

MY

NAME: _____

AGE: _____

CITY: _____

DATE: _____

DRAW YOU IN YOUR BUBBLE!

LOCK
DOWN
DIARY 2020

... ISOLATION APPRECIATION ...

WHO ARE YOU HOME?

WRITE WHAT YOU APPRECIATE ABOUT THESE PEOPLE.

NAME _____

NAME _____

NAME _____

name .

NAME _____

NAME _____

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.

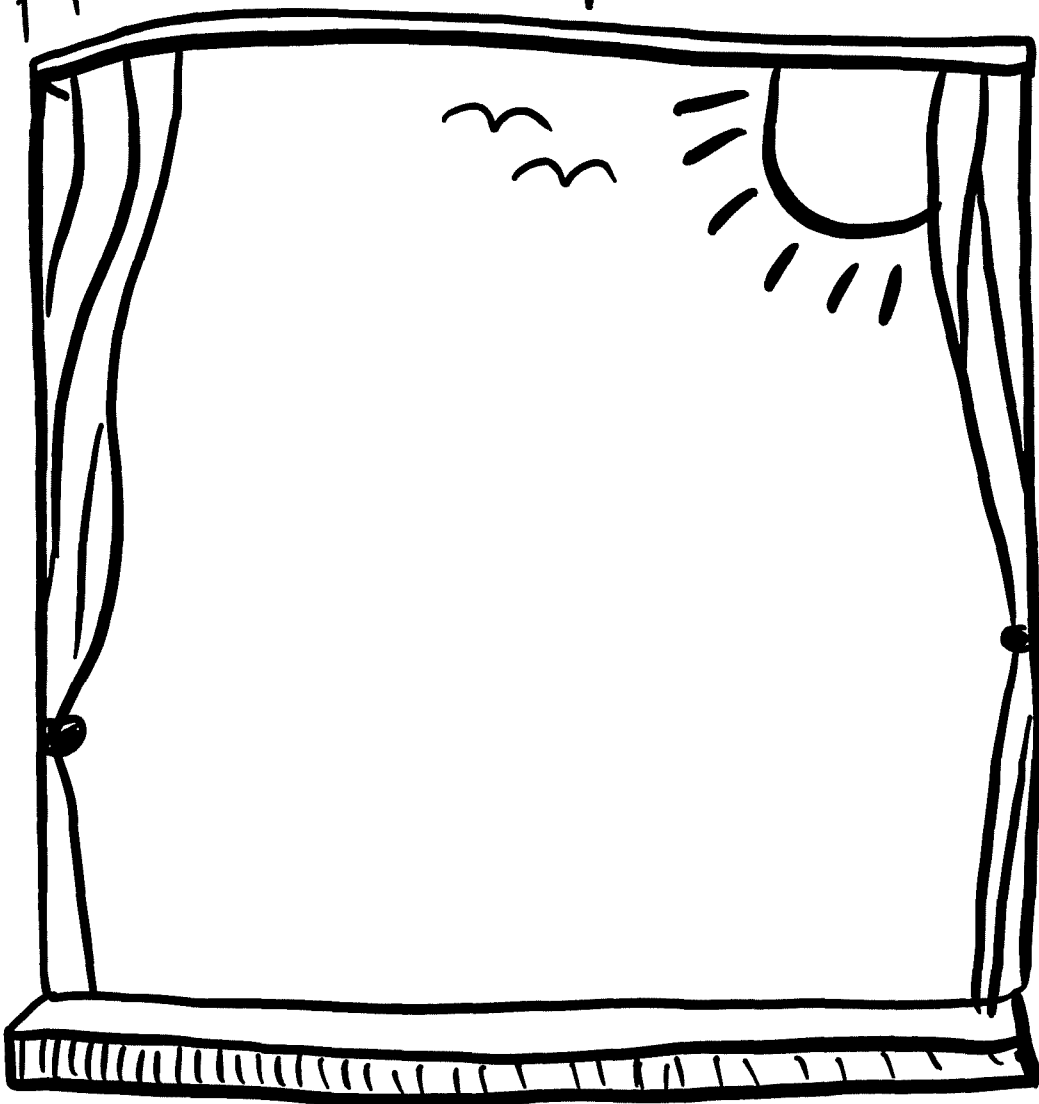
THE SMALL THINGS you might not have noticed before

TELL **THE FUTURE** YOUR STORY.

