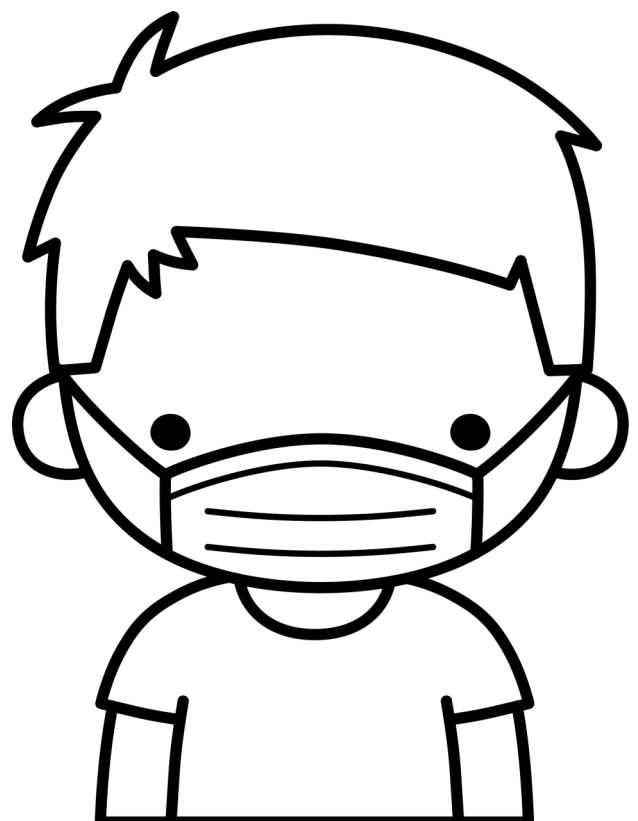
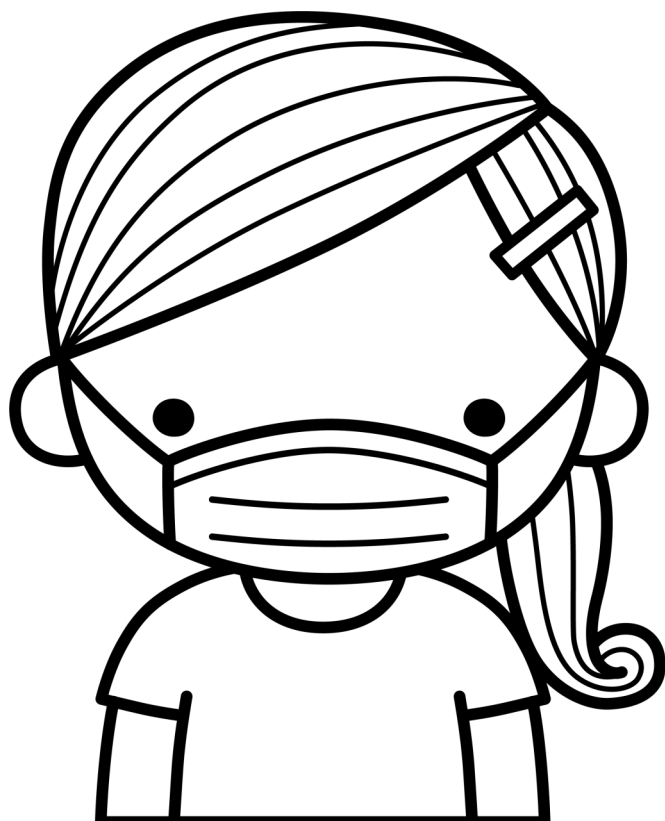


2020 PANDEMIC JOURNAL

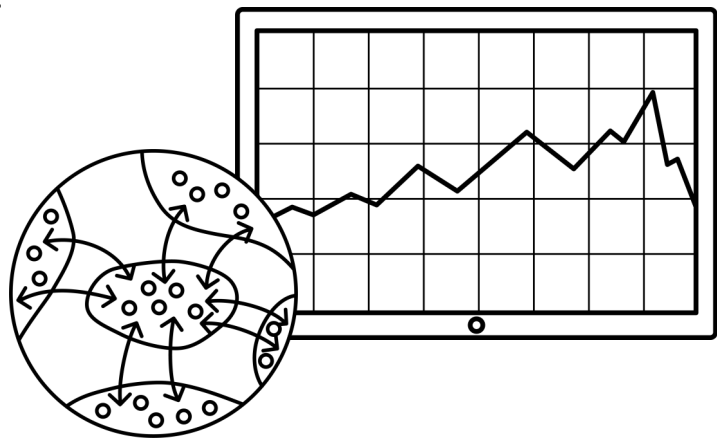


2020 Pandemic Journal

Instructions:

This journal was created to help your child/student make sense of his or her own emotions as we walk through this pandemic. It will also give your student a keepsake memory of this time in his or her life.

Print pages as desired. Keep pages in a folder and bind together when your student is finished.



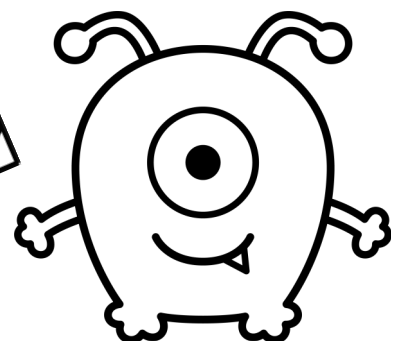
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This product may be used for your own classroom or personal use.

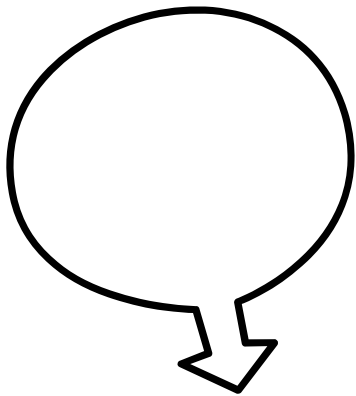
It may not be shared as a pdf file, on the web, or in any other way.

