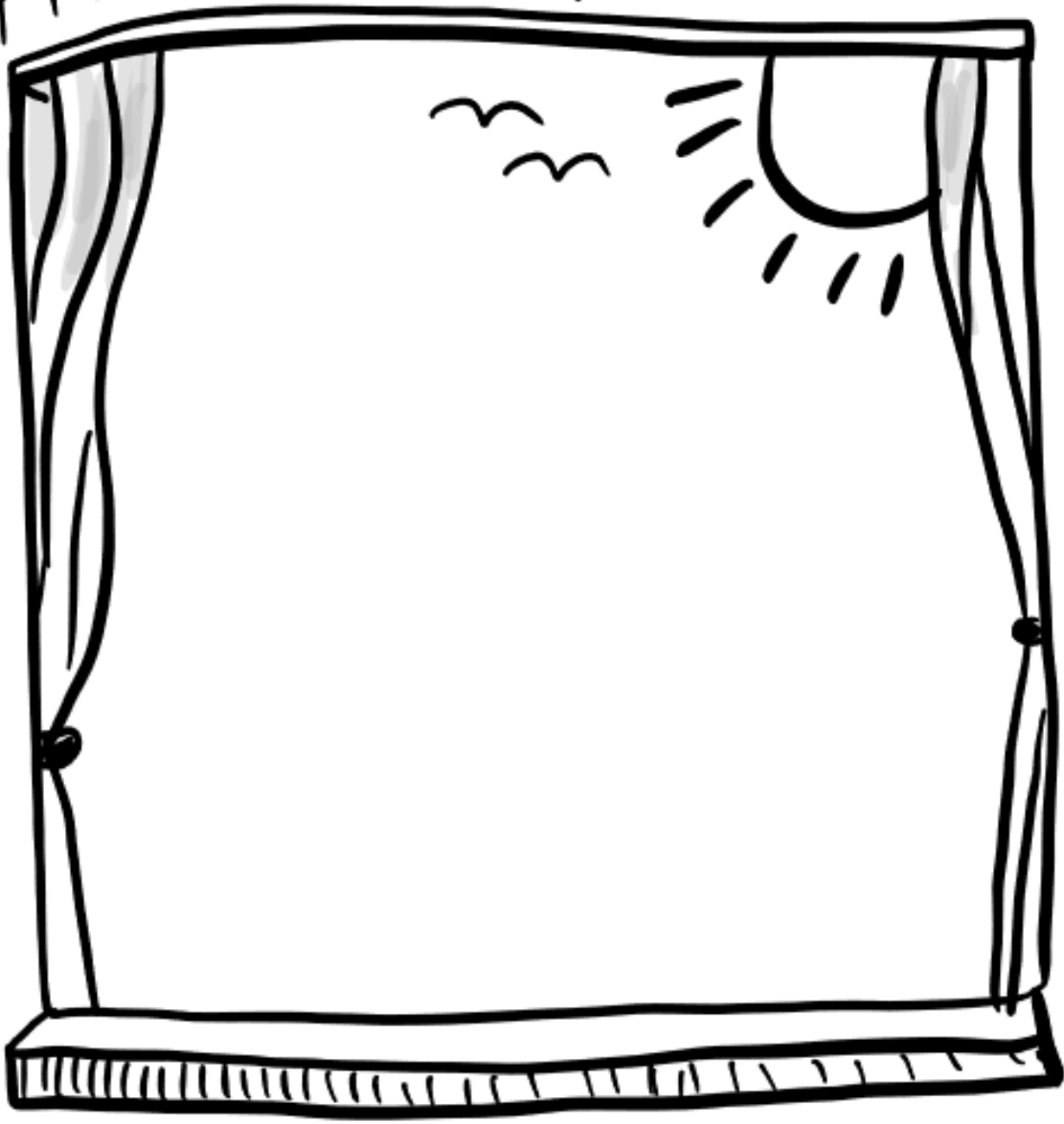
THE SMALL THINGS you might not have noticed before

TELL **THE FUTURE** YOUR STORY.