WRITE
How you
ARE
Feeling

DRAW THE VIEW

FROM YOUR Bedroom Window.

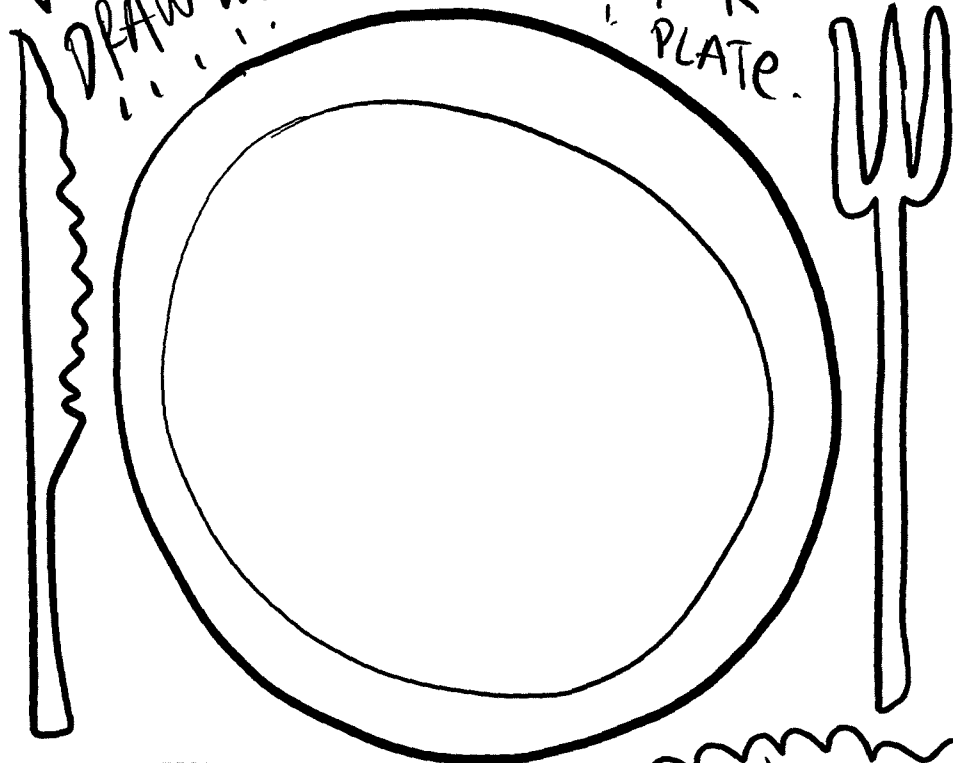


Is there something you didn't notice before? _____

Whats Dinner

SAW WHAT YOU HAD ON YOUR =

DRAW WHAT YOU HAD ON YOUR PLATE.



WHAT DID IT TASTE LIKE?

A hand-drawn notepad with a thick black border. At the top, the text "WHAT DID IT TASTE LIKE?" is written in a bold, slightly irregular font. Below the title, there are eight horizontal lines for writing, also drawn with a simple black line. The notepad has a slightly wavy bottom edge, giving it a hand-drawn appearance.

THOUGHTS ON TODAY



THOUGHTS ON TODAY ↓

FIVE Awesome Things

ABOUT Today

1

2

3

4

5

Like Dislike
↑ circle one. ↓

YOUR REVIEW

TITLE

What else did today hold?

WATCH A MOVIE/TV SHOW. HOW WAS IT?



