

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

NAME _____

Type here

NAME _____

Type here

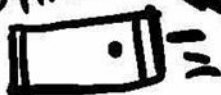
NAME _____

Type here

NAME _____

Type here

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

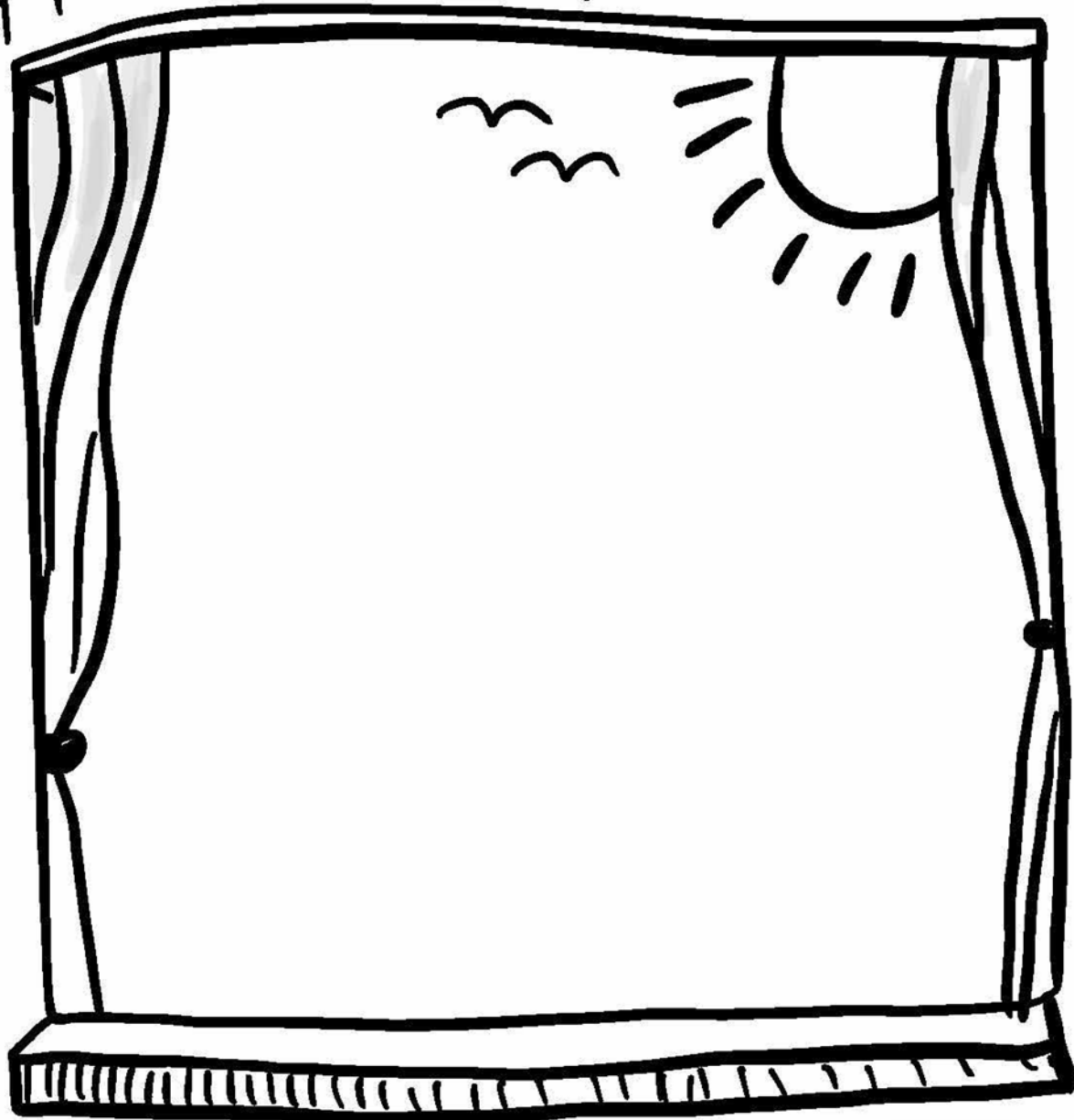
TELL **THE FUTURE** YOUR STORY.