WRITE
How you
ARE
Feeling

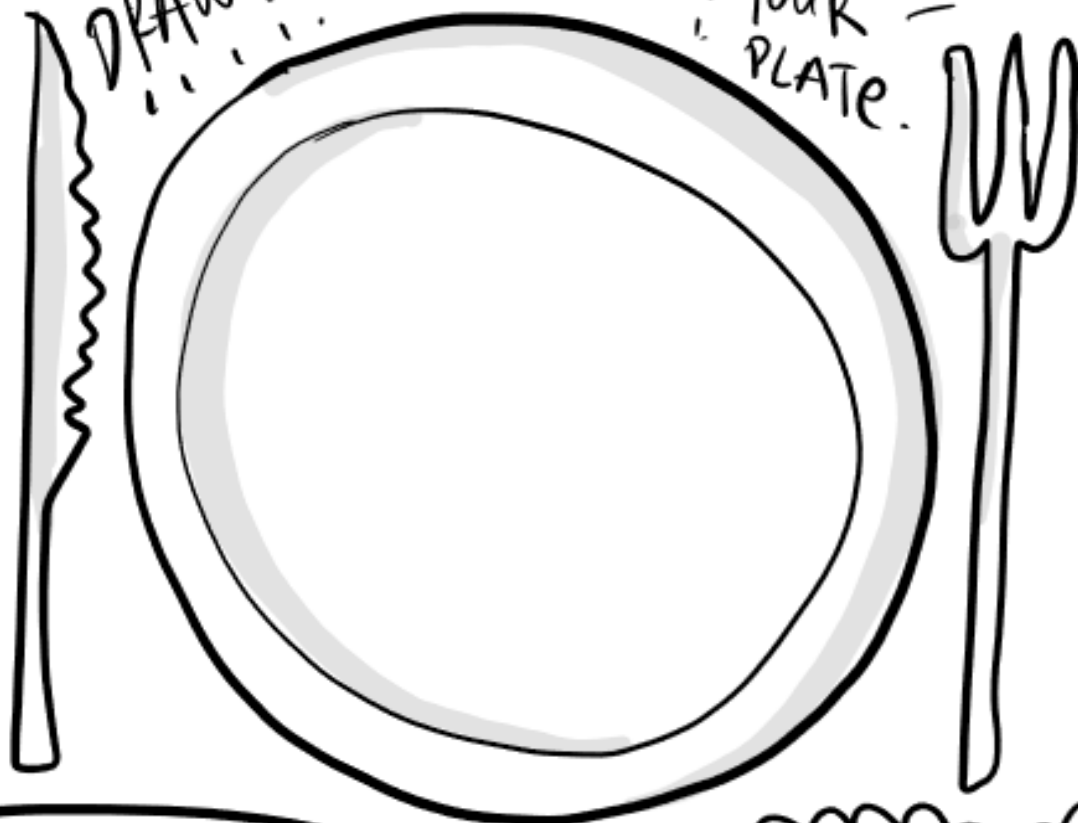
DRAW THE VIEW

FROM YOUR BEDROOM WINDOW.



Whats FOR DINNER

DRAW WHAT YOU HAD ON YOUR PLATE.



WHAT DID IT TASTE LIKE?

Hand-drawn box with horizontal lines for writing.

THOUGHTS ON TODAY ↓

Hand-drawn box with a wavy border for writing.

THREE AWESOME THINGS

ABOUT TODAY

1

2

3



WATCH A MOVIE / TV SHOW. HOW WAS IT?

