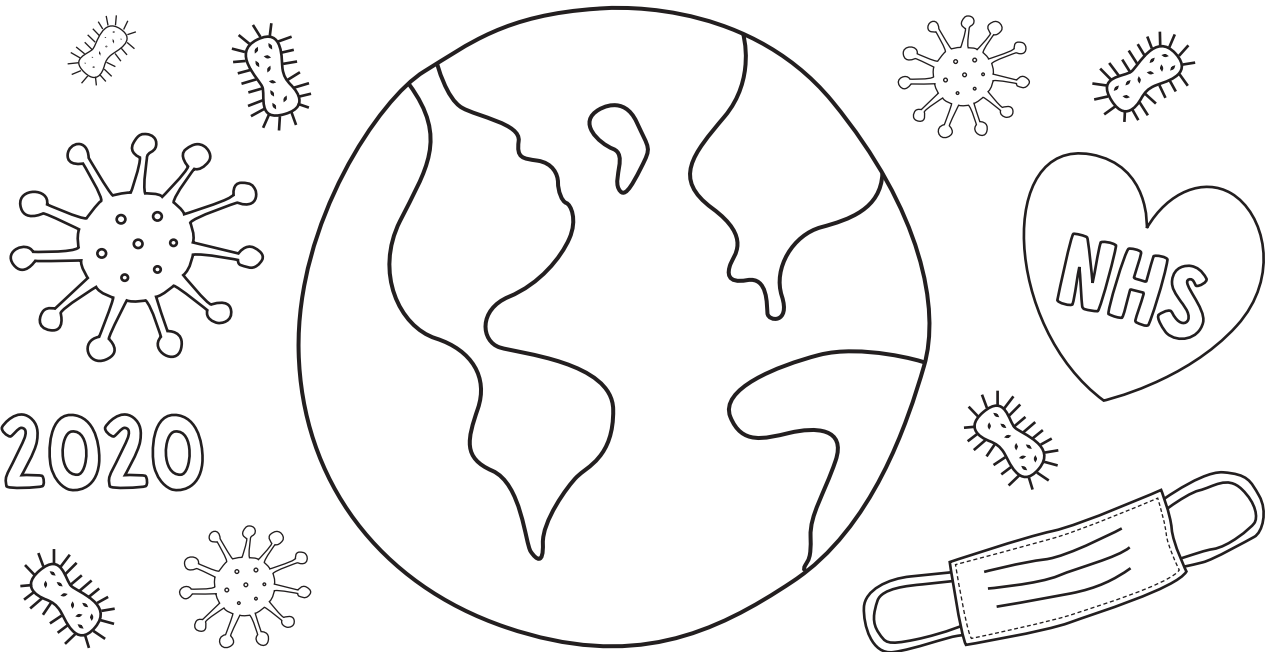


MY COVID-19 LOCKDOWN JOURNAL

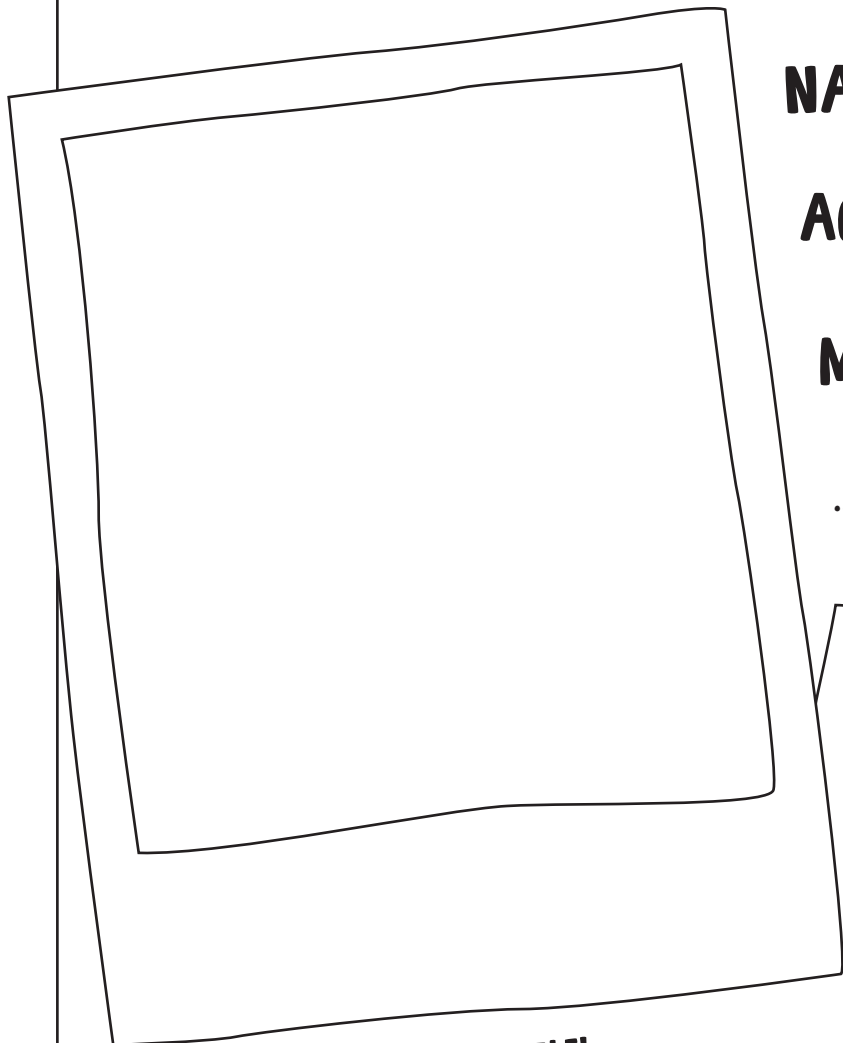


2020

#STAYHOME

BY

ALL ABOUT ME



DRAW A PICTURE OF YOURSELF!

NAME

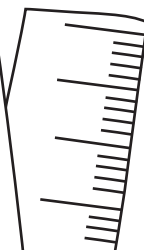
AGE

MY BIRTHDAY IS

.....



I AM THIS TALL...



..... **CMS**

MY SHOE SIZE IS

.....



MY BEST FRIEND IS

WHEN I GROW UP I WANT TO BE...

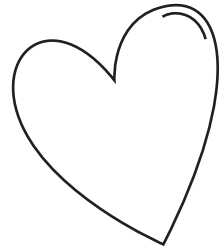
