

MY

NAME: Type here

AGE: Type here

CITY: Type here

DATE: Type here

DRAW YOU IN YOUR BUBBLE!

LOCK

DOWN

DIARY 2020

... ISOLATION APPRECIATION ...

# WHO ARE YOU HOME WITH?

WRITE WHAT YOU APPRECIATE ABOUT THESE PEOPLE.

NAME \_\_\_\_\_

Type here

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

NAME \_\_\_\_\_

Type here

\_\_\_\_\_

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NAME \_\_\_\_\_

Type here

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NAME \_\_\_\_\_

Type here

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NAME \_\_\_\_\_

Type here

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\_\_\_\_\_

NAME \_\_\_\_\_

Type here

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

IF YOU NEED MORE  
PRINT ANOTHER  
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

Type here

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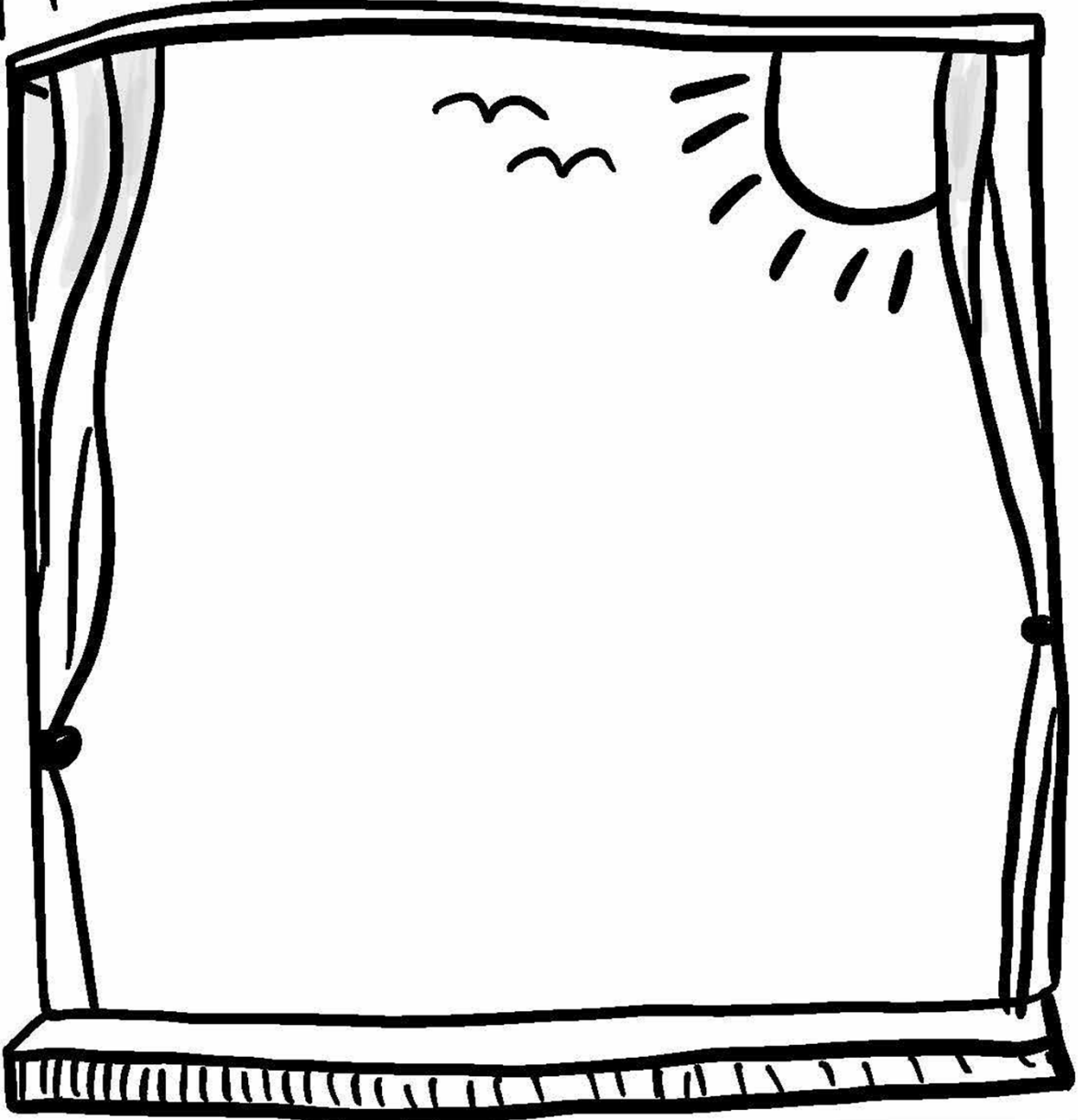
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# DRAW THE VIEW

