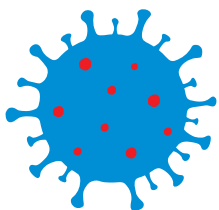




My COVID-19 Journal

It is important to take time to think about some of the interesting things you have been doing since you have been home more during this unusual time. It is also important to think about what you would like to do next. Write them all down on the back of this page.



Even though you may have felt stuck at home, you have really been staying safe at home.

DID YOU KNOW?

Journaling or thinking about things and then writing them down helps ease anxiety and stress. Writing down what is happening in your life and your feelings can help your brain organize and deal with things better. You can write down both positive and negative things when journaling. Write whatever feels right to you!



HERE'S WHAT YOU CAN DO

Try out the activity on the back of this page and then keep writing daily about things in your life in order to provide the most relief to your brain and body. Use a sheet of paper or a notebook as a specific place to keep a collection of your thoughts.

FIND OUT MORE

- ***A diary app for an online kids diary***
<http://www.diaryzapp.com/>
- ***Benefits of Journaling for Kids***
<https://www.verywellfamily.com/the-benefits-of-journaling-for-kids-2086712>
- ***Journaling for Mental Health***
<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1>

Use this open journal and fill in the blank areas below with things that have kept you busy (left page) and the things you would like to do (right page) during the COVID-19 pandemic.

What You Need: This sheet, and a pencil or pen

Instructions:

- 1 Think about those things that you have been busy doing so far.
- 2 Write them down on the left page.
- 3 Think about those things that you would like to do next.
- 4 Write them down on the right page.

Name _____ Date _____

I have been busy with...

I would like to...



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