

My COVID-19 Diary

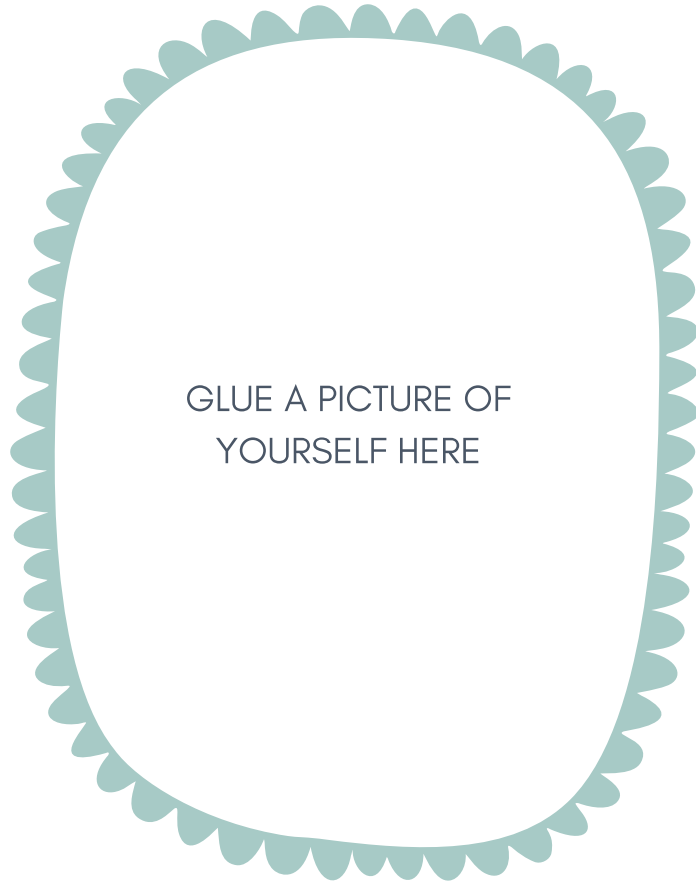
Memories from a very unusual time

By: _____ Date: _____



Life isn't about waiting for the storm to pass.
It's about learning how to dance in the rain.

All about Me



MY NAME:

MY NICKNAME:

MY AGE:

MY HEIGHT:

MY GRADE:

MY EYE COLOR:

BROWN BLUE GREEN HAZEL GRAY

MY HAIR COLOR:

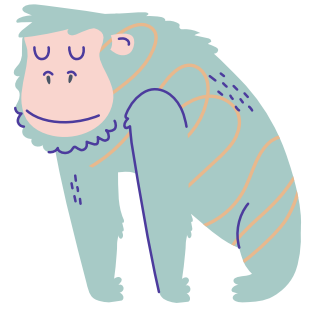
BLONDE LIGHT BROWN DARK BROWN RED BLACK

MY STREET # AND STREET:

MY HOMETOWN:

WHEN I GROW UP I WANT TO BE:

My Favorites



FAVORITE COLOR: _____

FAVORITE FOOD: _____

FAVORITE TREAT: _____

FAVORITE ANIMAL: _____

FAVORITE PLACE: _____

FAVORITE HOBBY: _____

FAVORITE SPORTS: _____

FAVORITE BOOK: _____

FAVORITE BOARD GAME: _____

FAVORITE MOVIE: _____

FAVORITE SONG: _____

FAVORITE APP/VIDEO GAME: _____

FAVORITE HOLIDAY: _____

FAVORITE FRIENDS: _____



This or That

Circle the word that describes you better.

EARLY BIRD

OR

LATE SLEEPER

ICE CREAM

OR

CAKE

CAT

OR

DOG

PIZZA

OR

PASTA

INSIDE

OR

OUTSIDE

BREAKFAST

OR

DINNER

SUN

OR

RAIN

VANILLA

OR

CHOCOLATE

SUMMER

OR

WINTER

MILK

OR

JUICE

TALK

OR

LISTEN

BEACH

OR

MOUNTAINS

BAREFOOT

OR

SHOES

At Home



DATE "STAY AT HOME" BEGAN:

DATE "STAY AT HOME" ENDED:

WHO ARE THE PEOPLE AND ANIMALS LIVING WITH YOU?