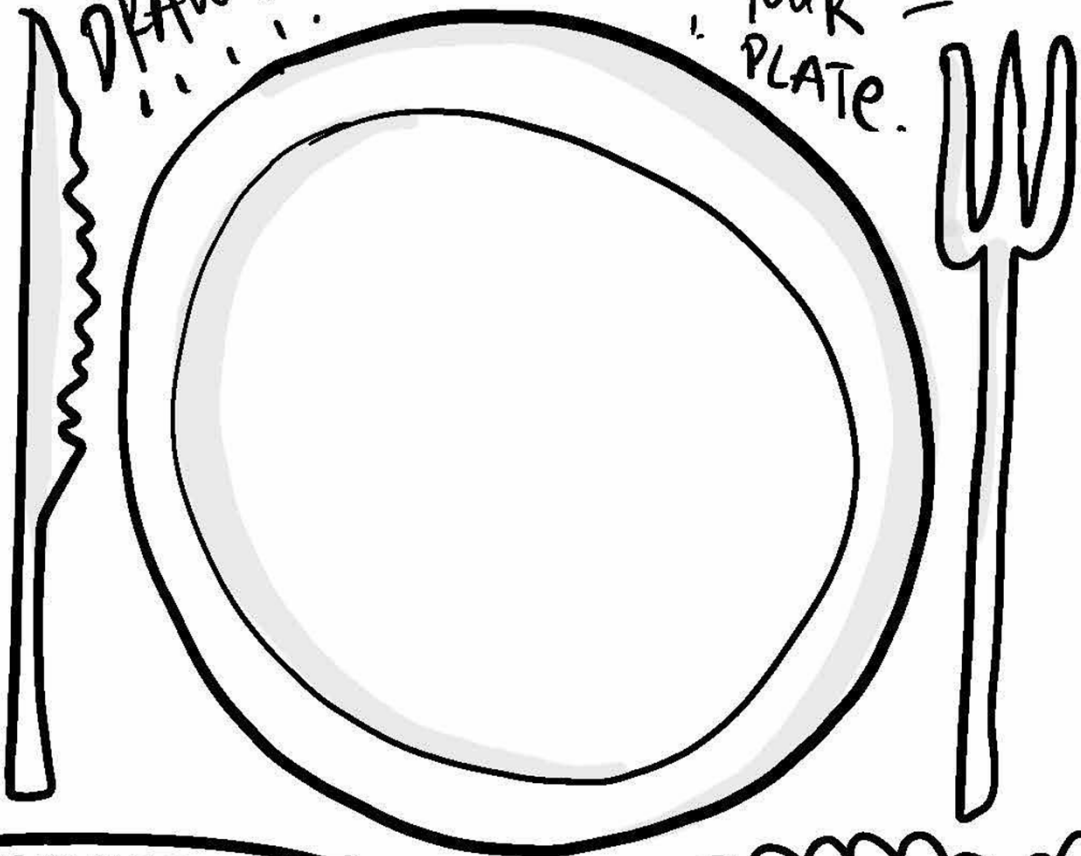
FROM YOUR BEDROOM WINDOW.



Is there something you didn't notice before? \_\_\_\_\_

# Whats FOR DINNER

DRAW WHAT YOU HAD ON YOUR PLATE.



