

MY

NAME: _____

AGE: _____

CITY: _____

DATE: _____

DRAW YOU IN YOUR BUBBLE!

LOCK

DOWN

DIARY 2020

ISOLATION APPRECIATION

WHO ARE YOU HOME WITH?

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.

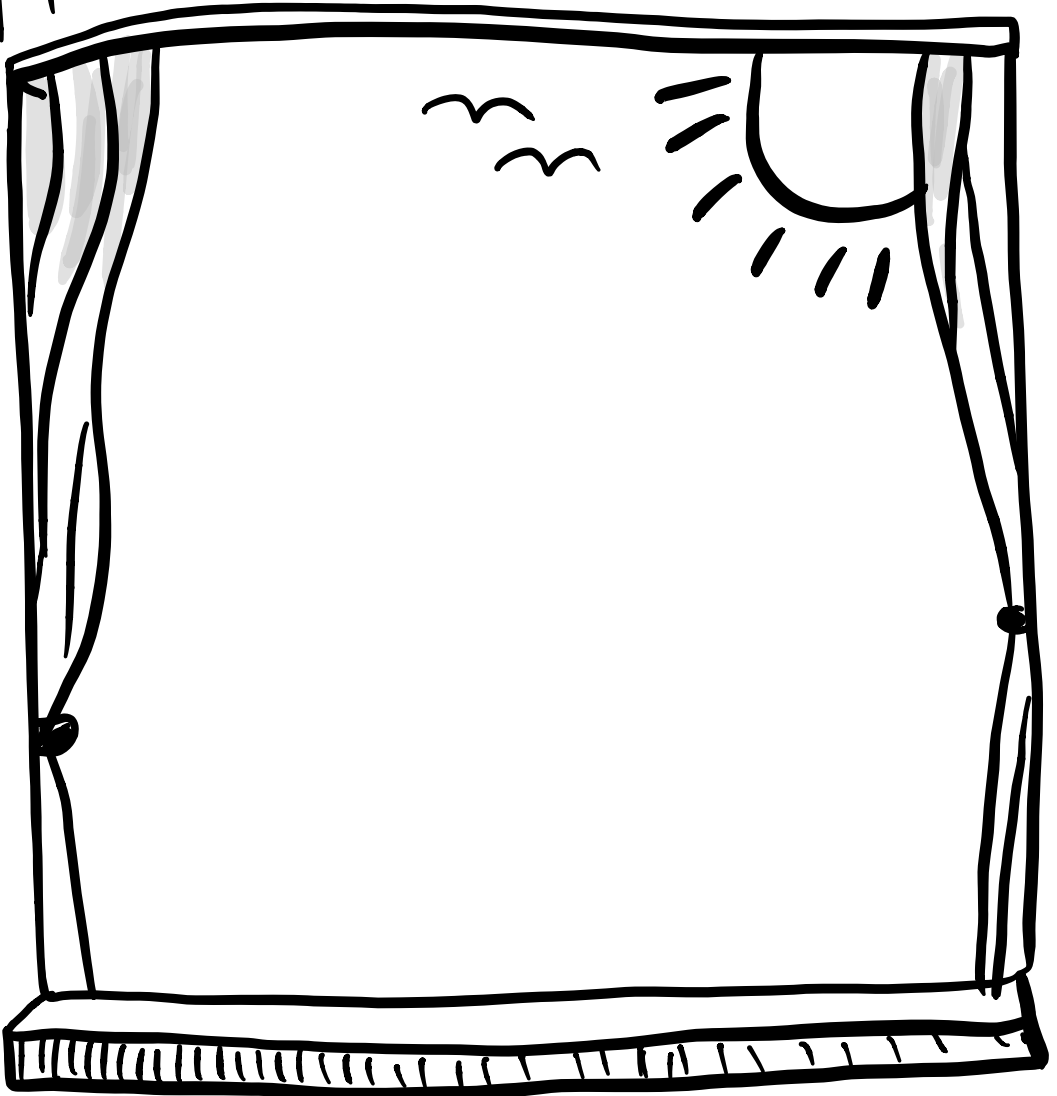
THE SMALL THINGS you might not have noticed before

TELL **THE FUTURE** YOUR STORY.