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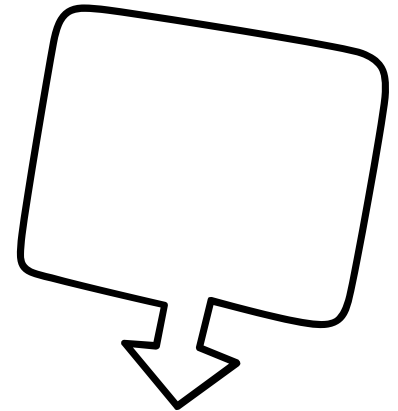
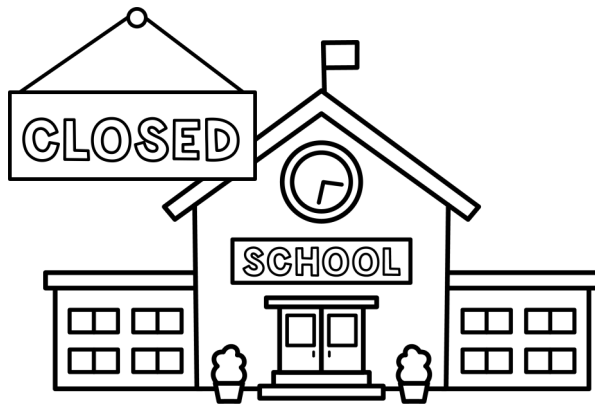
Copyright Thanks:



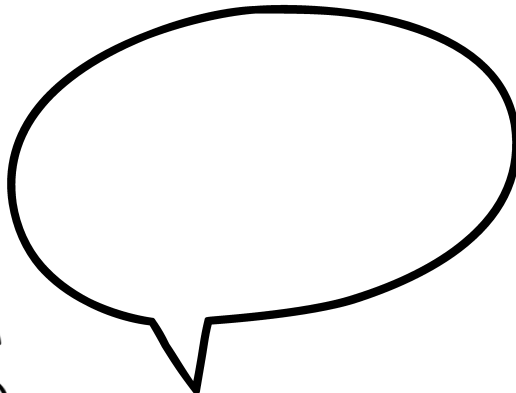
MY LIFE DURING THE PANDEMIC



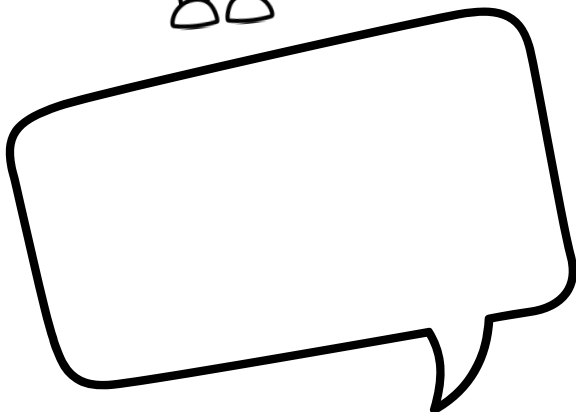
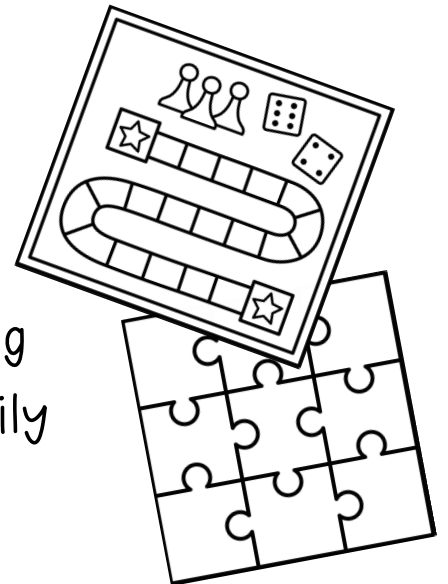
My Age



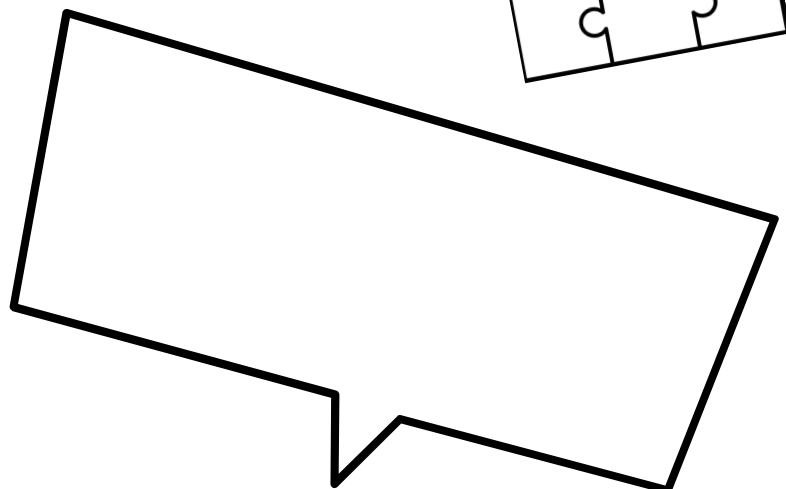
My Grade in School



My Favourite Thing
To Do with My Family



A New Skill I Learned
Or Tried to Improve

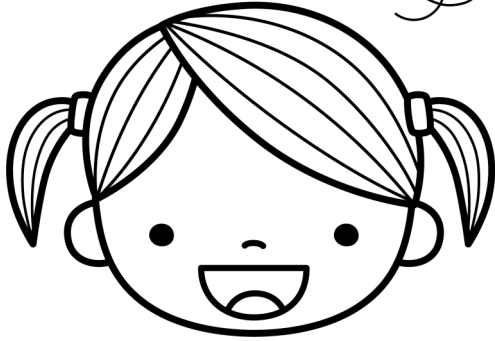
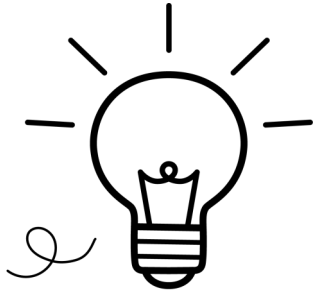


What I've Learned
Through This Experience

I'M LIVING THROUGH HISTORY!