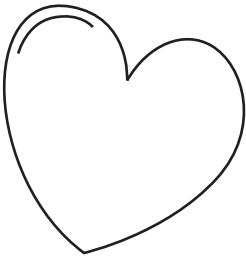


.....

MY HAND PRINT

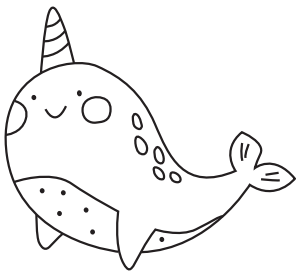
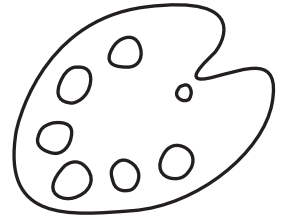
**DRAW AROUND YOUR HAND (OR USE PAINT!) ON THIS PAGE TO
LOOK BACK AND SEE HOW SMALL YOUR HANDS WERE IN 2020**

MY FAVOURITES



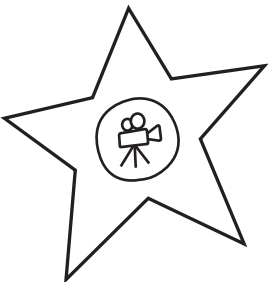
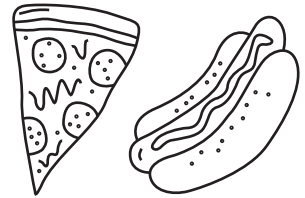
WHAT'S YOUR FAVOURITE.....

COLOUR?



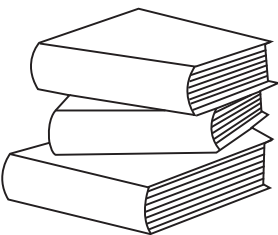
ANIMAL?

FOOD?