**WHAT DID IT TASTE LIKE?**

Type here

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**THOUGHTS ON TODAY** ↓

Type here

# FIVE AWESOME THINGS

ABOUT TODAY

1

Type here

2

Type here

3

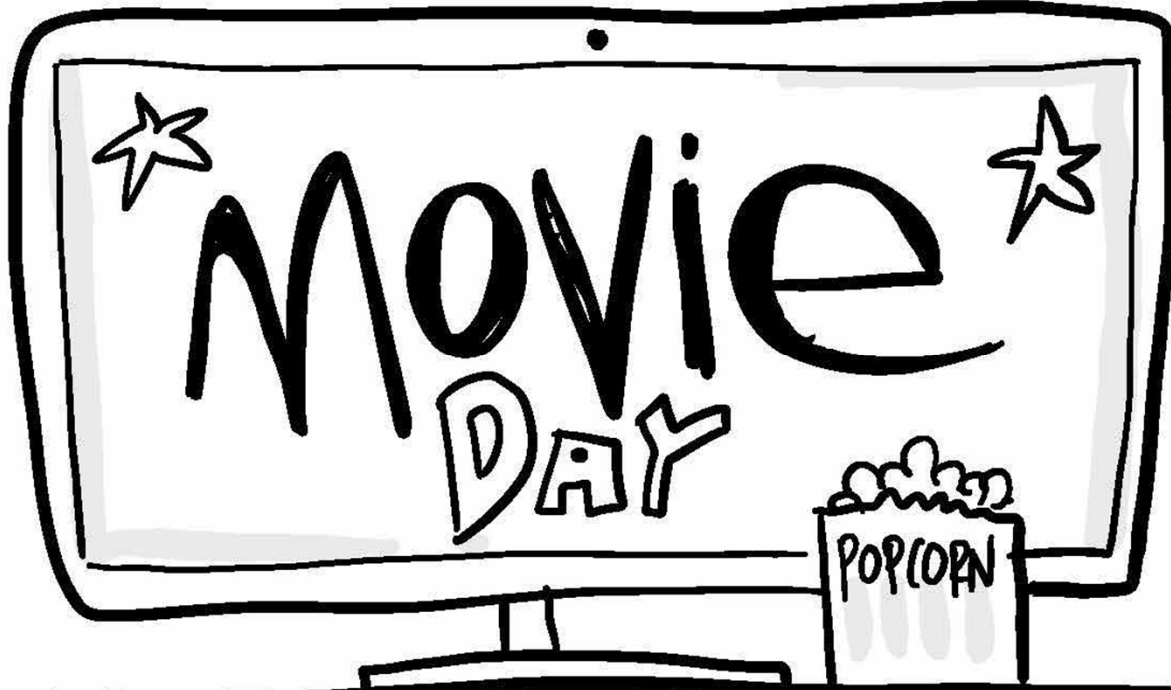
Type here

4

Type here

5

Type here



WATCH A MOVIE / TV SHOW. HOW WAS IT?

TITLE

YOUR REVIEW

What else did today hold?



CIRCLE ONE. ↓  
LIKE DISLIKE

Write A Note <sup>To</sup> You In The

# FUTURE

How to Keep Calm + Cool.

Dear  
future me.