WRITE
How you
ARE
Feeling

Type here

DRAW THE VIEW

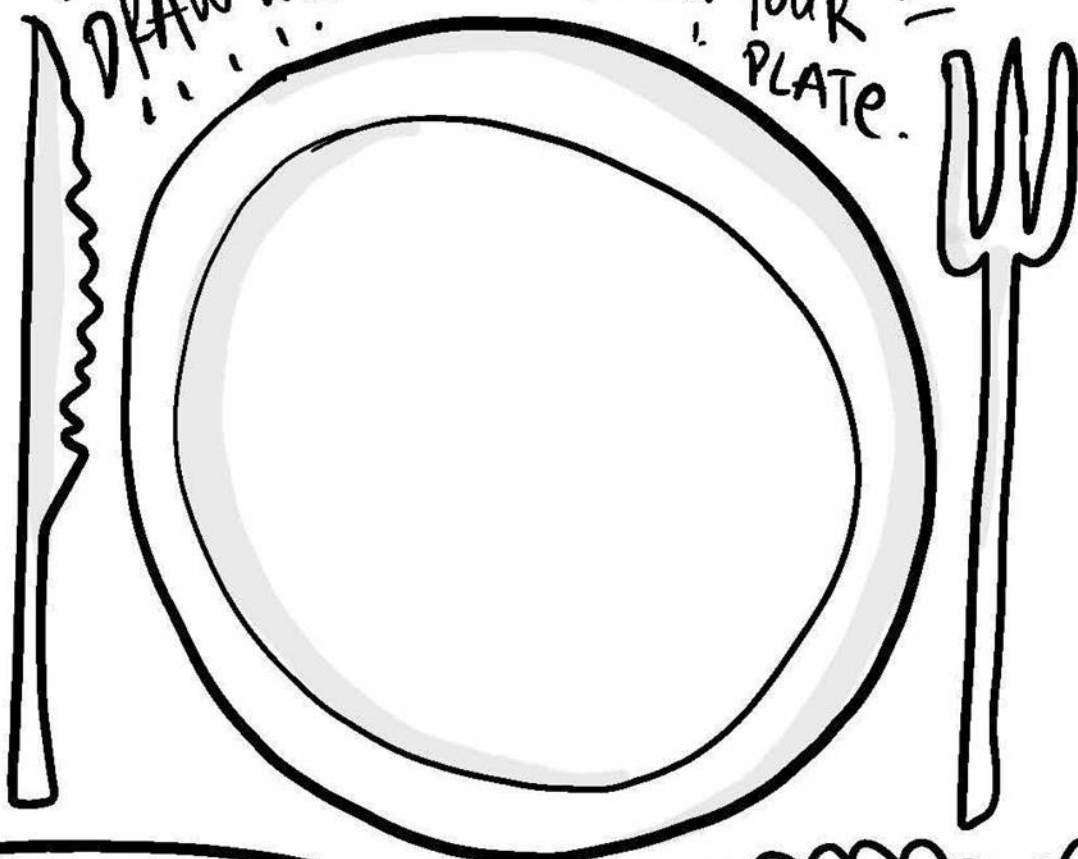
FROM YOUR BEDROOM WINDOW.



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

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 ^{To} 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 • 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

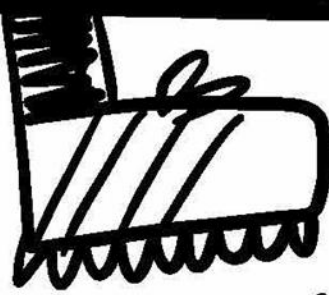
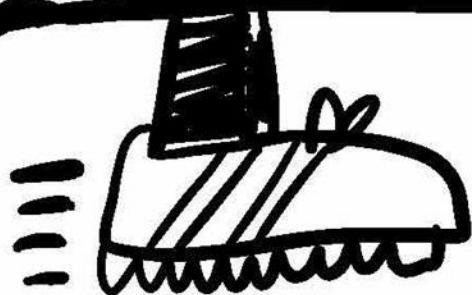
THIS **SPECIAL** DAY.
WHAT MADE TODAY AWESOME?