Draw a picture or paste on a newspaper clipping.

FIVE THINGS I'M THANKFUL FOR



1.

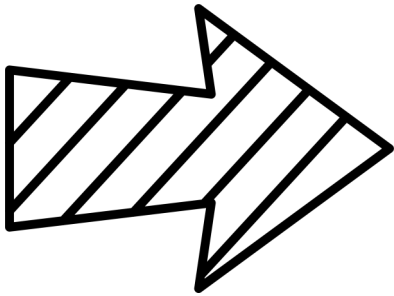
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3.

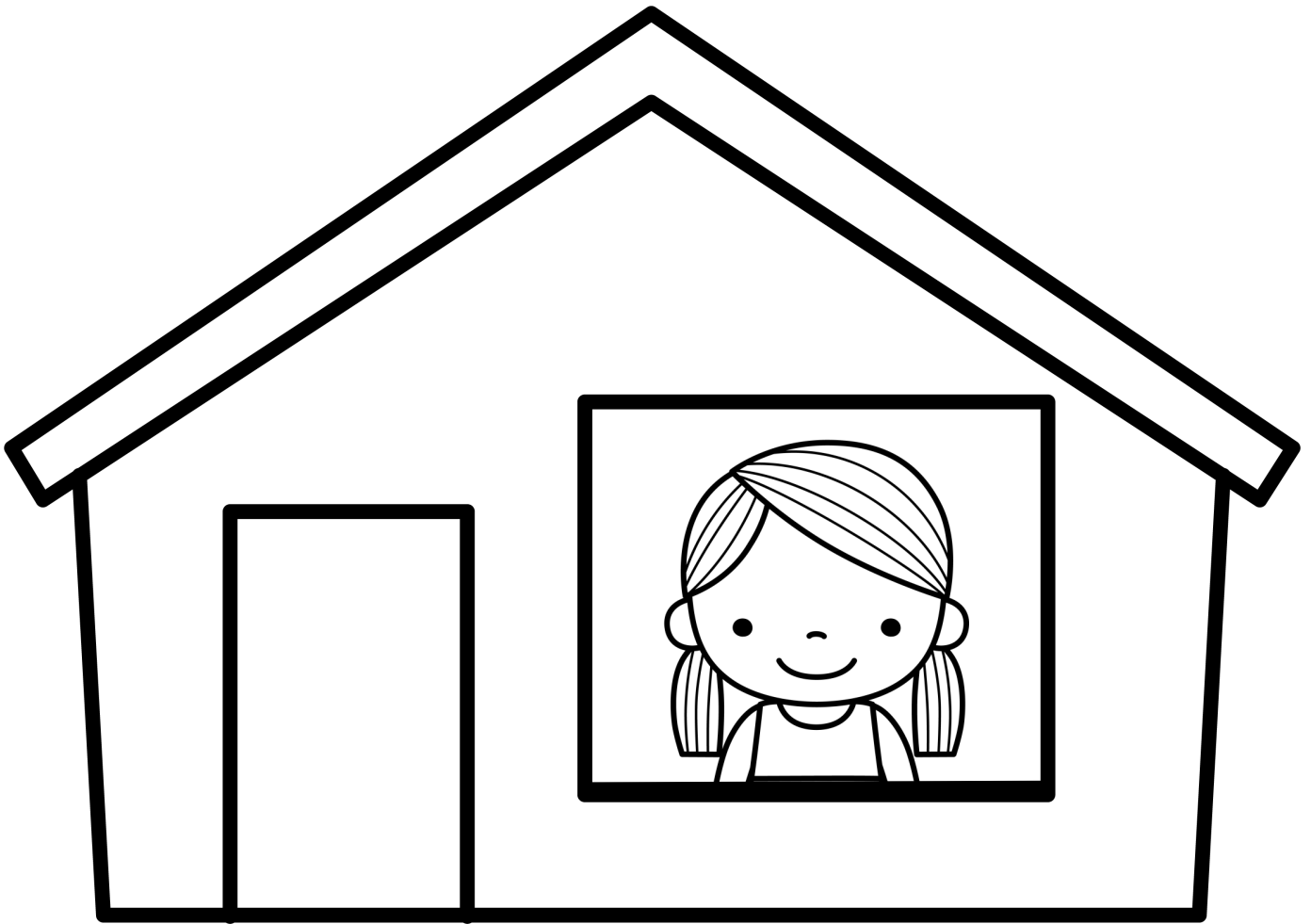
4.

5.

I AM A

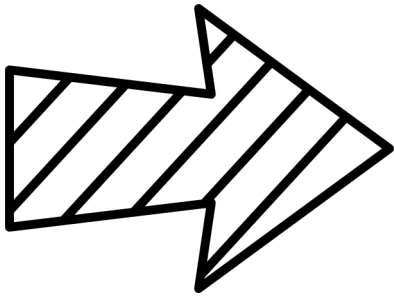


HERO.