WRITE
How you
ARE
Feeling

DRAW THE VIEW

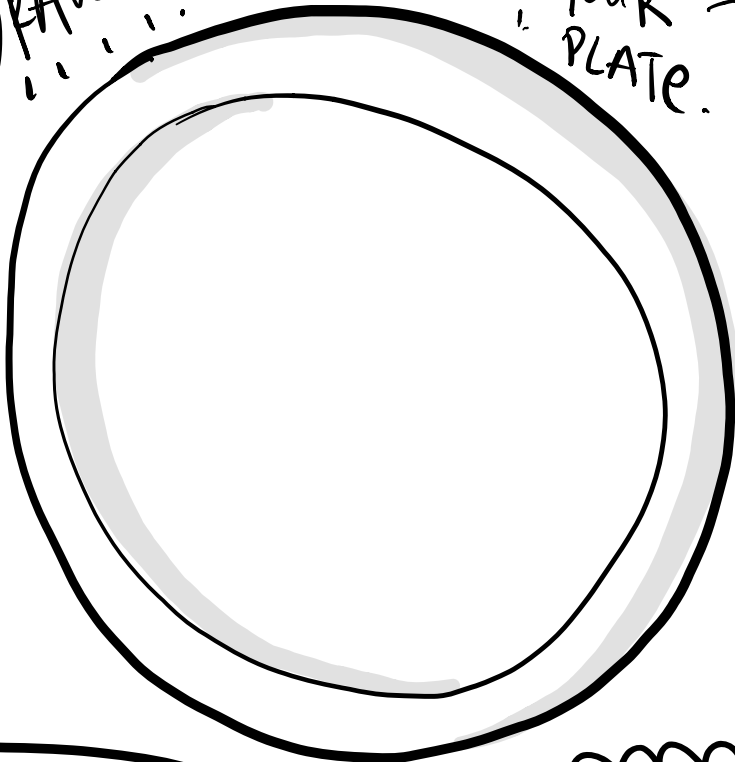
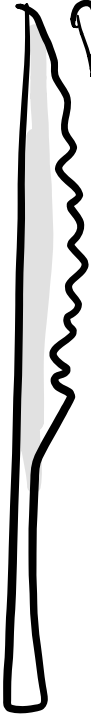
FROM YOUR BEDROOM WINDOW.



Is there something you didn't notice before? _____

Whats FOR DINNER

DRAW WHAT YOU HAD ON YOUR PLATE.



WHAT DID IT TASTE LIKE?

Hand-drawn horizontal lines for writing, contained within a rectangular box with a wavy bottom edge.

THOUGHTS ON TODAY ↓

A large, irregularly shaped area with a wavy border, intended for writing thoughts, located at the bottom right of the page.

