

MY

NAME: _____

AGE: _____

CITY: _____

DATE: _____

DRAW YOU IN YOUR BUBBLE!

LOCK
DOWN
DIARY
2020

... ISOLATION APPRECIATION ...

WRITE WHAT you appreciate about
these people.

IF You Need
MORE. ANOTHER
PRINT PAGE = 

WHY A LOCKDOWN DIARY?

EVEN THOUGH the WÖRLD
Just became pretty different
There's still a lot to



APPRECIATE.

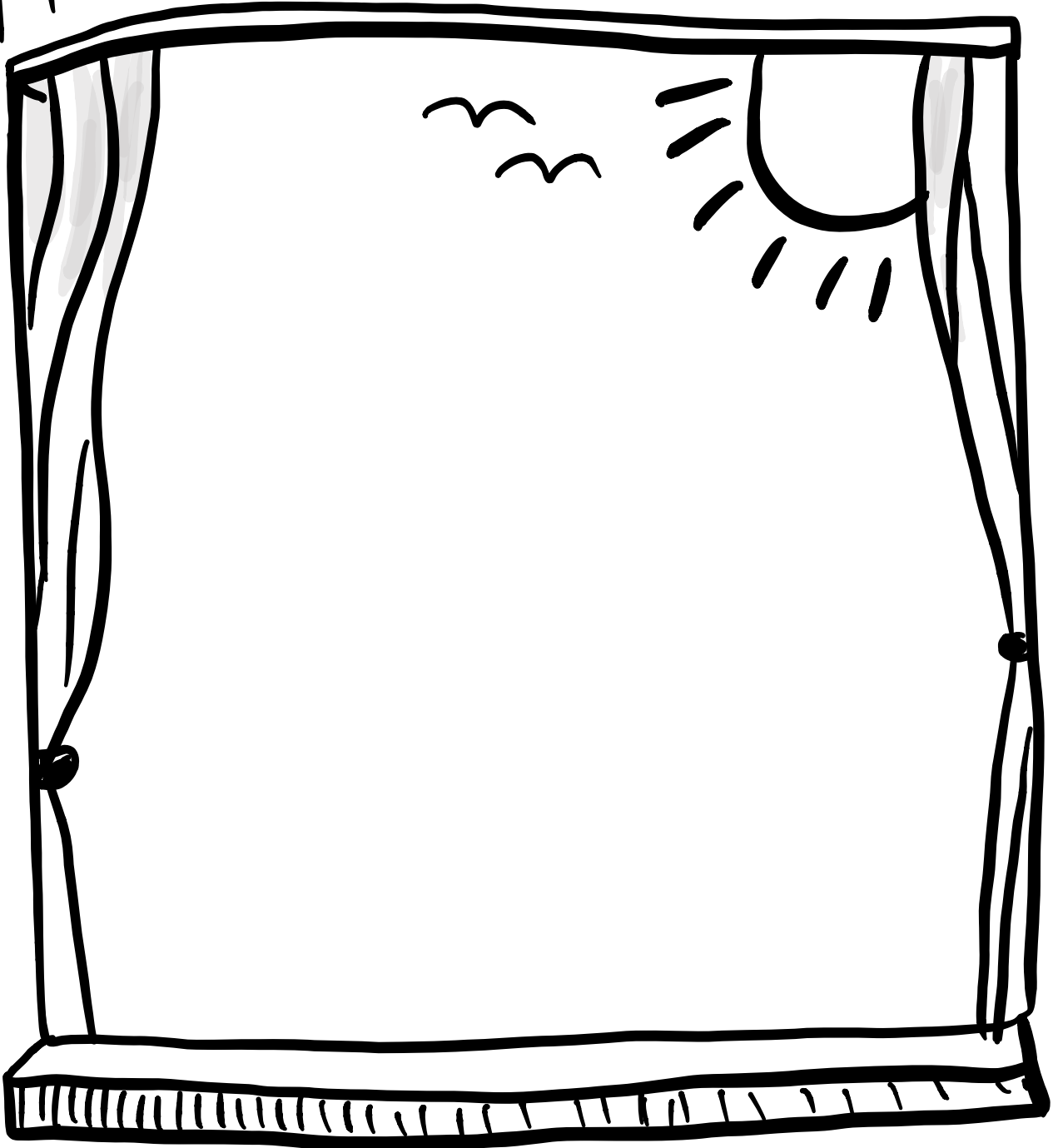
THE SMALL THINGS you might not have noticed before

TELL **THE FUTURE** YOUR STORY.