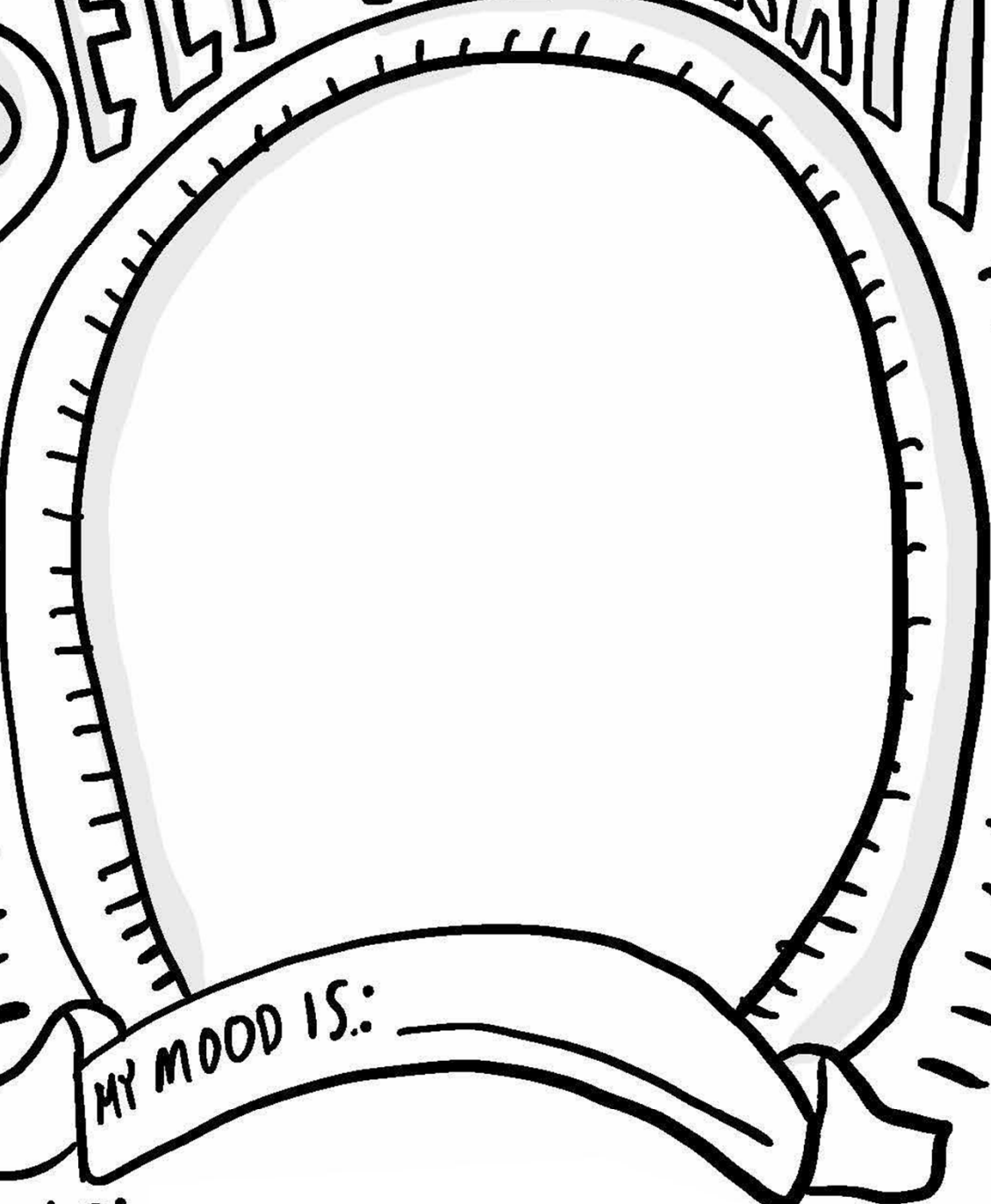
Type here

AGE NOW:

AGE IN 2032.



# SELF PORTRAIT



MY MOOD IS: \_\_\_\_\_

TODAY I: \_\_\_\_\_  
Type here

# I S O L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FAMILY.

Type here



# 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**

Type here

**AFTERNOON**

Type here

**EVENING**

Type here

# LISTEN!

TO YOUR FAVE SONG... Really Listen..

WHAT ARE THE WORDS ABOUT??

ARTIST \_\_\_\_\_ Type here

SONG NAME - \_\_\_\_\_ Type here

WHAT DO THE WORDS MEAN??

Type here

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THIS **SPECIAL** DAY.  
WHAT MADE TODAY AWESOME?