FIVE AWESOME THINGS

ABOUT TODAY

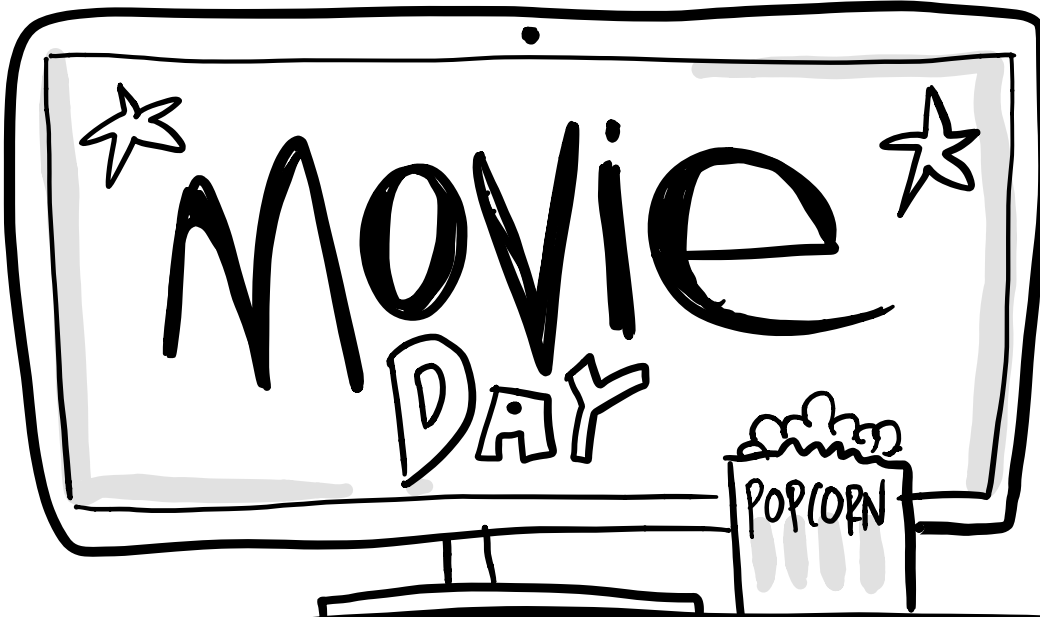
1

2

3

4

5

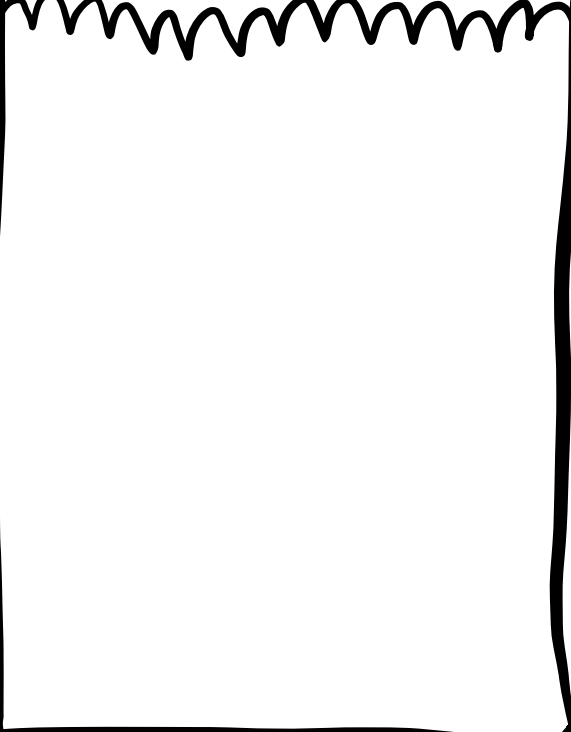


WATCH A MOVIE / TV SHOW. HOW WAS IT?

TITLE

YOUR REVIEW

What else did today hold?



↙ 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: _____

I S O L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FAMILY.

Hand-drawn horizontal lines for writing.



APPRECIATION DAY.

WHAT DID YOU DO TO NOT GET

BORED
TODAY?

MORNING

Blank writing area for the morning.

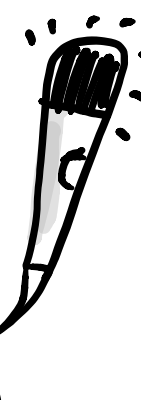
AFTERNOON

Blank writing area for the afternoon.

EVENING

Blank writing area for the evening.

LISTEN!



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

WHAT ARE THE WORDS ABOUT??

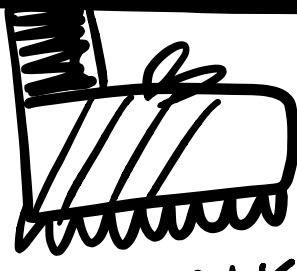
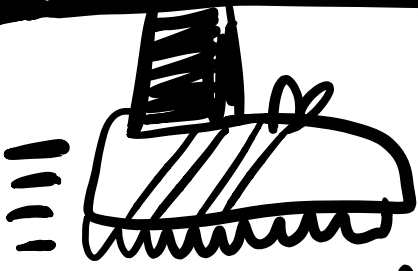
ARTIST _____
SONG NAME .. _____
WHAT DO THE WORDS MEAN??