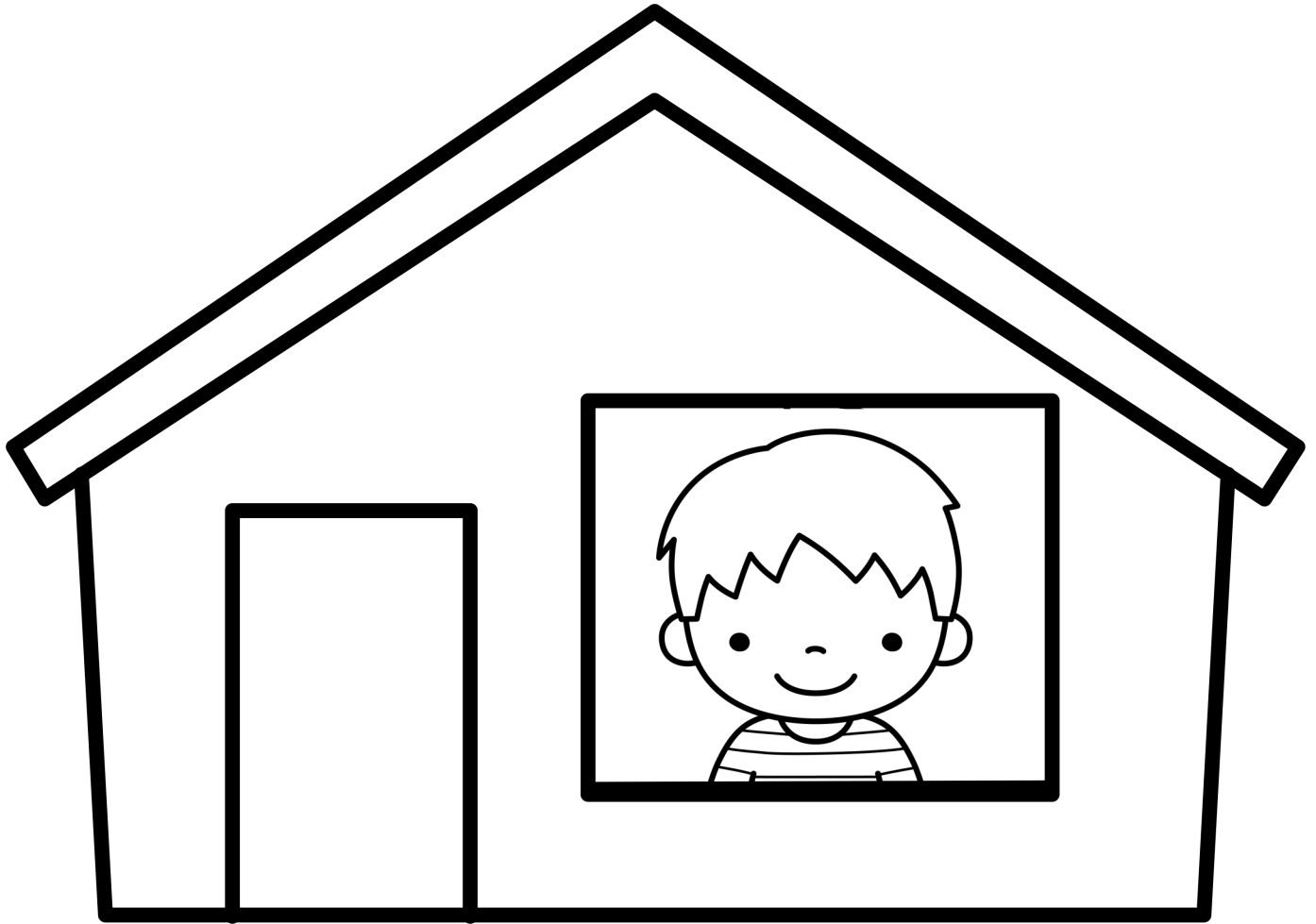


I STAY HOME.

I AM A



HERO.



I STAY HOME.

THINGS I WILL DO WHEN THIS IS OVER

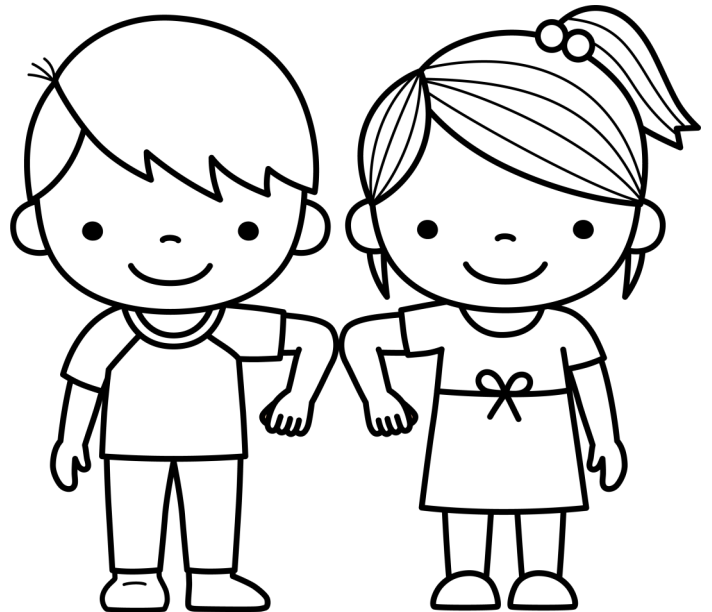
1.

2.