TITLE

DRAW YOUR
FAVOURITE PART

↙ CIRCLE ONE. ↘
LIKE DISLIKE

Write A Note ^{To} You In The

FUTURE

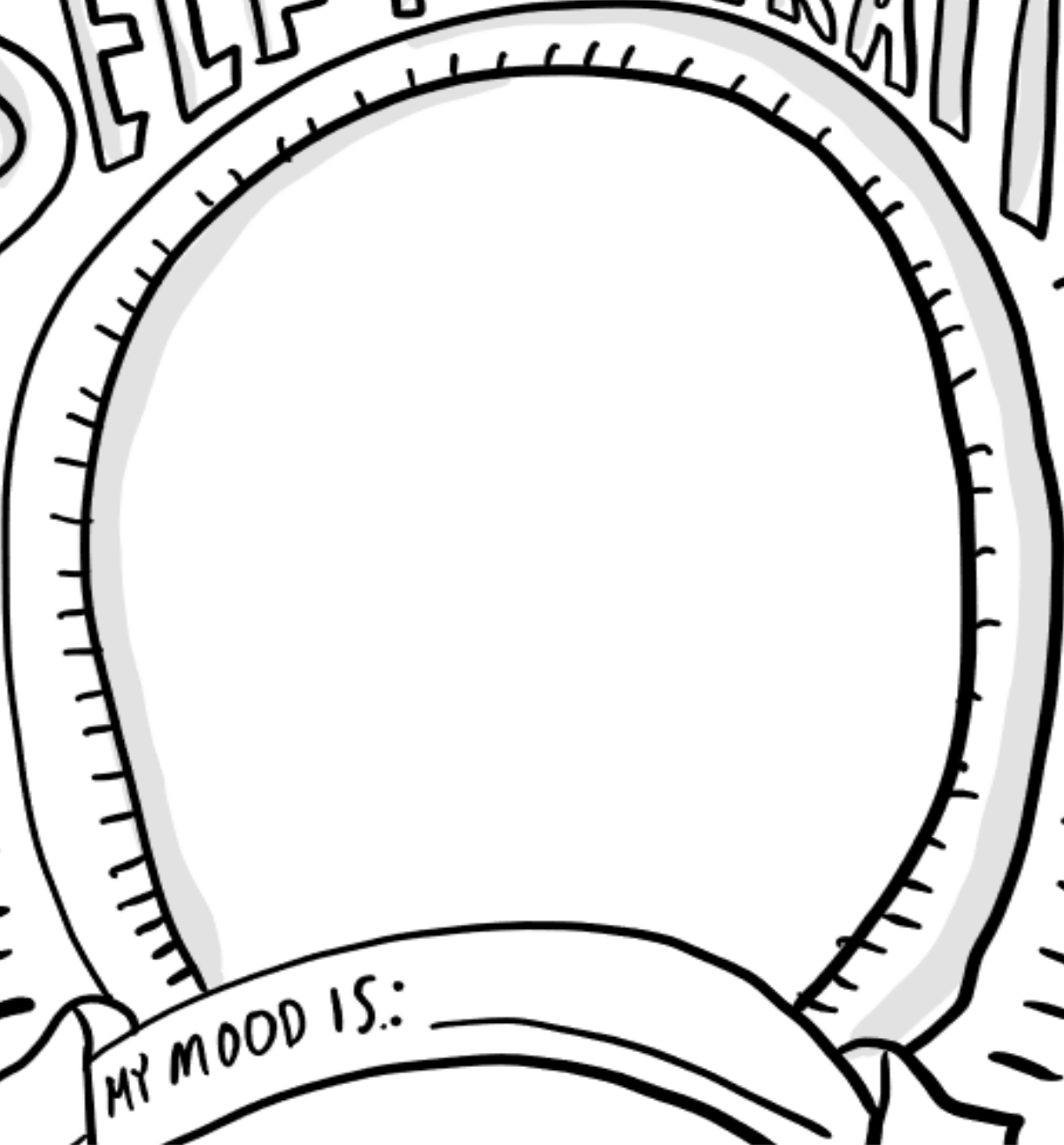
How to Keep Calm + Cool.

Dear
future me.

AGE NOW:

AGE IN 2032.

SELF PORTRAIT



MY MOOD IS: _____

Today I _____

APPRECIATION DAY.

WHAT DO YOU APPRECIATE ABOUT YOUR FAMILY.



WHAT DID YOU DO TO NOT GET

BORED TODAY?

MORNING

AFTERNOON

EVENING

LISTEN!

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

DRAW OR WRITE
HOW IT MAKES YOU FEEL

THIS **SPECIAL** DAY.