Write A Note ^{To} You In The

FUTURE

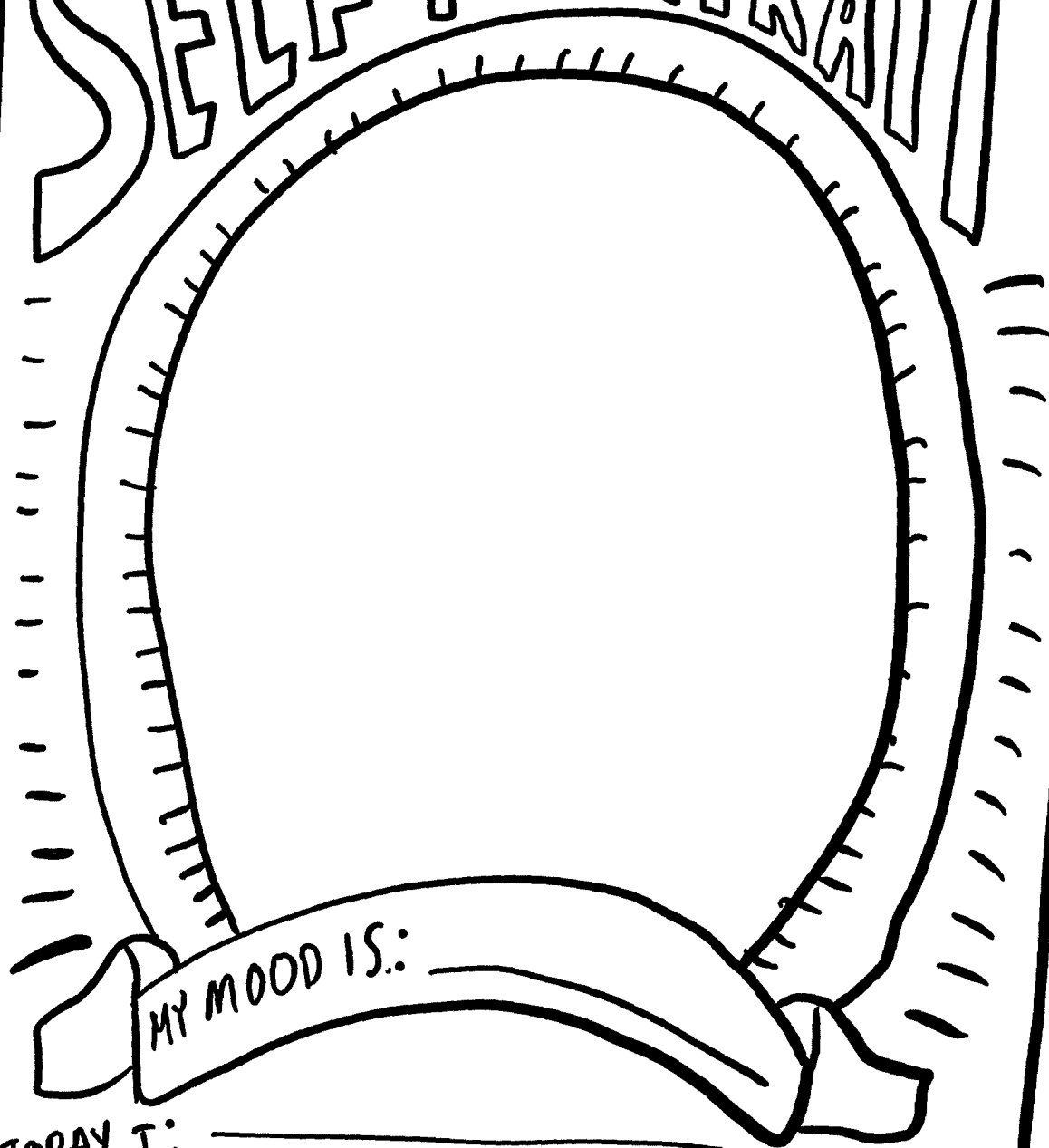
How to Keep Calm + Cool.

Dear
Future Me.