DID YOUR PARENT(S) SWITCH TO WORKING FROM HOME?

YES NO

WHAT'S BEEN THE BIGGEST CHANGE FOR YOU AND YOUR FAMILY?

HOW DO YOU LIKE BEING HOMESCHOOLED?

WHO IS YOUR FAVORITE TEACHER?

MOM DAD MY SCHOOL TEACHER OTHER _____

What Have You Been up To?

HOW ARE YOU FEELING ABOUT ALL OF THIS?

WHAT'S THE BEST THING ABOUT
BEING STUCK AT HOME?

WHAT'S THE WORST THING ABOUT
BEING STUCK AT HOME?

WHAT INDOOR ACTIVITIES HAVE YOU ENJOYED DOING? TICK ALL THAT APPLY.

- BAKING ARTS & CRAFTS READING BOARD GAMES LEGOS
 VIDEO GAMES VIDEO CALLS WITH FRIENDS OTHER _____

WHAT OUTDOOR ACTIVITIES HAVE YOU ENJOYED DOING? TICK ALL THAT APPLY.

- CHALK GO FOR WALKS SCOOTER BIKE RIDE BASKETBALL
 SOCCER TRAMPOLINE OTHER _____

GLUE A PICTURE HERE
OF ONE OF YOUR
INDOOR ACTIVITIES

GLUE A PICTURE HERE
OF ONE OF YOUR
OUTDOOR ACTIVITIES

Stuck/Safe at Home



HAVE YOU LEARNED A NEW SKILL WHILE STUCK AT HOME?

WHAT'S BEEN YOUR FAVORITE SPOT IN THE HOUSE TO HANG OUT?

WHO HAVE YOU BEEN KEEPING IN TOUCH WITH?

HOW HAVE YOU KEPT IN TOUCH?

TICK ALL THAT APPLY.

- GOOD OLD PHONE CALL
- FACETIME
- MESSENGER
- WHATSAPP
- ZOOM
- TALKING FROM 6 FEET AWAY

HAVE YOU CELEBRATED ANY SPECIAL DAYS DURING THIS TIME?
LIST THEM HERE (E.G. BIRTHDAYS, HOLIDAYS).

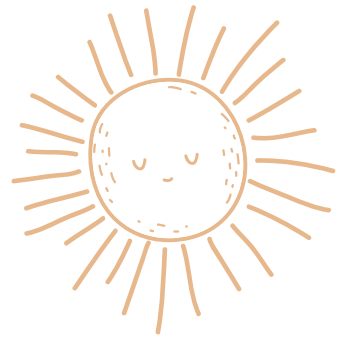
HAS YOUR FAMILY HAD TO CANCEL ANY EVENTS OR TRIPS? IF SO, WHAT & WHERE?

WHAT DO YOU MISS THE MOST WHILE STUCK AT HOME? TICK ALL THAT APPLY.

- FRIENDS SCHOOL HOBBIES OTHER
-

Better Days are Coming

Life after COVID-19



WHAT ARE YOU MOST EXCITED TO DO WHEN THIS IS OVER?

PLACES TO GO

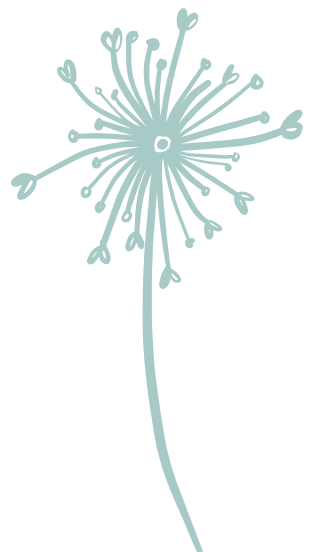
PEOPLE TO SEE

THINGS TO DO

FOOD TO EAT

Notes from My Parents

Have your parents write down their thoughts, memories, events etc. for you from this time. E.g., what will they remember most, what items sell out at the grocery store, how did the neighborhood change, who was the president and governor at the time, how strict was the "safe at home" order, did they buy face masks?





Creative Space

Print out and add as many of these creative pages to your diary as you want. You can glue anything here from your time at home, e.g., more pictures, your artwork, or newspaper articles.