WHAT MADE TODAY AWESOME?

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline, repeated four times.

A P P R E C I A T I O N D A Y .

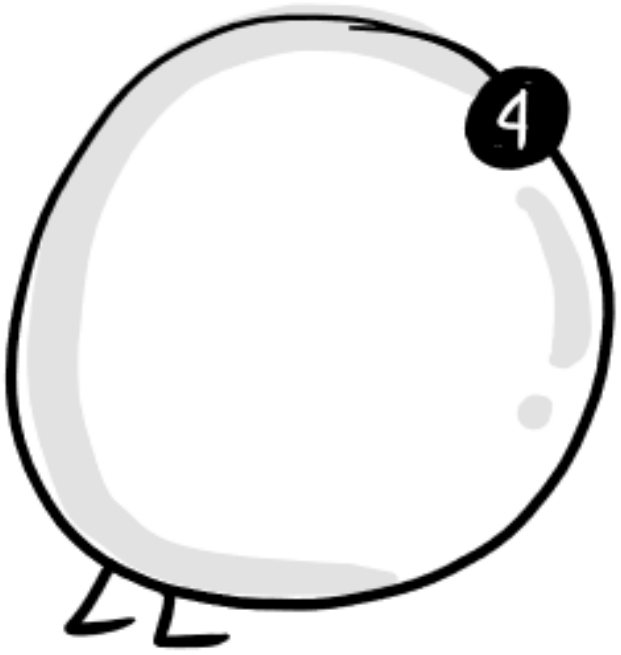
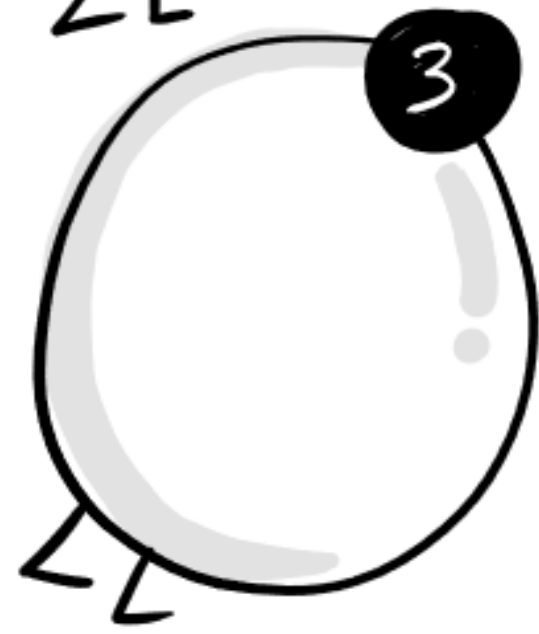
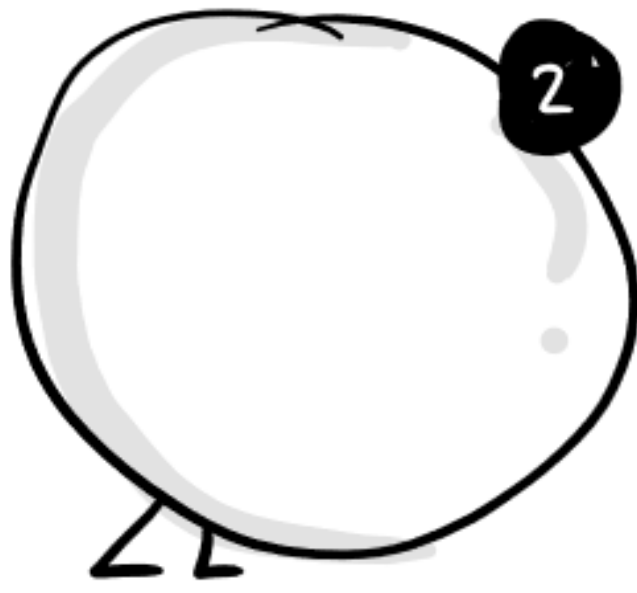
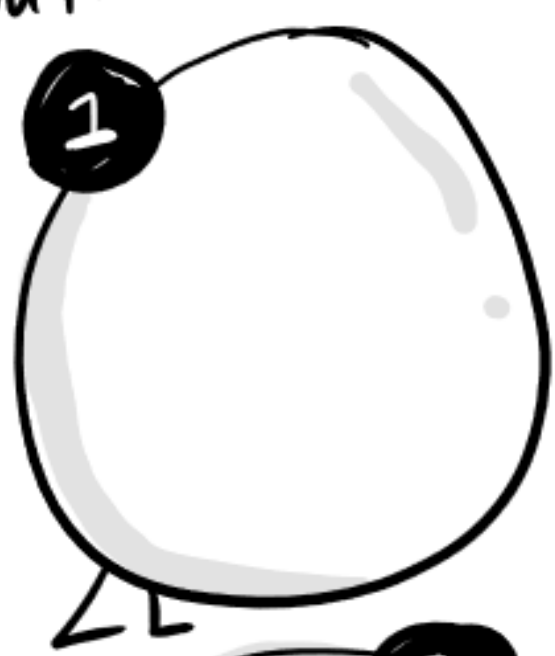
WHAT DO YOU APPRECIATE ABOUT YOUR FRIENDS