AGE NOW:

AGE IN 2032.

SELF PORTRAIT



MY MOOD IS: _____

TODAY I: _____

I S O L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FAMILY.

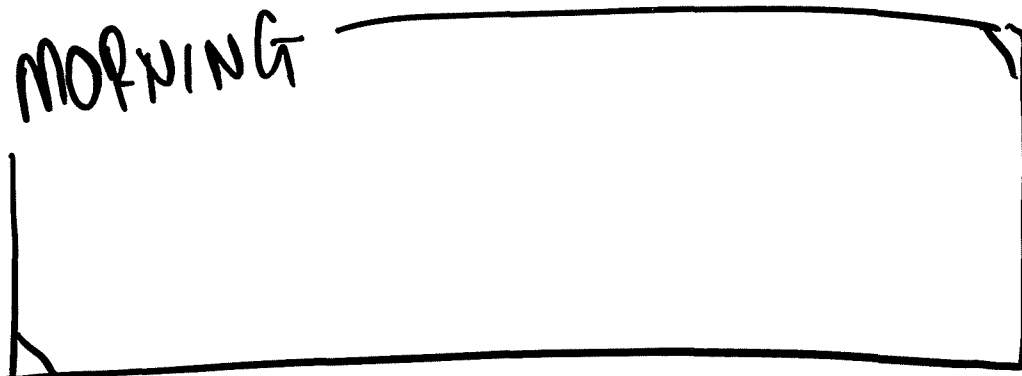


A P P R E C I A T I O N D A Y.

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??

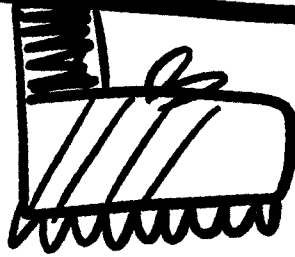
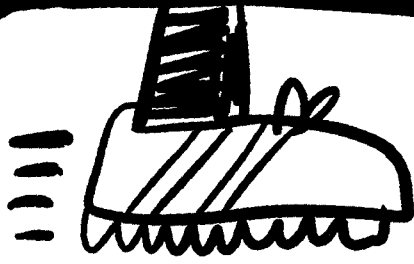
THIS SPECIAL DAY.

WHAT MADE TODAY AWESOME?

I S O L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FRIENDS

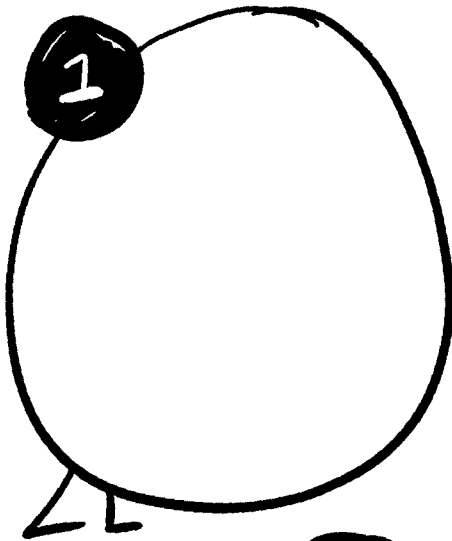
A P P R E C I A T I O N DAY.



