Who are you home with?

Write what you appreciate about these people.

Name

Name

Name

Name

Name

If you need more, another print page = ♦️ ♦️ ♦️
WHY A LOCKDOWN DIARY?

EVEN THOUGH the WORLD 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.

Is there something you didn't notice before?
What's For Dinner

Draw what you had on your plate.

What did it taste like?

Thoughts on today
FIVE Awesome Things

About Today

1. __________________________

2. __________________________

3. __________________________

4. __________________________

5. __________________________
WATCH A MOVIE/TV SHOW. HOW WAS IT?

Title

What else did today hold?

Your Review

LIKE

DISLIKE
Listen

To your FAVE Song... really listen...

What are the words about??

ARTIST

SONG NAME...

What do the words mean??
WHAT DID YOU DO TO NOT GET BORED TODAY?

MORNING

AFTERNOON

EVENING
This special day. What made today awesome?
ISOLATION

What do you appreciate about your friends?

APPROPRIATION DAY
SEND A VIRTUAL NOTE TO SOMEONE YOU MISS.

DEAR:

YOUR AWESOME BECAUSE

FROM

IF YOU HAVE A PHONE. TAKE A PIC OF THIS PAGE + SEND
If you can take a walk outside. Draw 4 things you remember.
Learned something new in lockdown? What is it?
MORNING
Wakey Wakey!! 🔄 What's the plan today?

WHAT DID YOU GET DONE? ANY SURPRISES?

EVENING
WHAT ARE YOU LOOKING FORWARD TO WHEN LIFE RETURNS TO NORMAL ... WHEN THE LOCKDOWN ENDS?
There's not many cars on the road... no noise!!! What other sounds can you hear now? Birds. Wind? The sea? Laughter?
Write a kind message to someone in your bubble!
BACK at Yq1!

Give this page to someone in your lockdown bubble. Ask them to write what they like about being stuck with you.
I S O L A T I O N

What do you appreciate about your family.

Appreciation Day

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BLAH! BLAH!

What Happened Today??
DRAW TODAY IN PICTURES.

1. Picture frame
2. Circle
3. Triangle
4. Cloud

... NO WORDS ...
Pantry
Draw what's in at your cupboards home

A shopping list for next time
Let's get down to the nitty gritty... write away!

<table>
<thead>
<tr>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 AM</td>
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<td>10 PM</td>
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</tbody>
</table>
A Week's Worth

Highlights of the Week Just Gone

Day

Day

Day

Day

Day

Day
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: ______
Write a final thanks to all the people in my bubble!

Who: 
Who: 
Who: 
Who: 
Who: 
Who: 
Who: 
Who: 
Who: 
Who: 

MY LOCKDOWN DIARY. 10M.