WRITE
How you
ARE
Feeling

DRAW THE VIEW

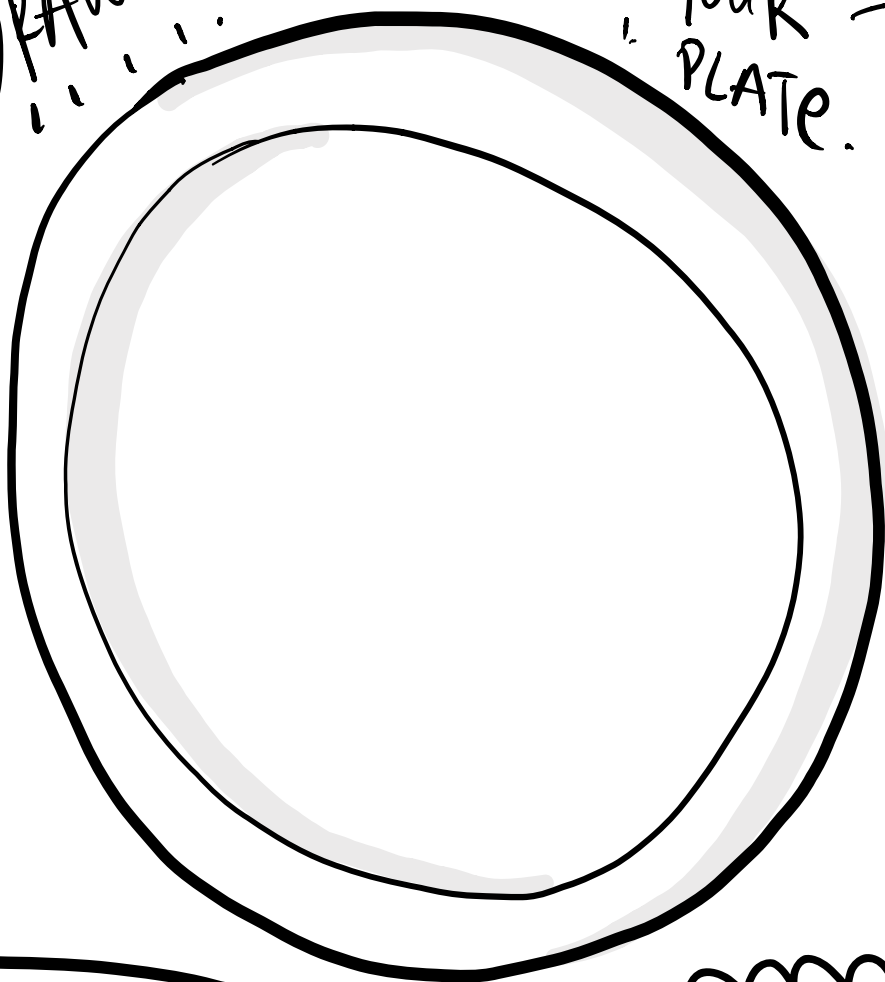
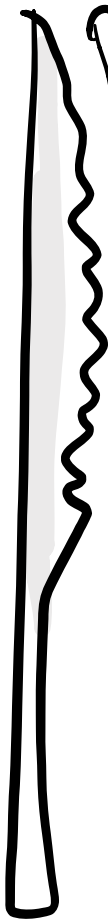
FROM YOUR Bedroom Window.



Is there something you didn't notice before? _____

Whats FOR DINNER

DRAW WHAT YOU HAD ON YOUR PLATE.



WHAT DID IT TASTE LIKE?

THOUGHTS ON TODAY ↓

FIVE Awesome Things

ABOUT Today

1

2

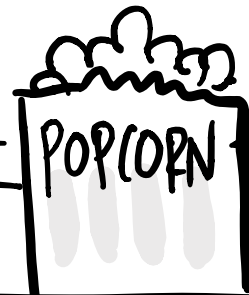
3

4

5



MOVIE DAY



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.

AGE NOW:

AGE IN 2032.

SELF PORTRAIT

MY MOOD IS: _____

TODAY I: _____

Listen!