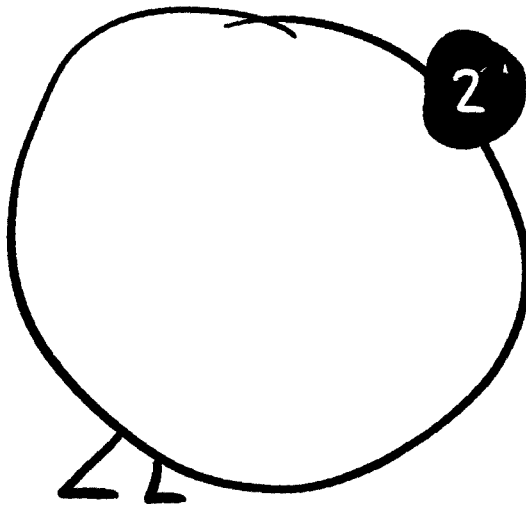
WALK

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

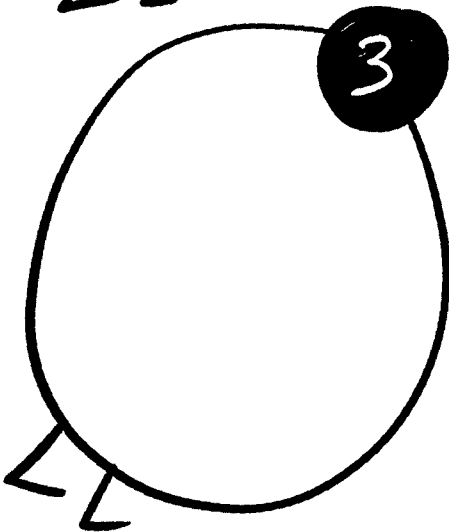
1



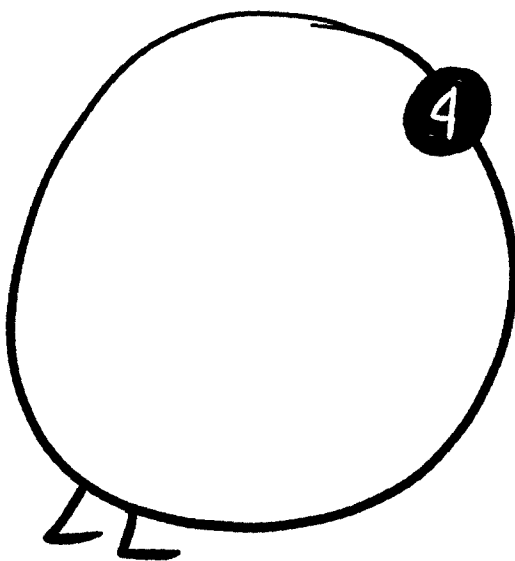
2



3



4



NEW

Learned something new in Lockdown?

What is it?



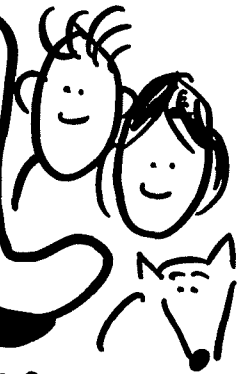
MORNING

WAKE? WAKY!!  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

There's not
Many cars on
The road....
No noise!!!
What other
sounds can
You hear
now?
Birds?
WIND?
The sea?
LAughter?



outside

- 0
- 2
- 3
- 4
- 5
- 6
- 7



Kind

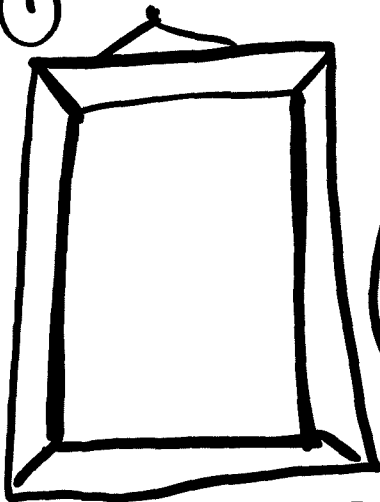
Write a Kind message to someone in your Bubble!

BACK at Yq!

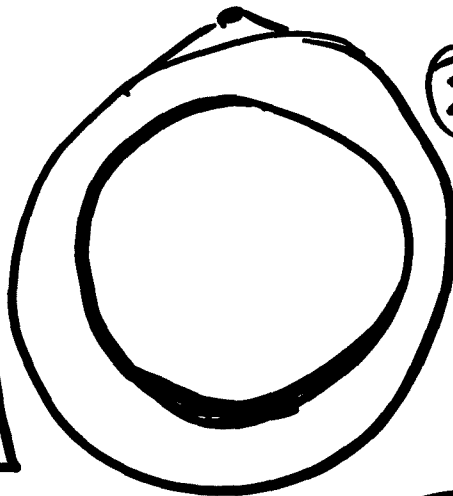
Give this page to someone IN
YOUR LOCKDOWN BUBBLE. ASK
Them to write what They like about
being stuck with you

DRAW TODAY IN PICTURES.