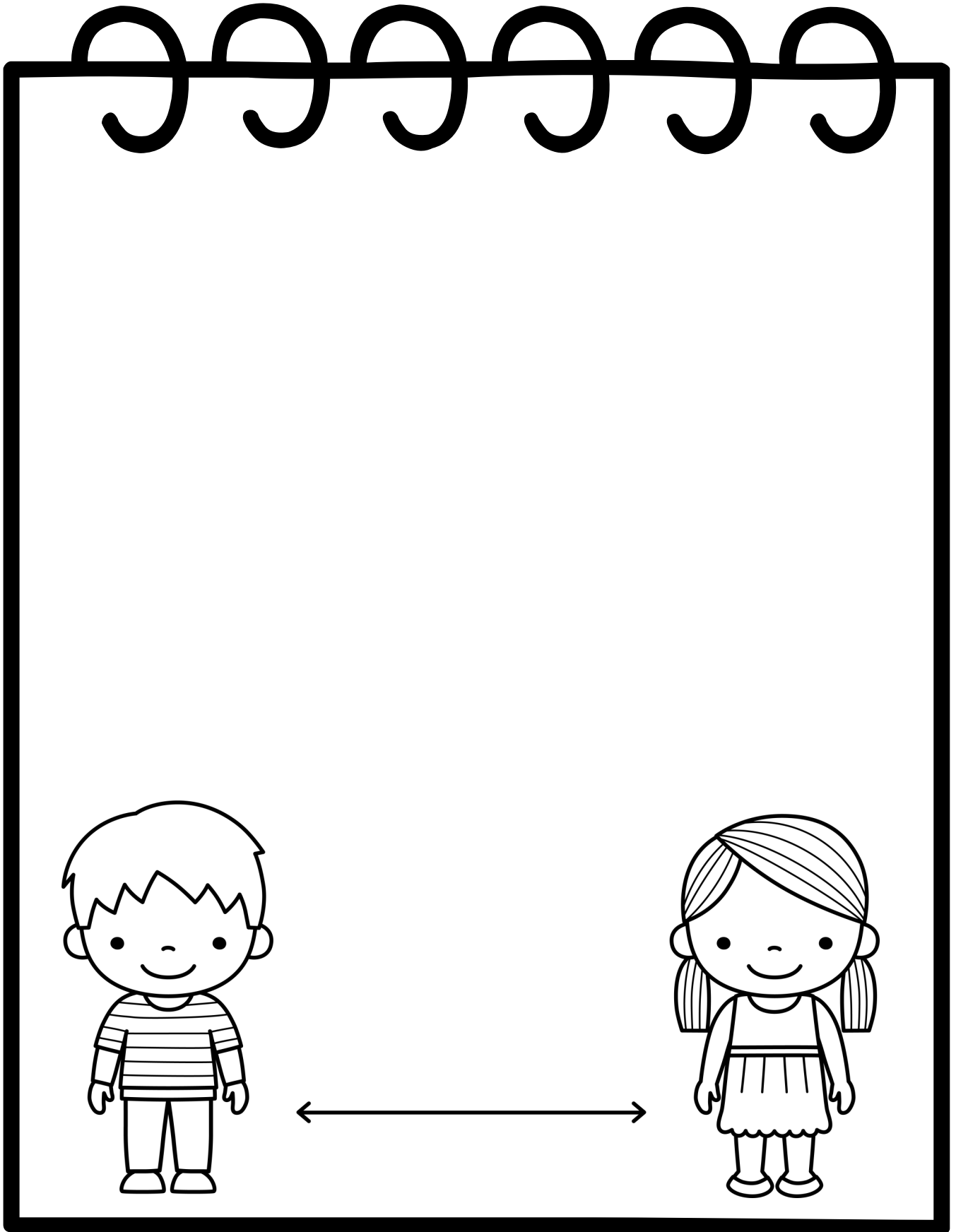
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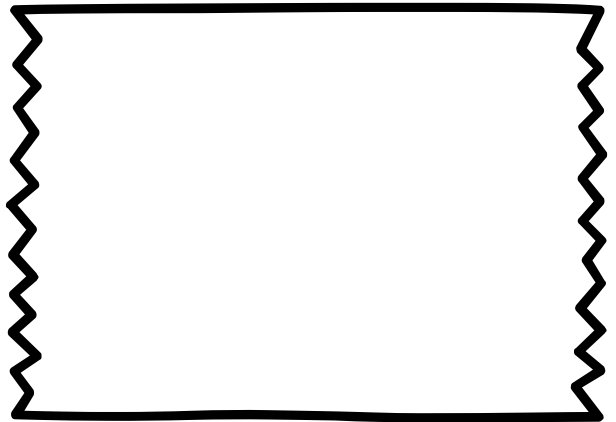
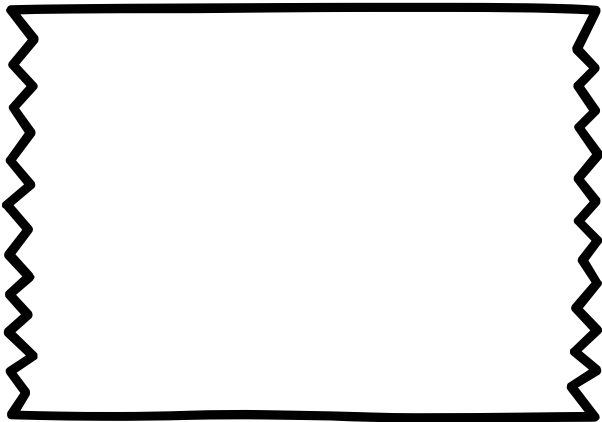
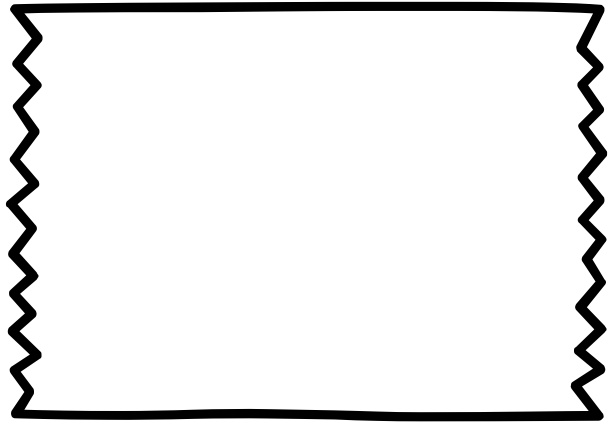
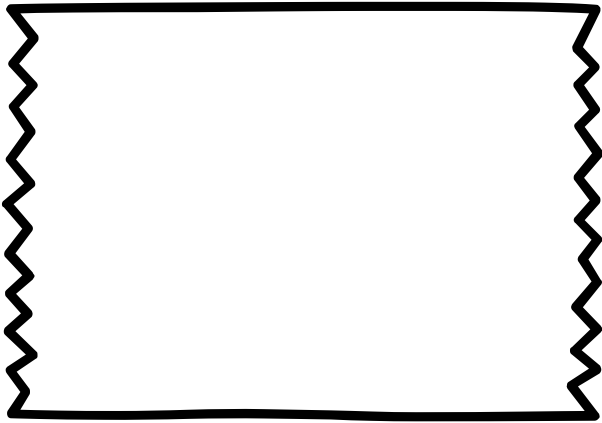
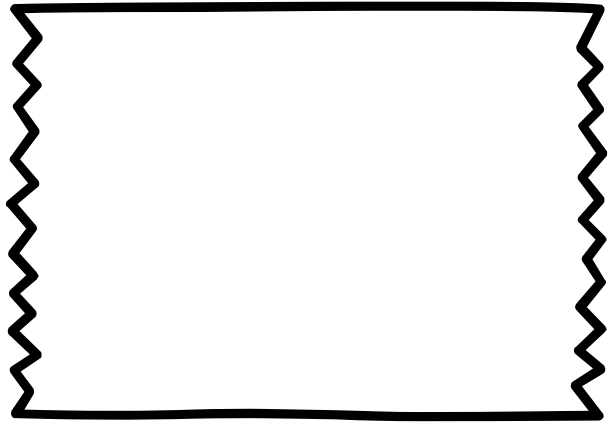
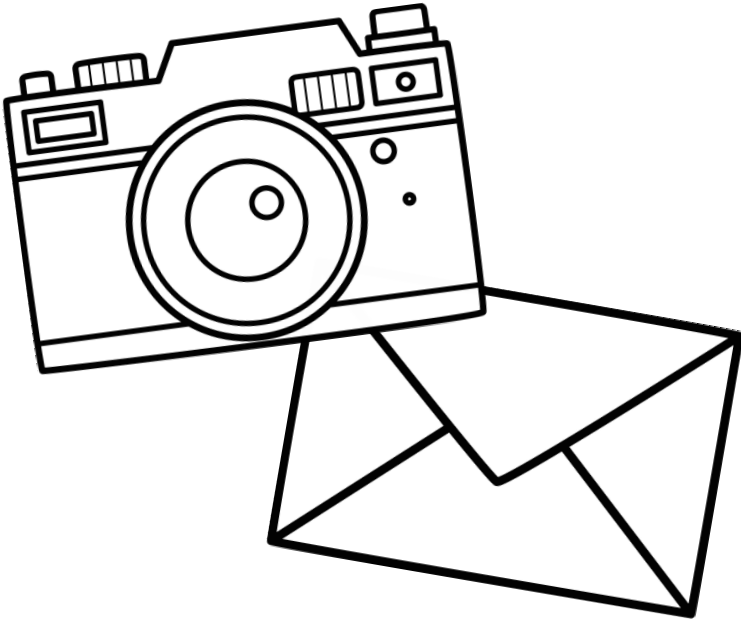
5.