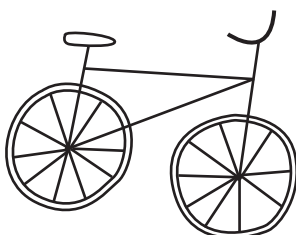
FILM?

TV SHOW?



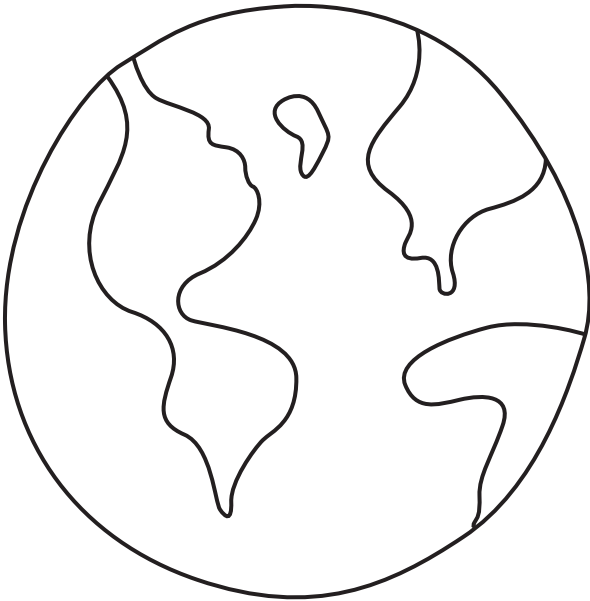
BOOK?

SONG?



HOBBY?

WHERE I LIVE



I LIVE IN

I LIVE WITH

.....

.....

DRAW A PICTURE OF YOUR HOUSE!

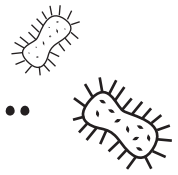


Designs by Em

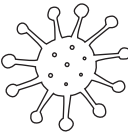
WWW.DESIGNSBYEM.CO.UK

LIFE IN LOCKDOWN

WHAT I KNOW ABOUT THE CORONAVIRUS...



.....



.....

WHAT I'VE LIKED ABOUT BEING AT HOME...

.....

.....



I MISS...

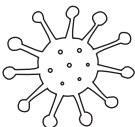
.....

.....

I CAN'T WAIT TO...

.....





DAILY EXERCISE

FOR MY DAILY EXERCISE I HAVE...



.....

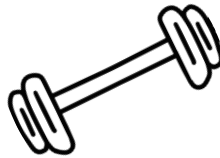
.....



.....

.....

I HAVE...

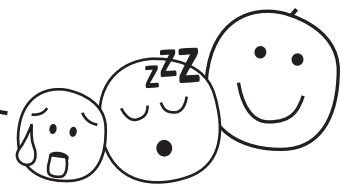


- BEEN FOR A BIKE RIDE
- BEEN OUT ON MY SCOOTER
- BEEN FOR A WALK
- DONE P.E. WITH JOE WICKS
- DONE COSMIC YOGA
- BEEN FOR A RUN
- PLAYED FOOTBALL IN THE GARDEN
- GONE WILD ON THE TRAMPOLINE
- DANCED TO MY FAVOURITE MUSIC

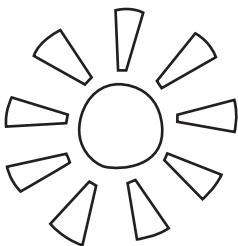
MY DAILY EXERCISE MAKES ME FEEL...

.....

.....



MY FAVOURITE DAILY EXERCISE IS...