I S O L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FRIENDS

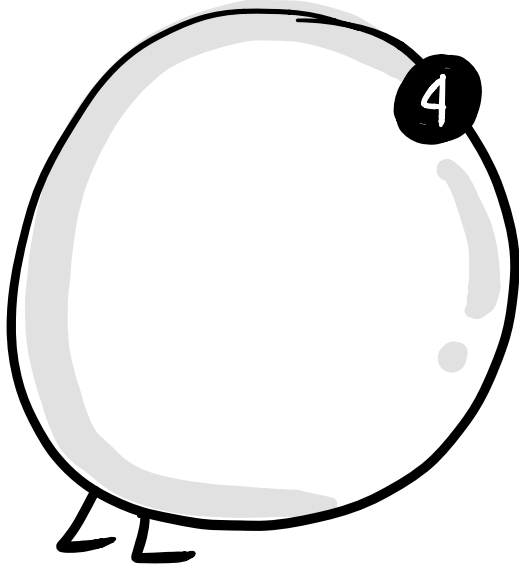
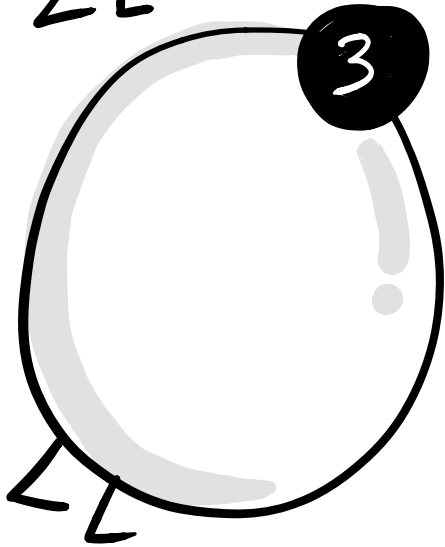
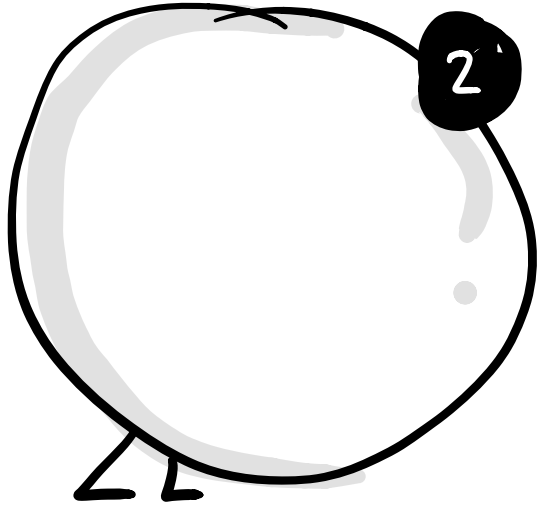
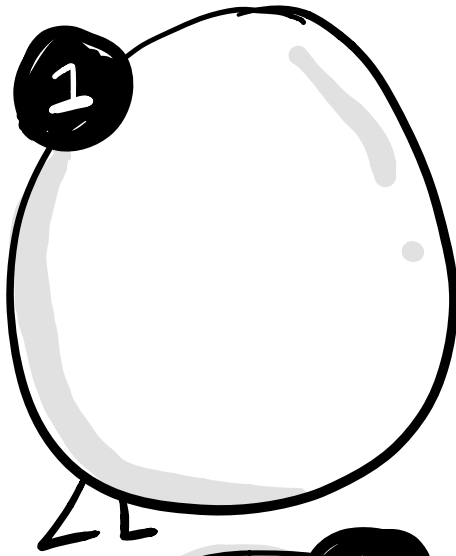
A series of 15 horizontal grey lines, each with rounded ends, providing a space for writing answers to the question above.

APPRECIATION DAY.



WALK

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



NEW

Learned something new in lockdown?

WHAT IS IT?



A series of ten horizontal, light gray brushstroke lines intended for writing.

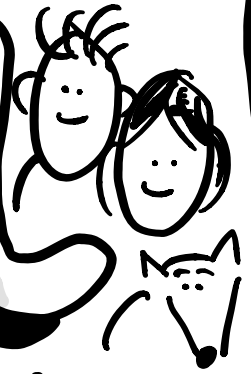
MORNING

WAKE? WAKEY!!  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?

A series of 12 horizontal, light gray brush-stroke lines intended for writing answers to the question above.