Blank writing area with horizontal lines for text. The area contains four sets of primary-ruled lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.




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



NEW

Learned something new in lockdown?

WHAT IS IT? 

MORNING

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

WHAT DID YOU GET DONE? ANY SURPRISES.

EVENING

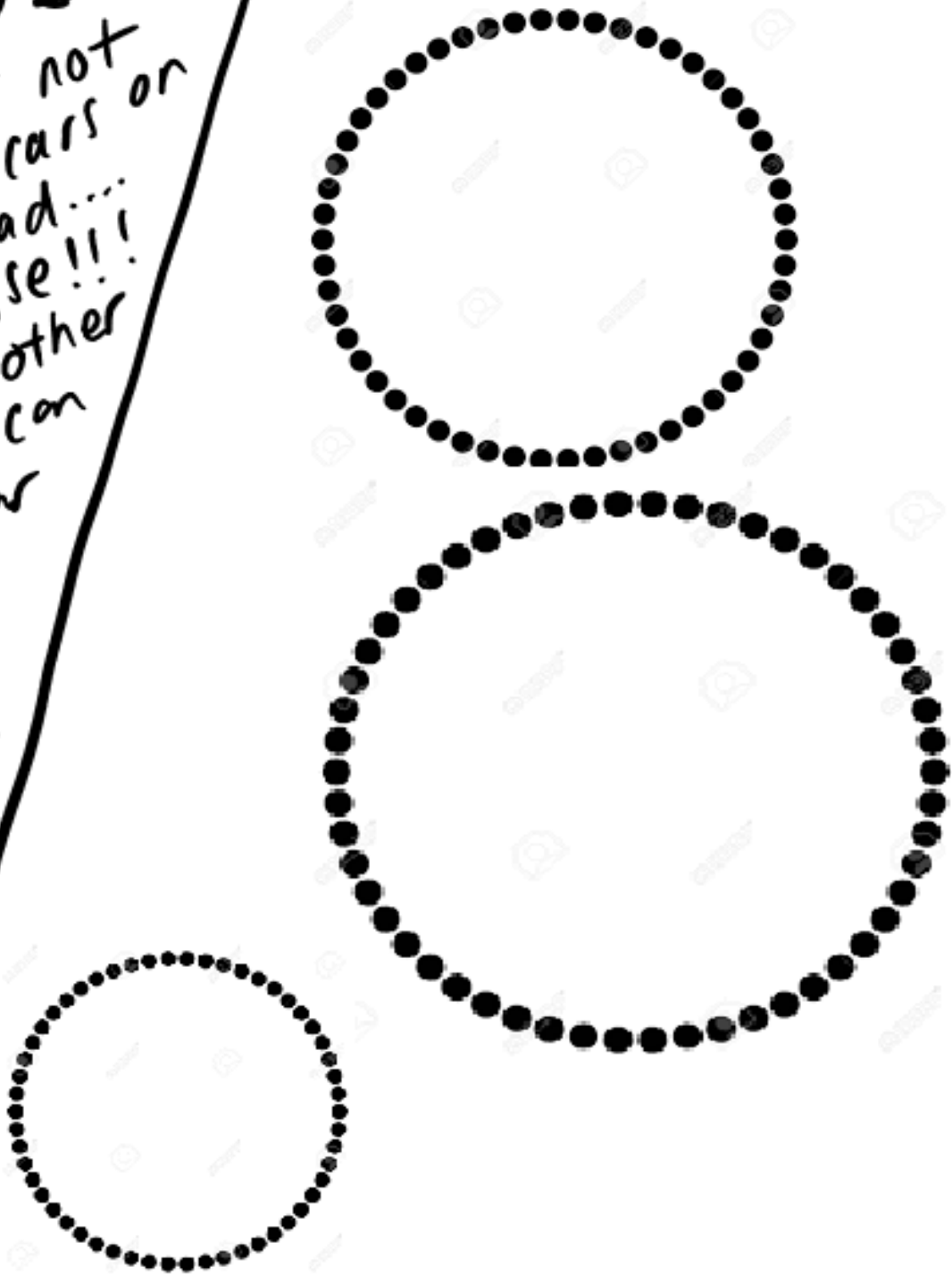
NORMAL



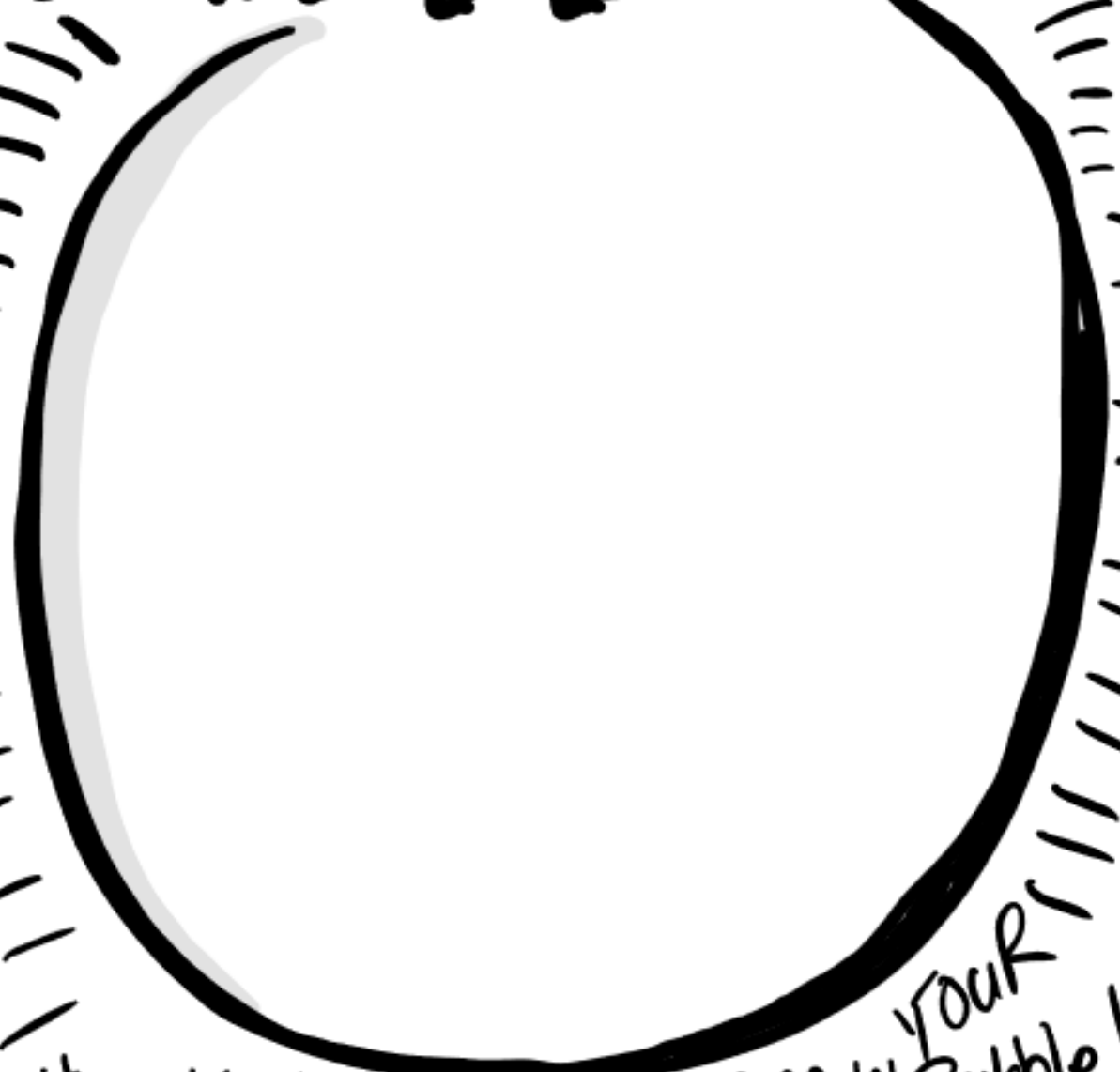
WHAT Are You looking Forward to when
Life returns to Normal... when the lockdown ends?