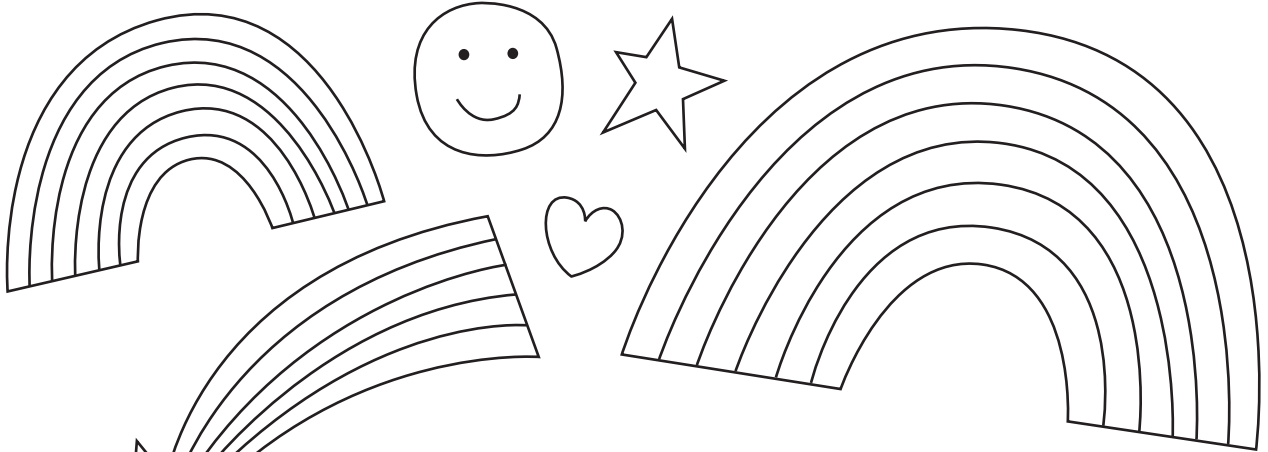
.....

.....



RAINBOW WALK

DURING THE LOCKDOWN, CHILDREN (AND ADULTS!) COLOURED IN AND MADE RAINBOWS TO PUT IN THE WINDOW. IT WAS TO SPREAD HAPPINESS AND JOY FOR ANYONE WALKING PAST. CAN YOU GO FOR A WALK AND COUNT HOW MANY RAINBOWS YOU SEE?

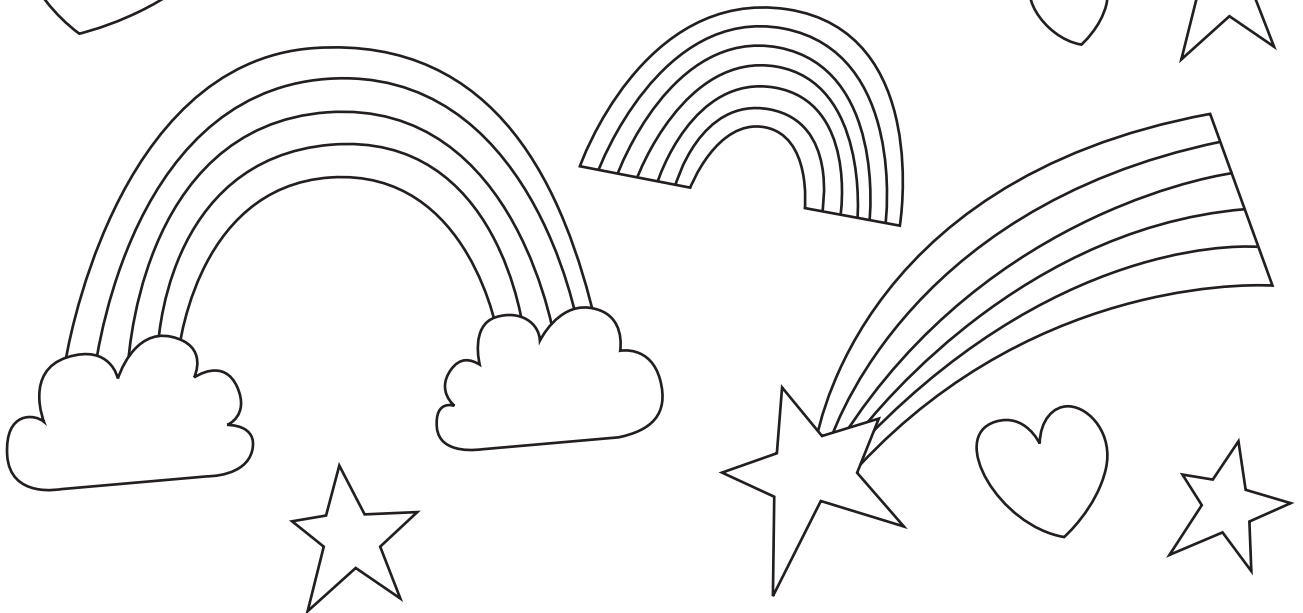
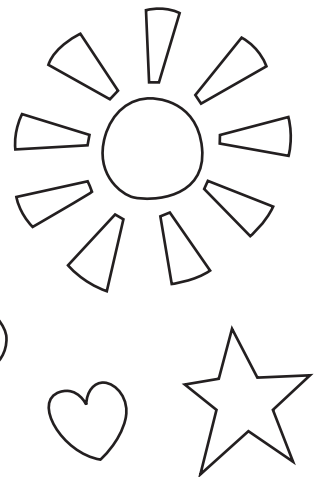