TO YOUR FAVE SONG.... Really Listen..

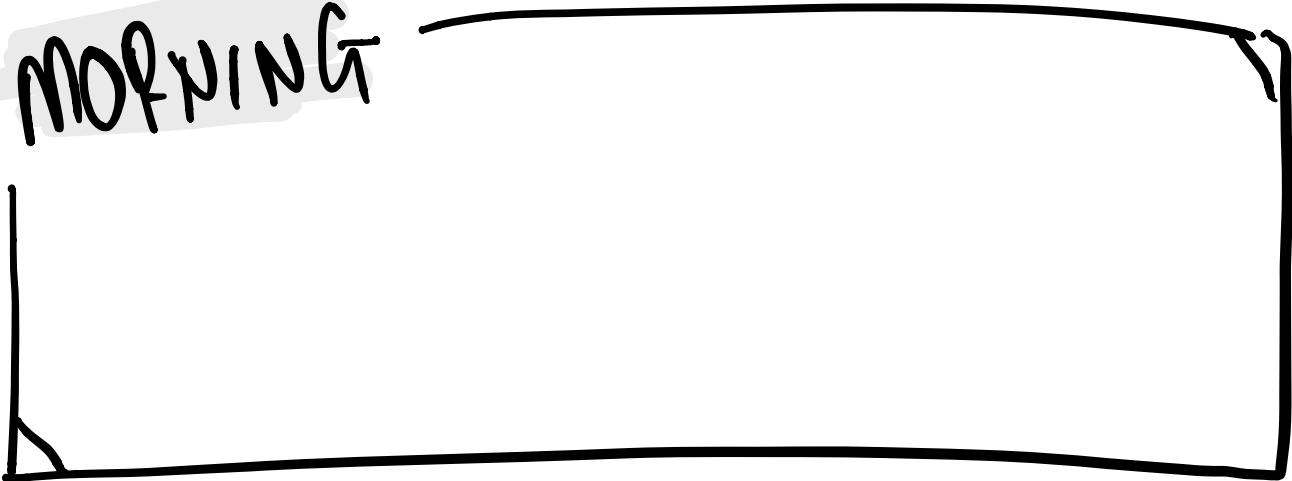
WHAT ARE THE WORDS ABOUT??

ARTIST _____
SONG NAME .. _____
WHAT DO THE WORDS MEAN??

WHAT DID YOU DO TO NOT GET

BORED
TODAY?

MORNING



AFTERNOON



EVENING



THIS SPECIAL DAY.
WHAT MADE TODAY AWESOME?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

I S L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FRIENDS

A series of 15 horizontal grey lines for writing, arranged in a column. Each line is a light grey color and has rounded ends, providing a space for the user to write their appreciation for their friends.

A P P R E C I A T I O N D A Y .