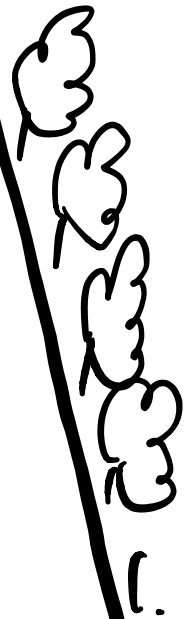
QUIET

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

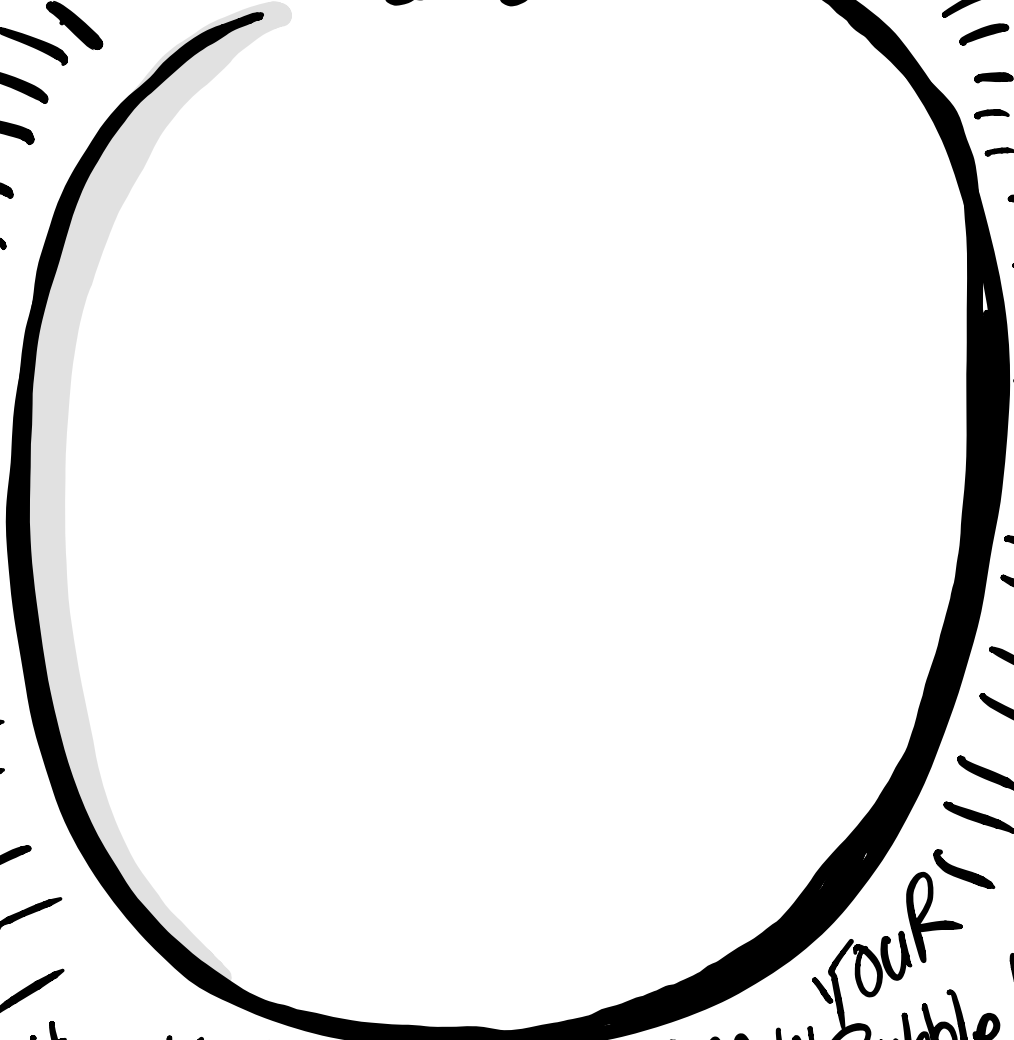


OUTSIDE

- 1
- 2
- 3
- 4
- 5
- 6
- 7