ON MY WALK I SAW

.....



RAINBOWS



Designs by Em

WWW.DESIGNSBYEM.CO.UK

NATURE WALK

WHILE YOU ARE OUT FOR YOUR DAILY EXERCISE, WHY DON'T YOU SEE WHAT YOU CAN FIND FROM THESE ITEMS?

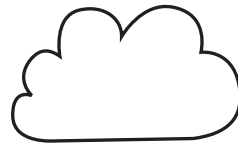
THEN DRAW A PICTURE OF ONE OF THE ITEMS YOU SAW ON YOUR WALK



DANDELION



BUMBLEBEE



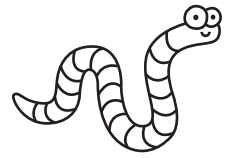
CLOUD



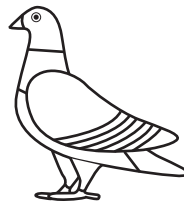
LADYBIRD



TREE



WORM



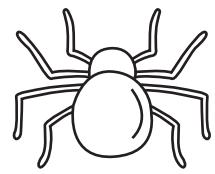
BIRD



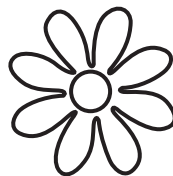
SQUIRREL



GRASS



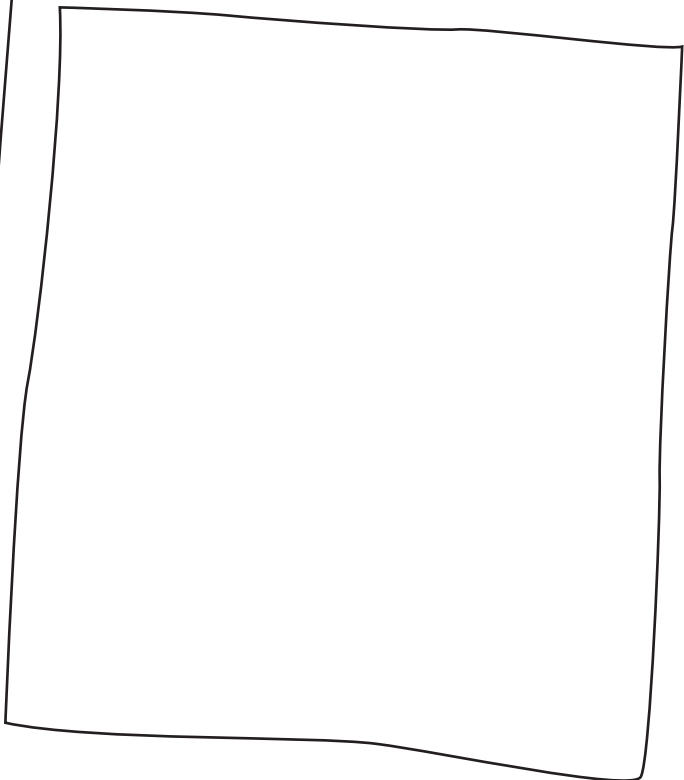
SPIDER



DAISY

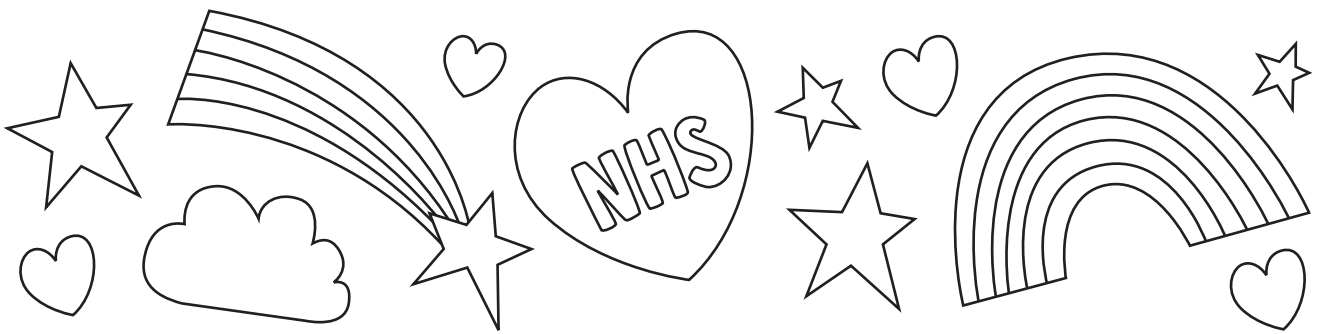


LEAF