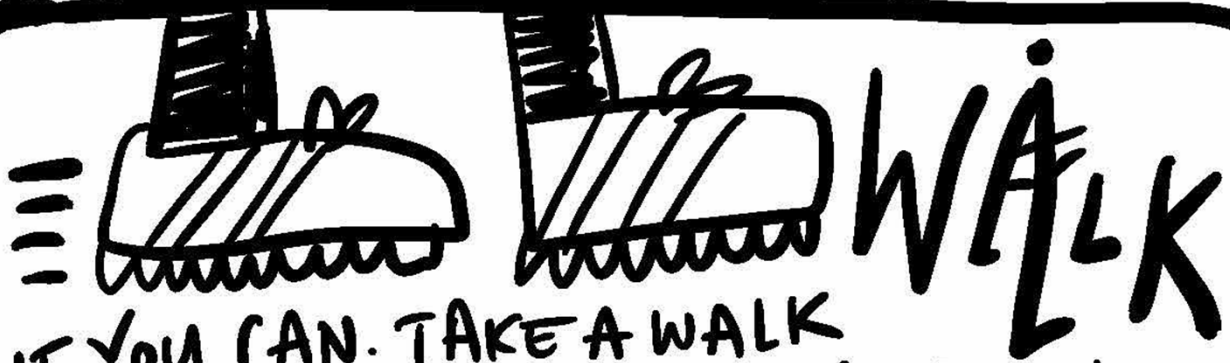
Type here

# I S O L A T I O N

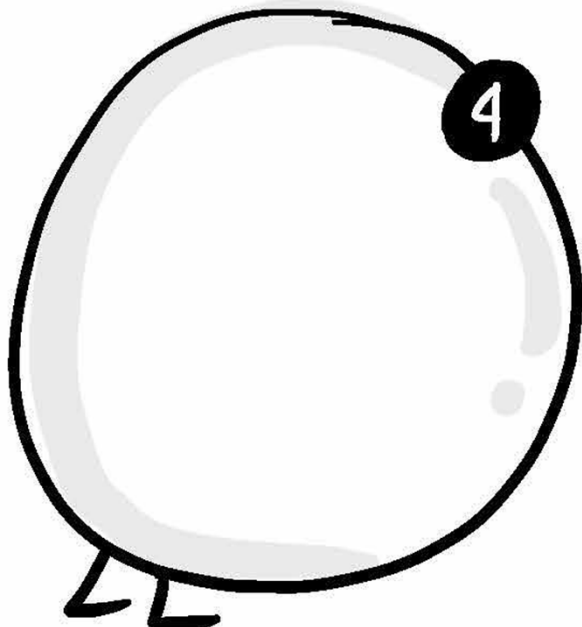
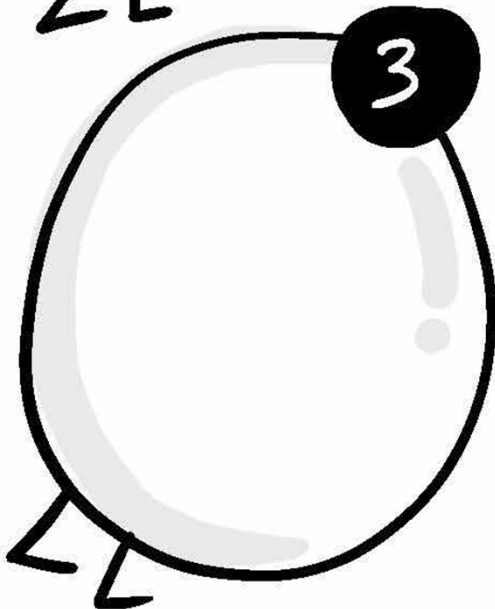
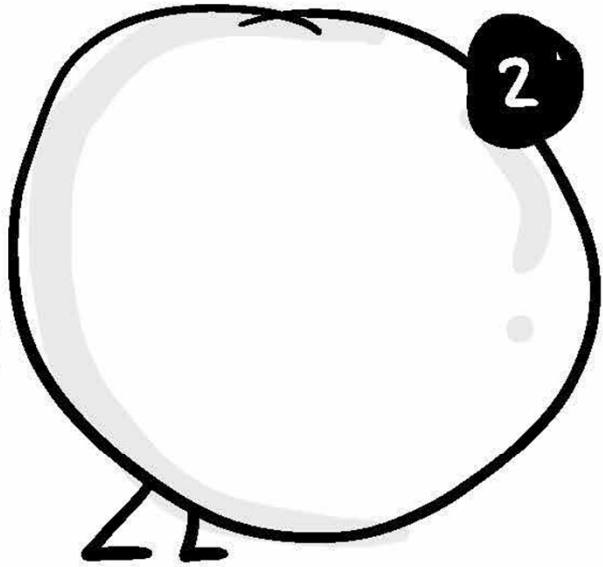
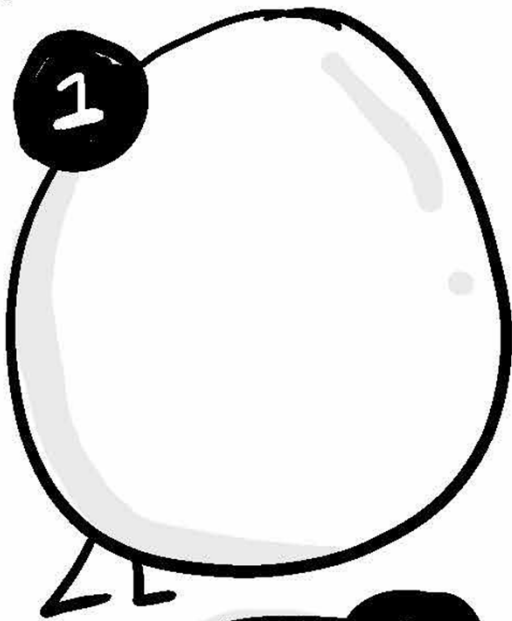
WHAT DO YOU APPRECIATE ABOUT YOUR FRIENDS