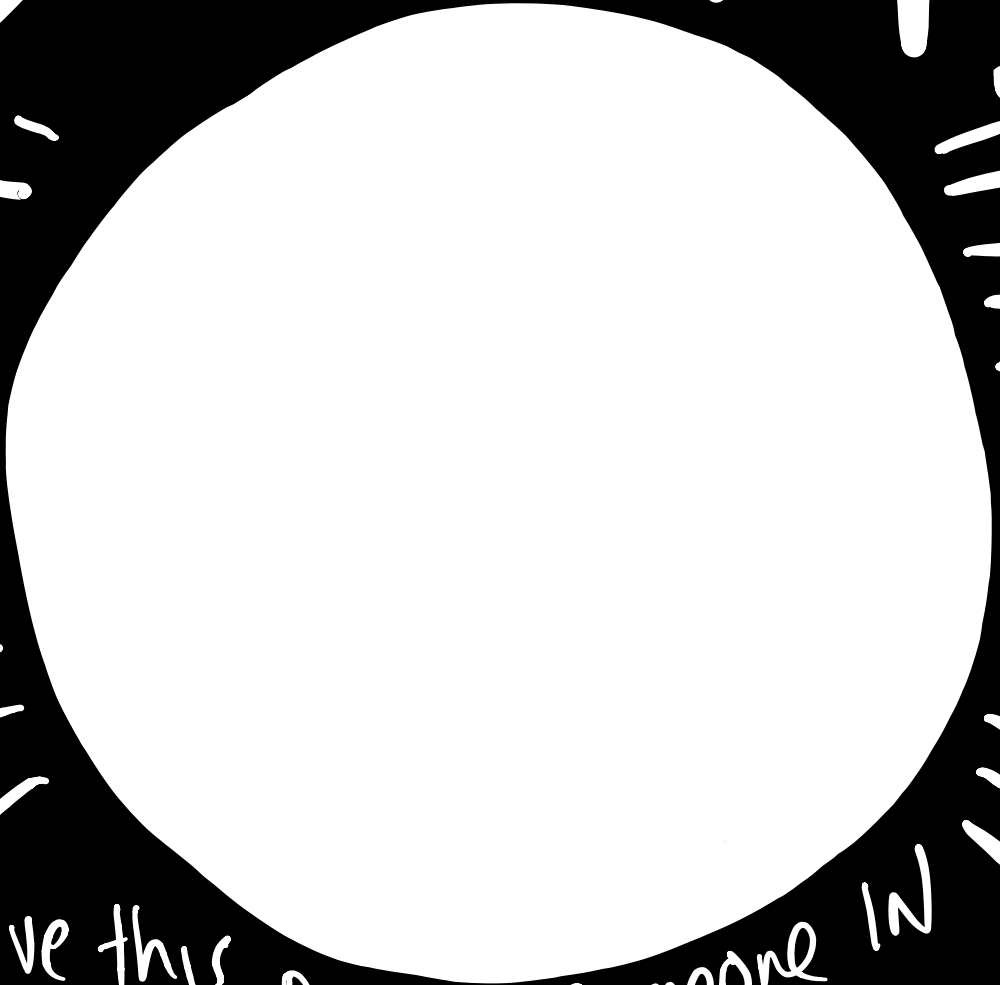


KIND



Write a Kind message to someone in ^{your} Bubble!

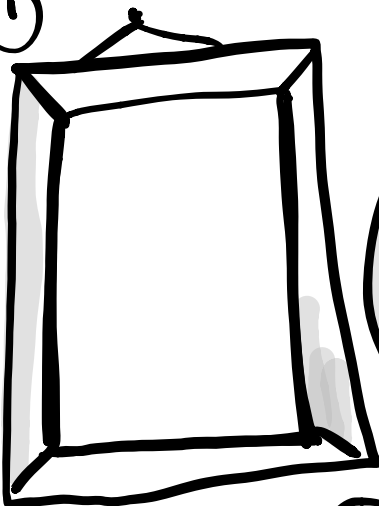
BACK at Ya!



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.