QUIET OUTSIDE

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



KIND



Write a Kind message to someone in your Bubble!

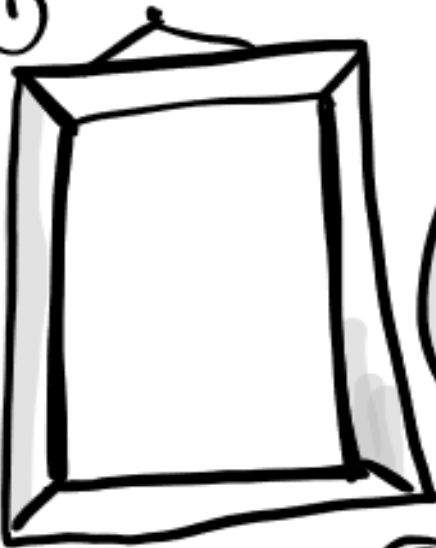
BACK at Ya!



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.

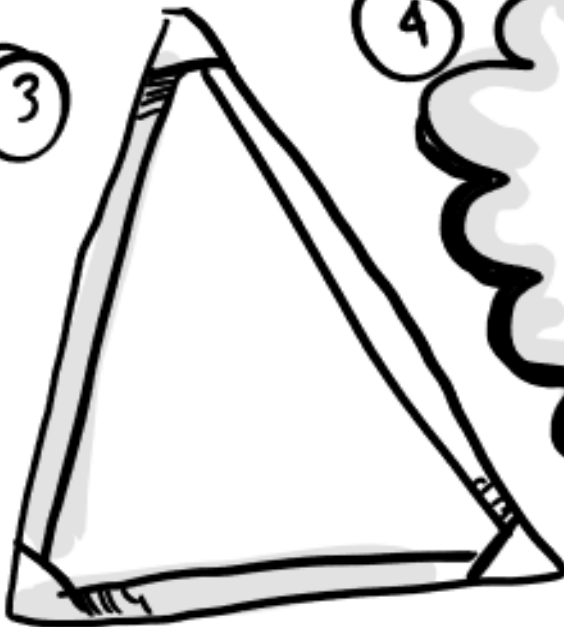
①



②



③



④





Pantry

Draw What's in
Your Cupboards at
Home



A SHOPPING
LIST FOR
NEXT time



Four horizontal, light gray shaded bars intended for writing a shopping list.

Details of the Day.....

Let's get down to the nitty gritty...

7Am

10Am

2 pm

8pm



A WEEK'S WORTH

HIGHLIGHTS OF THE WEEK JUST GONE



DAY	DAY	DAY
DAY	DAY	DAY
DAY.		

BLANK

TO

DRAW

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.

CARE

MY STAY AT HOME SUMMARY.

SUM UP THIS time

 TO Future Kids? 

Signed: _____