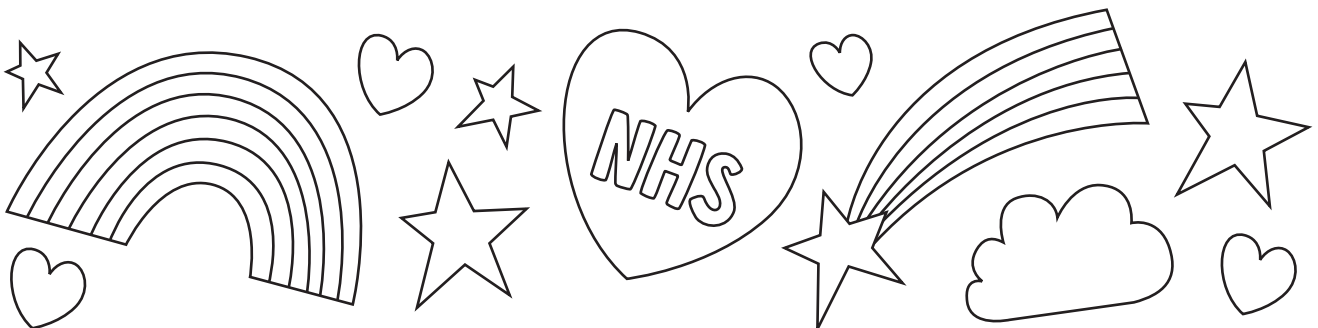


WHAT I'M GRATEFUL FOR

THIS HAS BEEN A VERY NEW, UNKNOWN AND SOMETIMES SCARY TIME WE'VE BEEN LIVING IN. WHAT 5 THINGS HAVE YOU BEEN GRATEFUL FOR DURING THE LOCKDOWN?



1.
2.
3.
4.
5.



CHESTER ZOO LIVE

HAVE YOU BEEN WATCHING WHAT THE ANIMALS ARE GETTING UP TO IN CHESTER ZOO DURING THE LOCKDOWN? THE KEEPERS HAVE BEEN DOING LIVE STREAMS TO SHOW YOU WHAT THE ANIMALS LIKE TO EAT, WHERE THEY SLEEP AND HOW THEY LIKE TO PLAY!

HAVE YOU SEEN THE...

- OTTERS
- SONGBIRDS
- TORTOISES
- ELEPHANTS
- AARDVARKS
- SUN BEARS
- LIONS
- MACAQUES
- PENGUINS
- MEERKATS
- RHINOS
- JAGUARS
- OKAPI
- RED PANDAS
- GIRAFFES
- BUTTERFLIES
- TIGERS
- KOMODO DRAGONS