A series of 15 horizontal grey bars, each approximately 80% of the page width, stacked vertically to provide space for writing answers to the question above.

APPRECIATION DAY.



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







# MORNING

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

Type here	Type here

WHAT DID YOU GET DONE? ANY SURPRISES.

Type here	Type here

# EVENING

# NORMAL



WHAT ARE YOU LOOKING FORWARD TO WHEN  
LIFE RETURNS TO NORMAL... WHEN THE LOCKDOWN ENDS?

Type here

A series of horizontal grey bars for writing, starting with a bar labeled "Type here" and followed by 14 more empty bars.

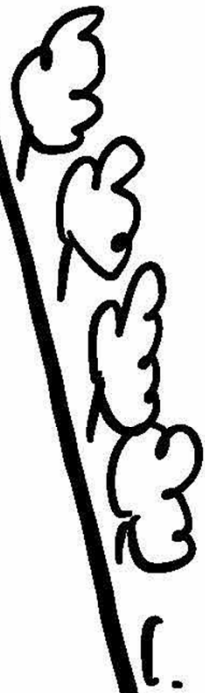
# QUIET

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



# OUTSIDE

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



KIND

Type here

Write a Kind message to someone in your Bubble!

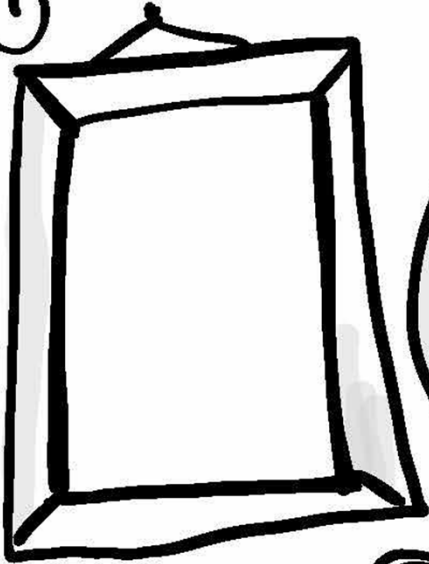
# BACK at Y9!

Type here

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.