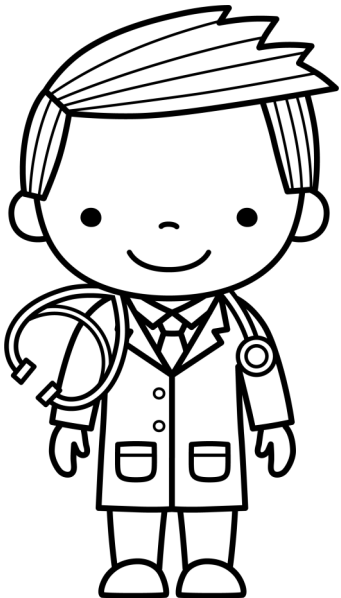
WAYS I CAN HELP OTHERS



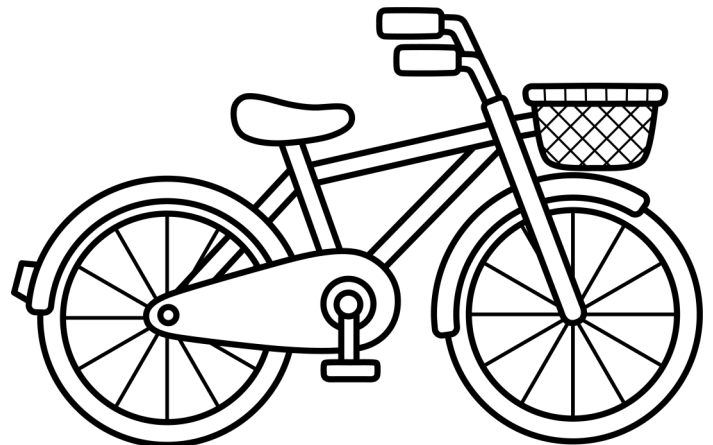
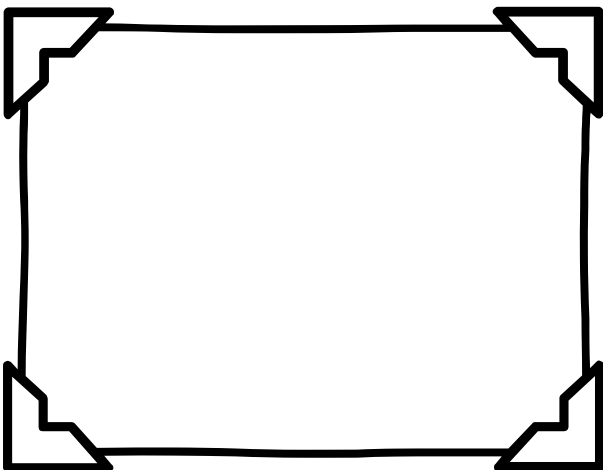
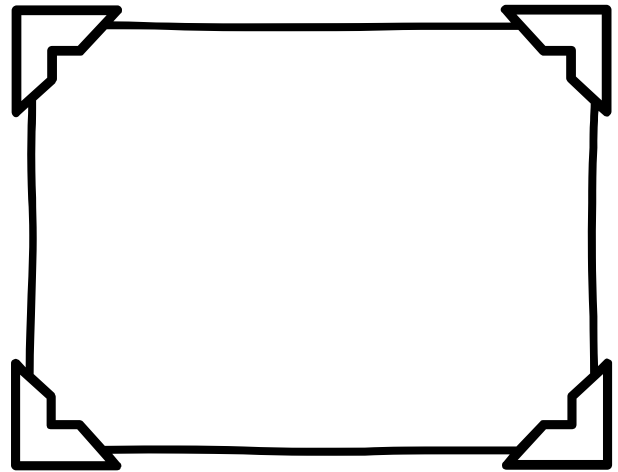
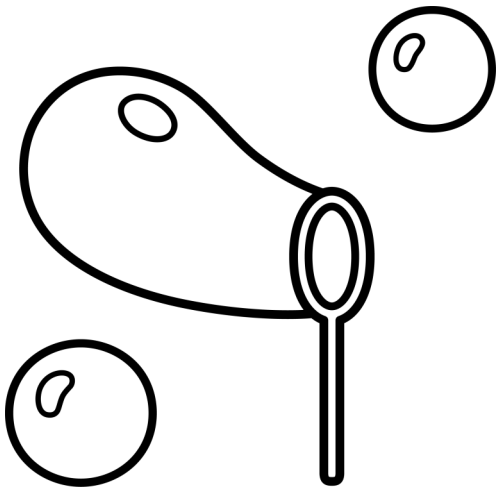
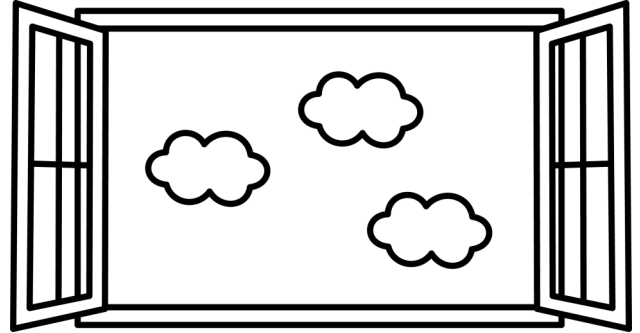
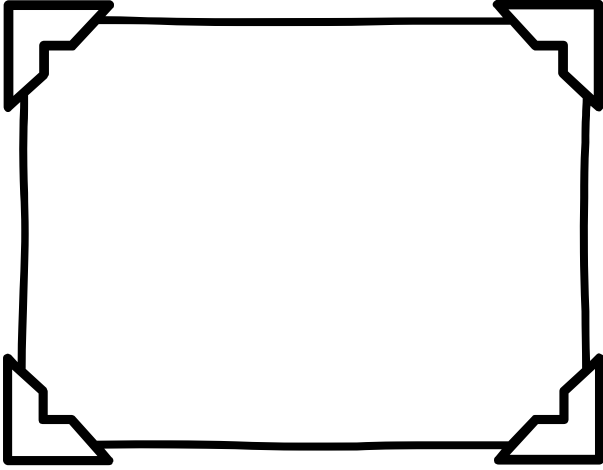
WAYS TO CONNECT WITH OTHERS