DID YOU KNOW
THAT ELEPHANTS
EAT FOR 16
HOURS A DAY

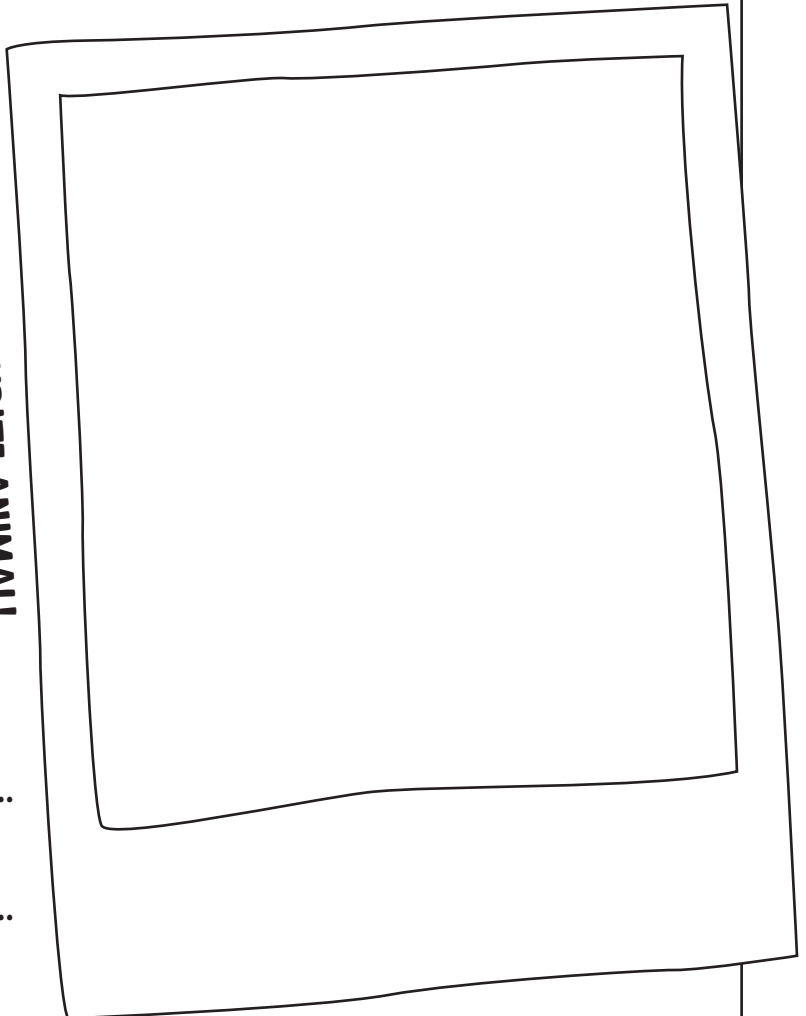
NO TWO
GIRAFFES HAVE
THE SAME
PATTERN

SUN BEARS HAVE
BIG, STRONG
CLAWS SO THEY
CAN CLIMB TREES

MY FAVOURITE ANIMAL TO WATCH

HAS BEEN

DRAW YOUR FAVOURITE ANIMAL!



MY FAVOURITE FACT HAS BEEN...

.....

.....

.....

Designs by Em

WWW.DESIGNSBYEM.CO.UK

PICTURES FROM LOCKDOWN



HERE'S SOME PICTURES OF WHAT WE
GOT UP TO DURING THE LOCKDOWN

A large rectangular frame divided into two horizontal sections. Each section is bounded by a thin line and has small triangular corner markers at each of the four corners, indicating where to place photos.

Designs by Em

WWW.DESIGNSBYEM.CO.UK

A LETTER FROM MY PARENTS

.....

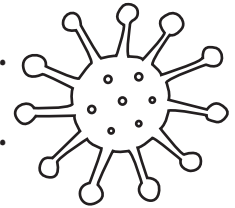
.....

.....

.....

.....

.....



.....

.....

.....

.....

.....

.....



.....

.....

.....

.....

.....

.....



.....

.....

.....

.....

.....

.....



MY FAMILY

DRAW A PHOTO OF YOUR FAMILY (AND ANY PETS TOO!)

A DAY IN THE LIFE

CAN YOU COMPLETE A 'DAY IN THE LIFE' SHEET TO LOOK BACK AT WHAT YOU GOT UP TO ONE DAY DURING LOCKDOWN?

WHAT FOOD DID YOU HAVE? WHAT GAMES DID YOU PLAY? DID YOU WATCH A FILM?

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