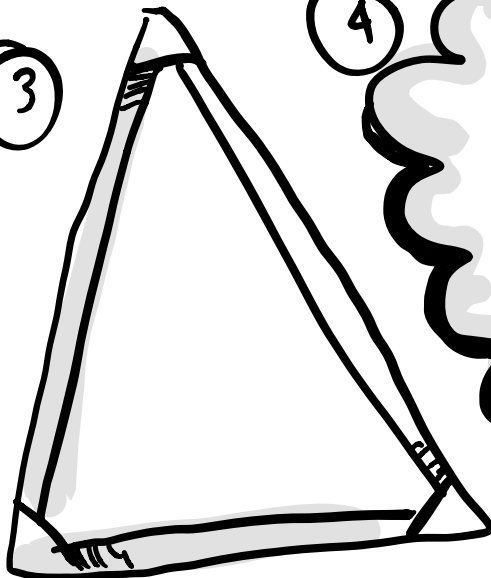
①



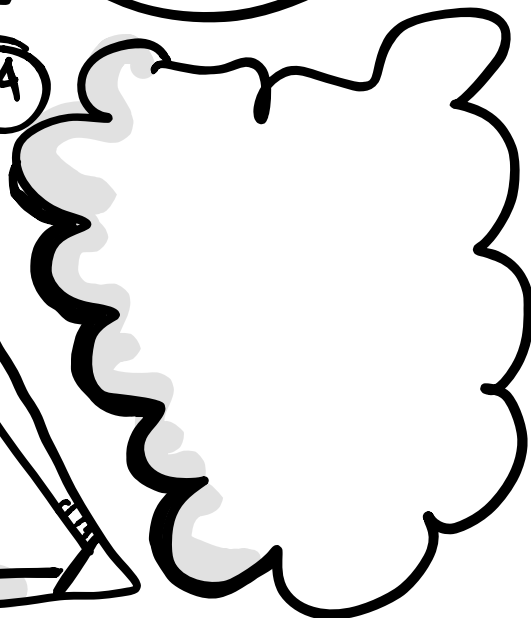
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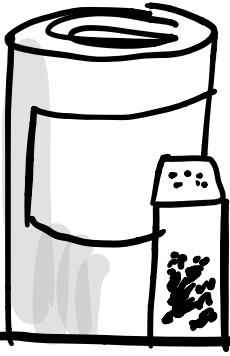
③



④



..... NO WORDS



Pantry

Draw What's in
Your Cupboards at
Home



Four horizontal lines for drawing items in the pantry.

A SHOPPING
LIST FOR
NEXT TIME



Four horizontal lines for writing a shopping list.

Details of the Day.....

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



7 Am

8 Am

9 Am

10 Am

11 Am

12 pm

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm



A WEEK'S WORTH

HIGHLIGHTS OF THE WEEK JUST GONE



DAY	DAY	DAY
DAY	DAY	DAY
DAY.		

BLANK

TO

WRITE

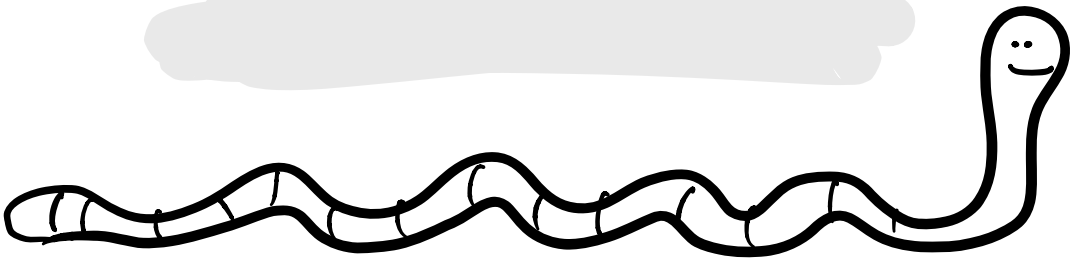
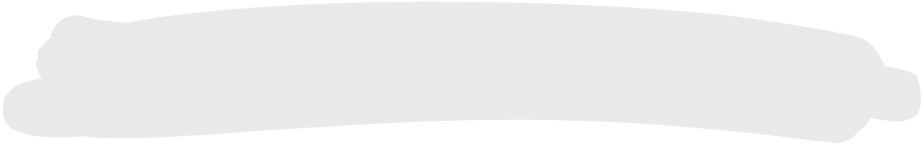
WHATEVER

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.

Blank lined area for writing a poem or message.

!!! CARE !!!

MY STAY AT HOME SUMMARY.

SUM UP THIS time



? TO Future Kids? ?



Hand-drawn horizontal lines for writing.

Signed: _____