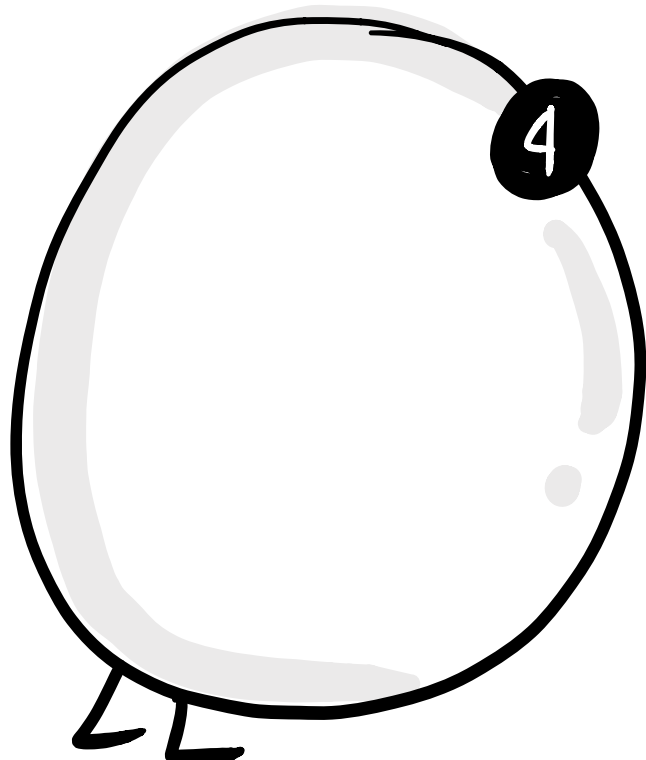
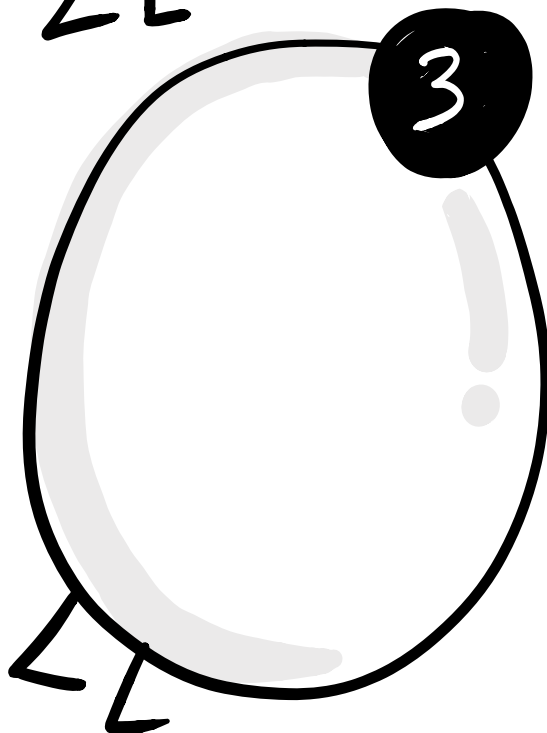
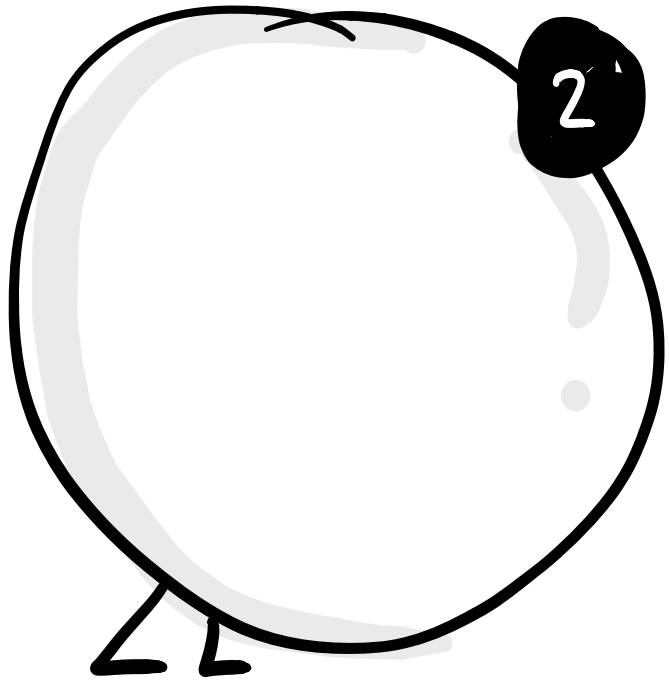
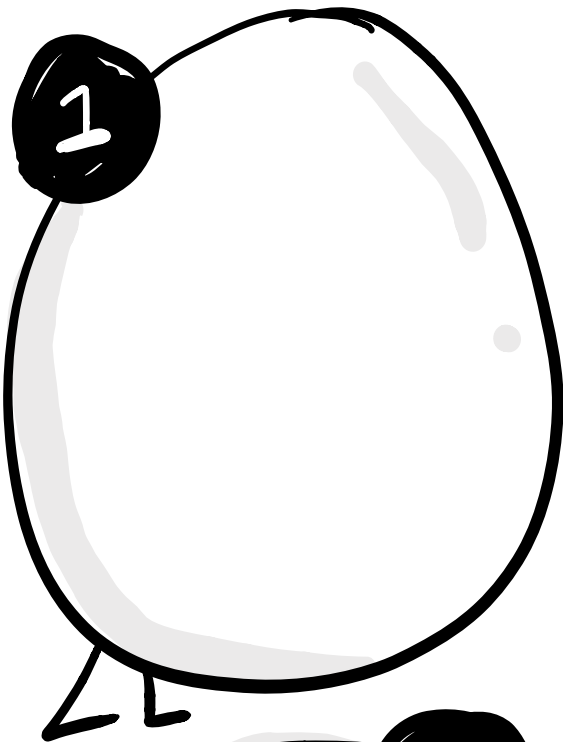
SEND A VIRTUAL NOTE TO SOMEONE YOU MISS.