Type here

I S • L A T I O N

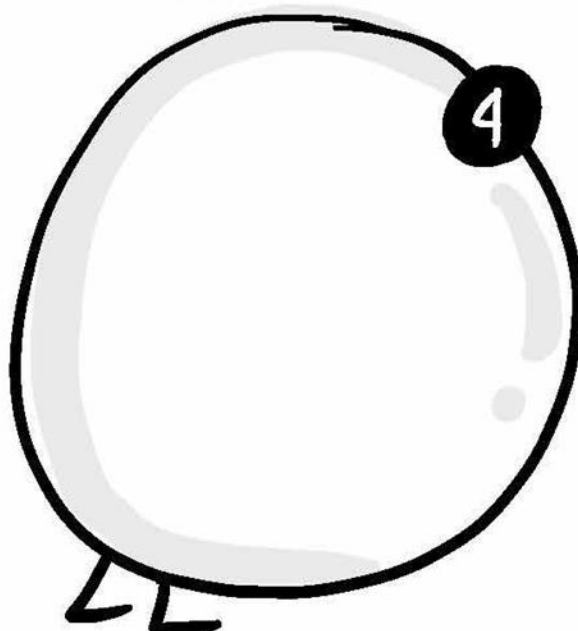
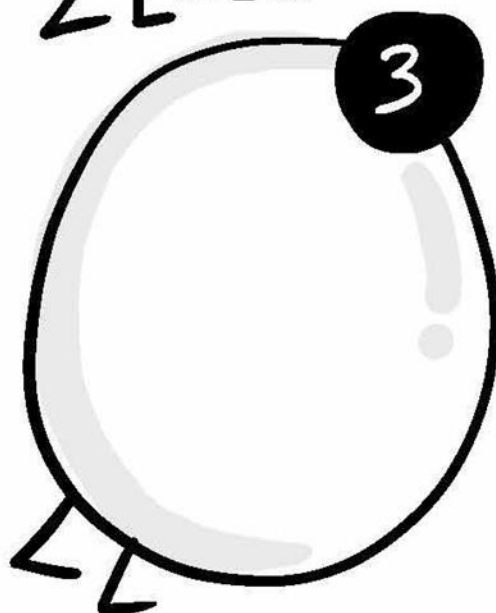
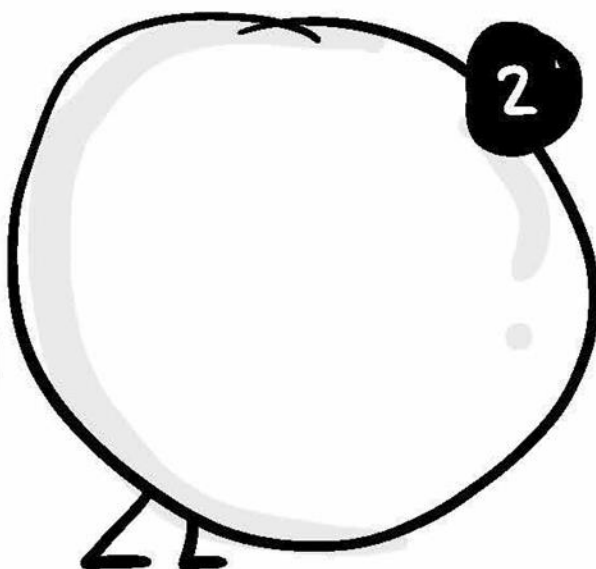
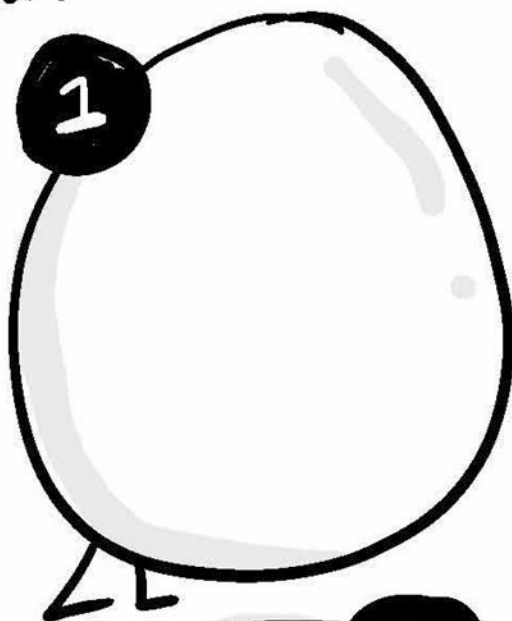
WHAT DO YOU APPRECIATE ABOUT YOUR FRIENDS

APPRECIATION DAY.



WALK

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



NEW

Learned something new in Lockdown?

WHAT IS IT?



Type here

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

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!

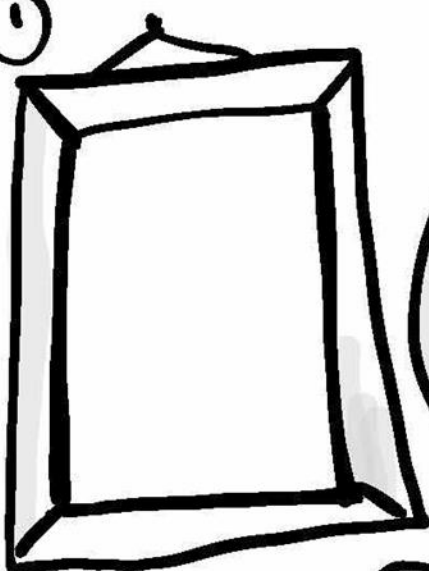
BACK at Ya!