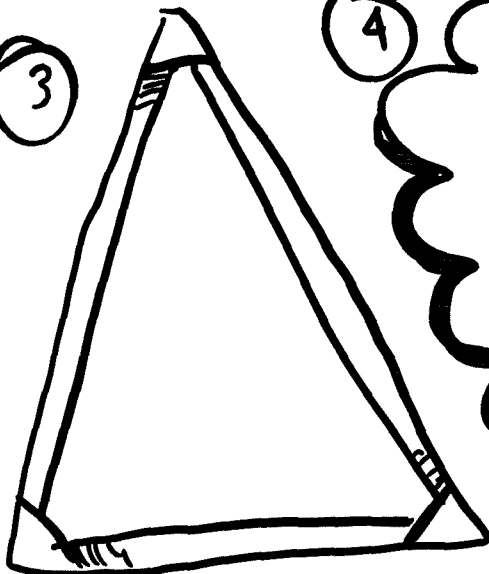
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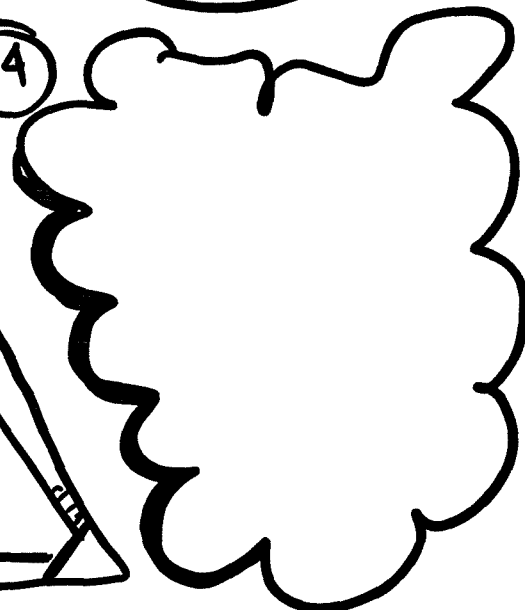
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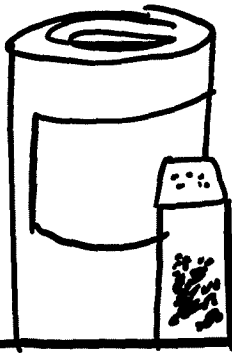
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④



... NO WORDS ...



Pantry

Draw Whats in at
Your Cupboards HOME



A SHOPPING
LIST FOR
Next time



Details of the Day.....

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



7Am

8Am

9Am

10Am

11Am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm.