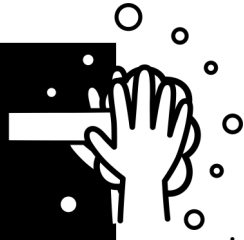
WAYS THE WORLD CAME TOGETHER



THINGS THAT MAKE ME SMILE



NEW HABIT TRACKER



What healthy habits would you like to start tracking? Reading 30 minutes each day? Trying a new exercise? Add your habits to the column on the left and put an X under the days you reach your goal.

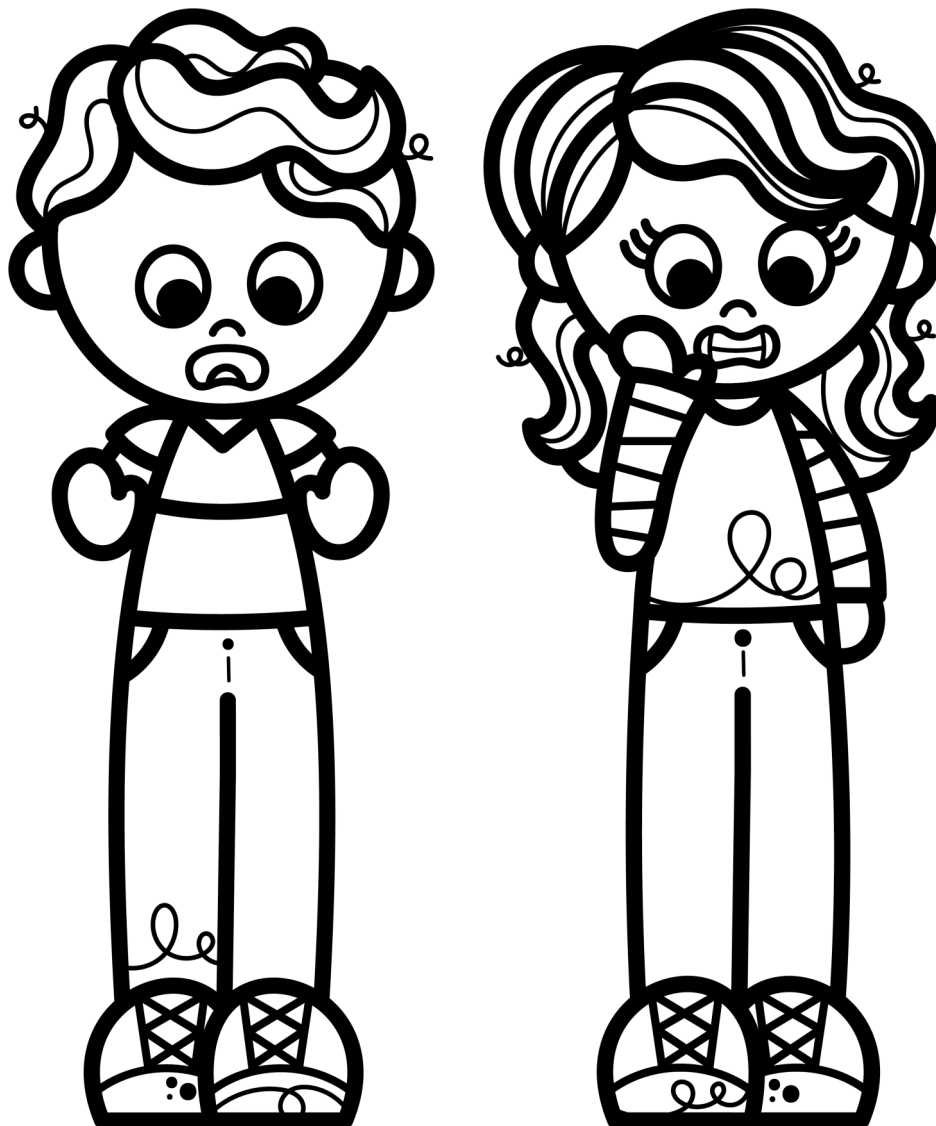
Habit	Monday	Tuesday	Wednesday	Thursday	Friday

My Feelings Log

Instructions:

The next three pages are a feelings log.