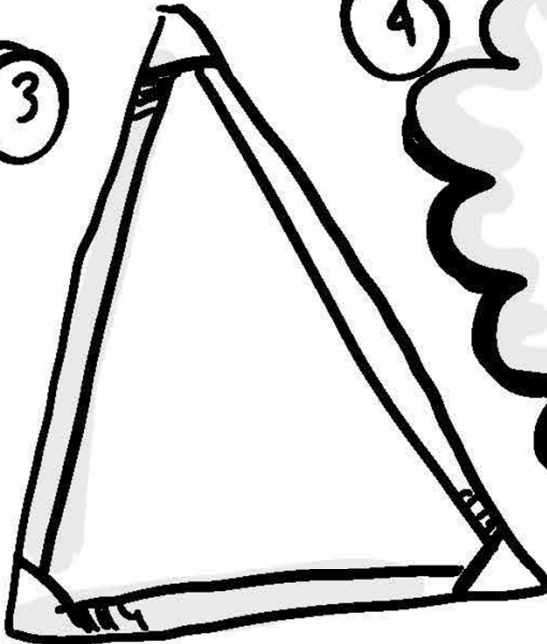
①



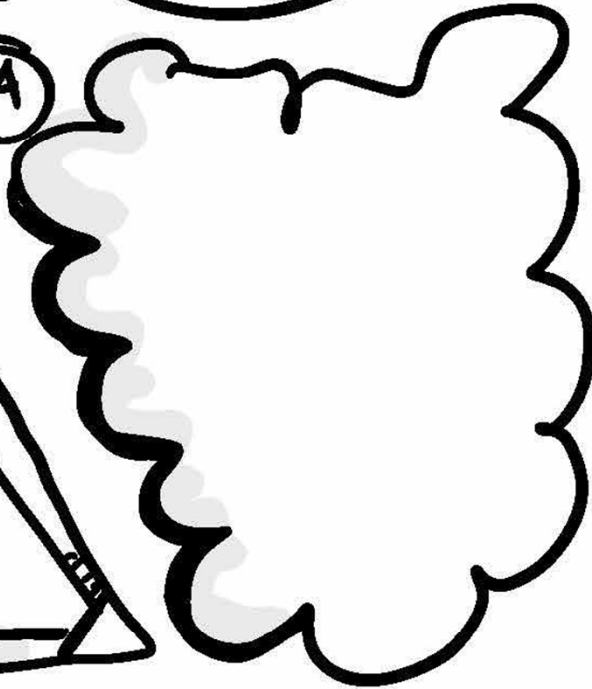
②



③



④



... NO WORDS ...



# Pantry

Draw what's in  
Your Cupboards at  
Home

A large, empty rectangular area with a hand-drawn border, intended for drawing various pantry items.

A SHOPPING  
LIST FOR  
NEXT time



Type here

Four horizontal, light gray rectangular boxes stacked vertically, intended for typing a shopping list.

# Details of the Day.....

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



7 AM

Type here

8 AM

Type here

9 AM

Type here

10 AM

Type here

11 AM

Type here

12 pm

Type here

1 pm

Type here

2 pm

Type here

3 pm

Type here

4 pm

Type here

5 pm

Type here

6 pm

Type here

7 pm

Type here

8 pm

Type here

9 pm

Type here

10 pm

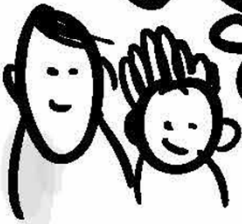
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# A WEEK'S WORTH

HIGHLIGHTS OF THE WEEK JUST GONE



DAY

Type here

DAY

Type here

DAY

Type here

DAY

Type here

DAY

Type here

DAY

Type here

DAY.

Type here

BLANK

TO

WRITE

Type here

WHATEVER

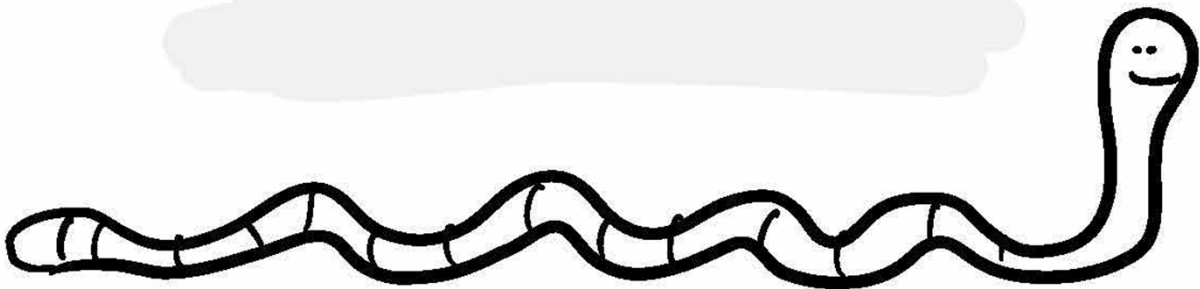
YOU

WANT

# Feelings

WHAT are your feelings today. Chat about them with those in your bubble

Type here



# SHARE THE

WRITE A POEM, CALL SOMEONE SPECIAL +

Type here

READ OUT LOUD TO THEM.

# CARE

MY STAY AT HOME SUMMARY.

**SUM UP THIS** time



TO Future Kids?



Type here

Signed:

Type here