10pm

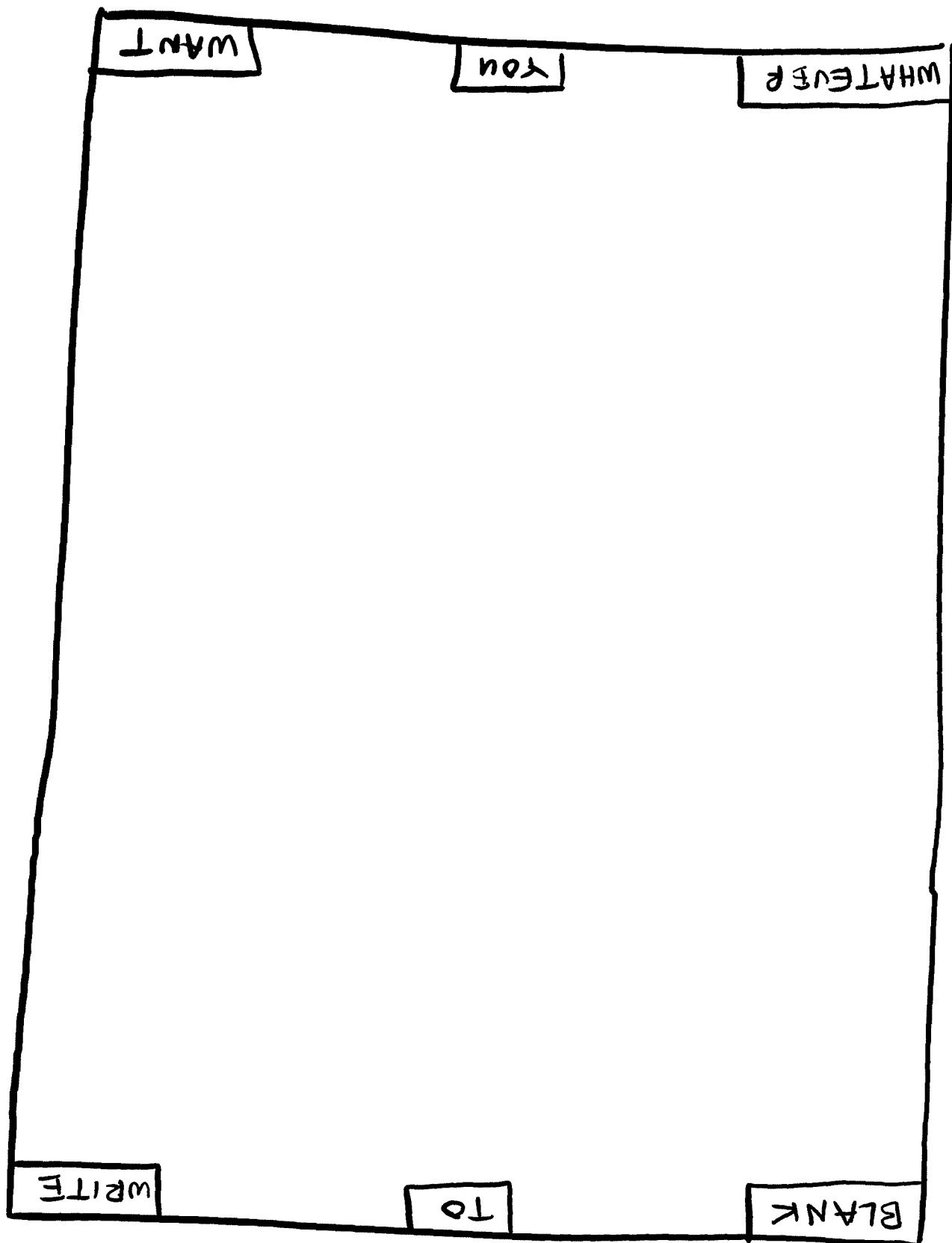


A Week's Worth

HIGHLIGHTS OF THE
WEEK JUST GONE

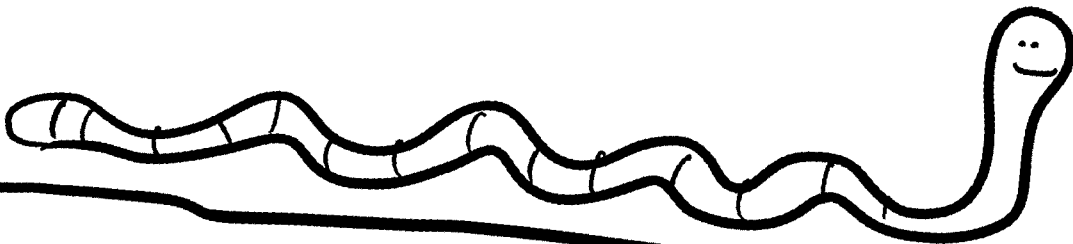


DAY	DAY	DAY
DAY	DAY	DAY
DAY.		



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: _____