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.

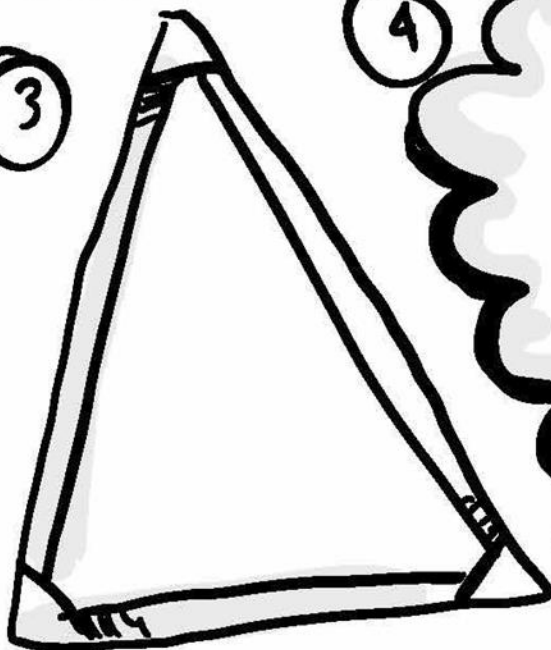
①



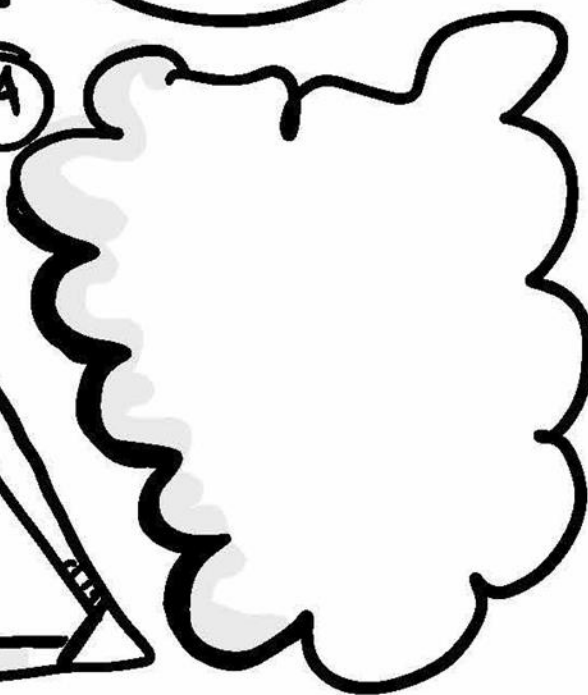
②



③



④



... NO WORDS ...



Pantry

Draw what's in
Your Cupboards Home



A SHOPPING
LIST FOR
Next time



Type here

Details of the Day.....

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

7am

Type here



8am

Type here

9am

Type here

10am

Type here

11am

Type here

12pm

Type here

1pm

Type here

2pm

Type here

3pm

Type here

4pm

Type here

5pm

Type here

6pm

Type here

7pm

Type here

8pm

Type here

9pm

Type here

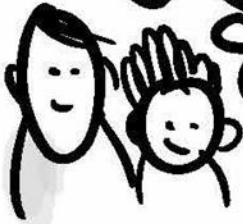
10pm

Type here



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

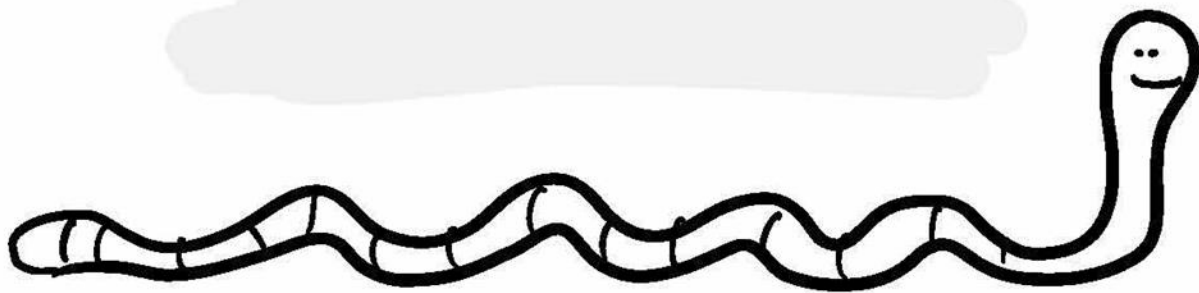
YOU

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