Print four logs (one for each week of the month) and print as many icons as you need. Student should choose one icon each day to color, cut, and paste to his or her log. At the end of the month, student can look back and see the various emotions he or she experienced during the pandemic. If desired, use the logs for discussion.



Name _____ Week of _____

MONDAY

How I Feel Today

TUESDAY

How I Feel Today

WEDNESDAY

How I Feel Today

THURSDAY

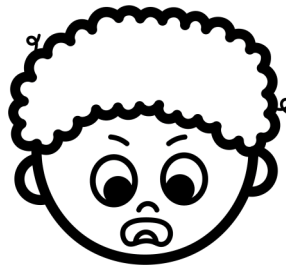
How I Feel Today

FRIDAY

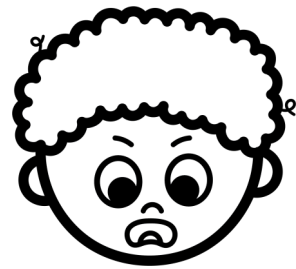
How I Feel Today



Angry



Angry



Angry



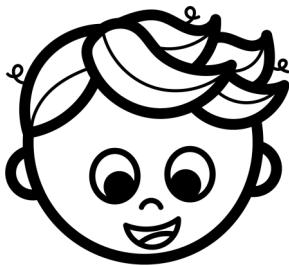
Confused



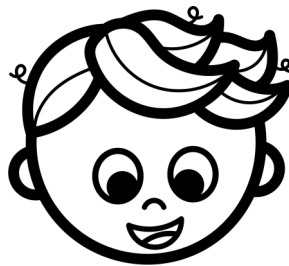
Confused



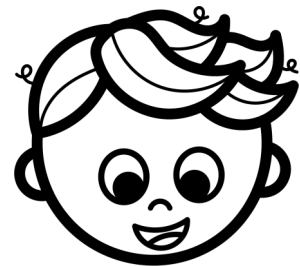
Confused



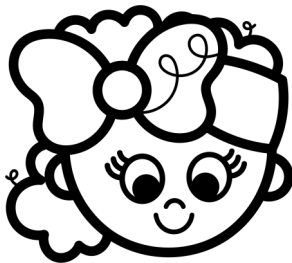
Excited



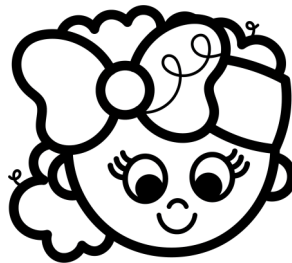
Excited



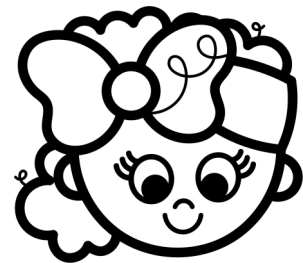
Excited



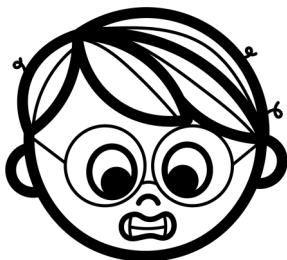
Happy



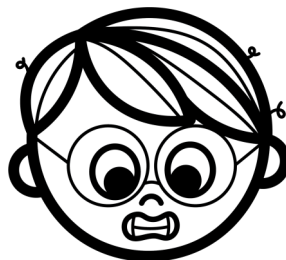
Happy



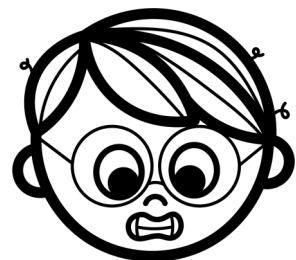
Happy



Anxious



Anxious



Anxious



Calm



Calm



Calm



Safe



Safe



Safe



Scared



Scared



Scared



Sad



Sad



Sad



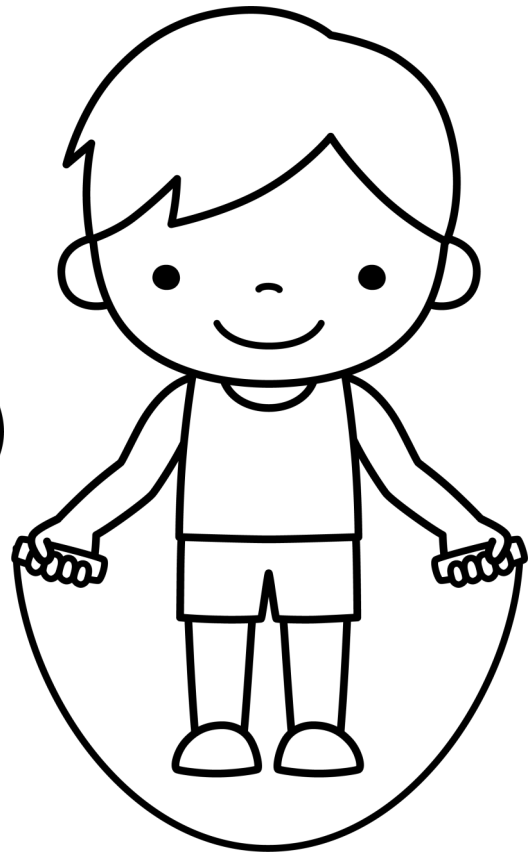
Surprised



Surprised



Surprised



"DON'T LET WHAT
YOU CAN'T DO STOP
YOU FROM DOING
WHAT YOU CAN DO."

JOHN WOODEN