IF YOU HAVE A PHONE. TAKE A PIC OF THIS PAGE
+ SEND →



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



NEW

Learned something new in Lockdown?

What is It?



A series of ten horizontal, light gray lines for writing, spanning the width of the page below the main text.

MORNING

WAKE? WAKE!!  WHAT'S THE PLAN TODAY?

WHAT DID YOU GET DONE? ANY SURPRISES.

EVENING

WHAT Are You looking forward to when
Life returns to normal... when the lockdown ends?

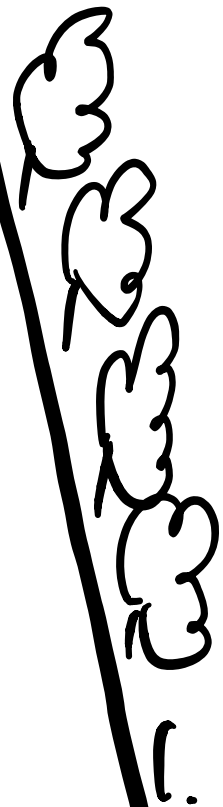
Quiet

There is not
many cars on
the road...
no noise!!!
What other
sounds can
you hear
now?
Birds?
WIND?
The sea?
LAughter?



outside

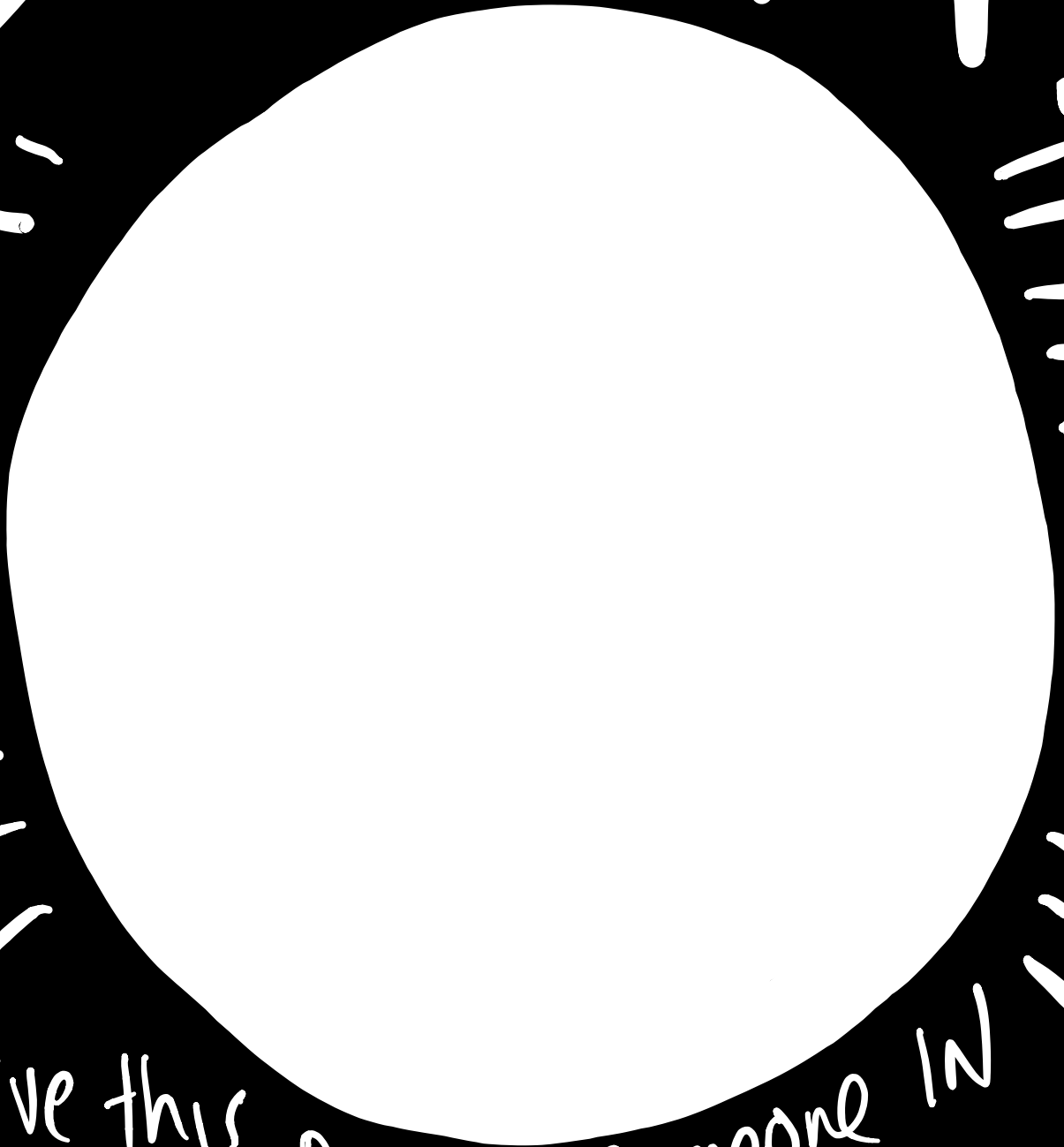
- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦



KIND

Write a Kind message to someone in ^{Your} Bubble!

BACK at Yq!



Give this page to someone IN
YOUR LOCKDOWN BUBBLE. ASK
Them to write what They like about
being stuck with you

I S L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FAMILY.



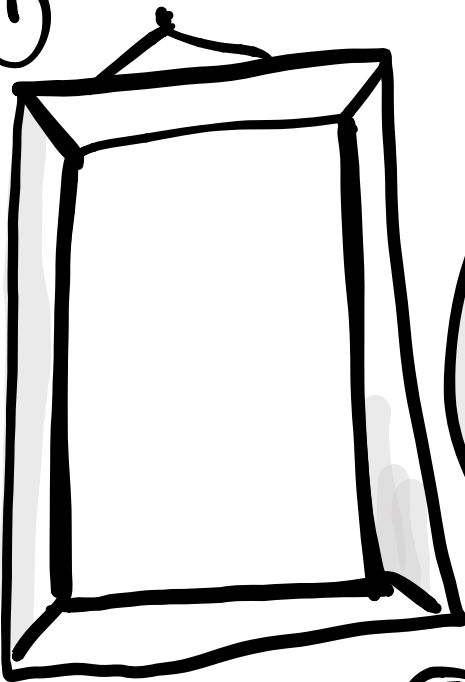
A P P R E C I A T I O N D A Y.

BLAH! BLAH!

What Happened TODAY??

DRAW TODAY IN PICTURES.

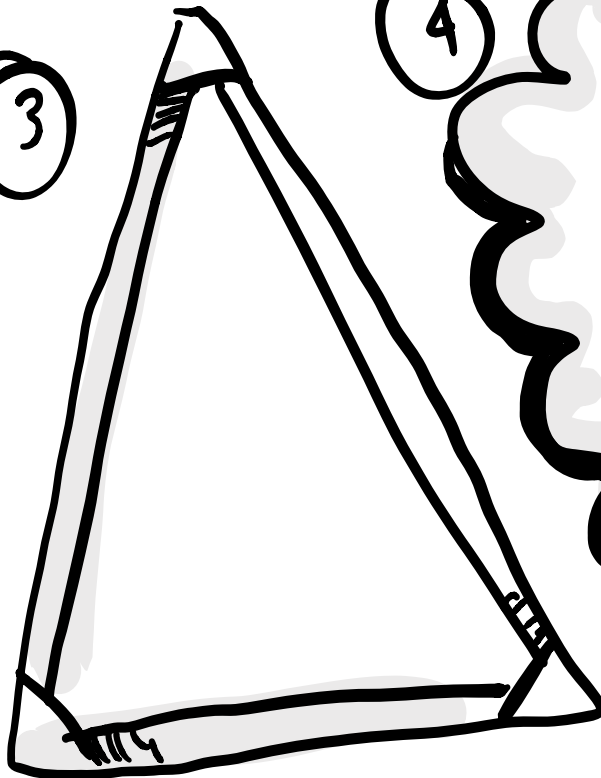
①



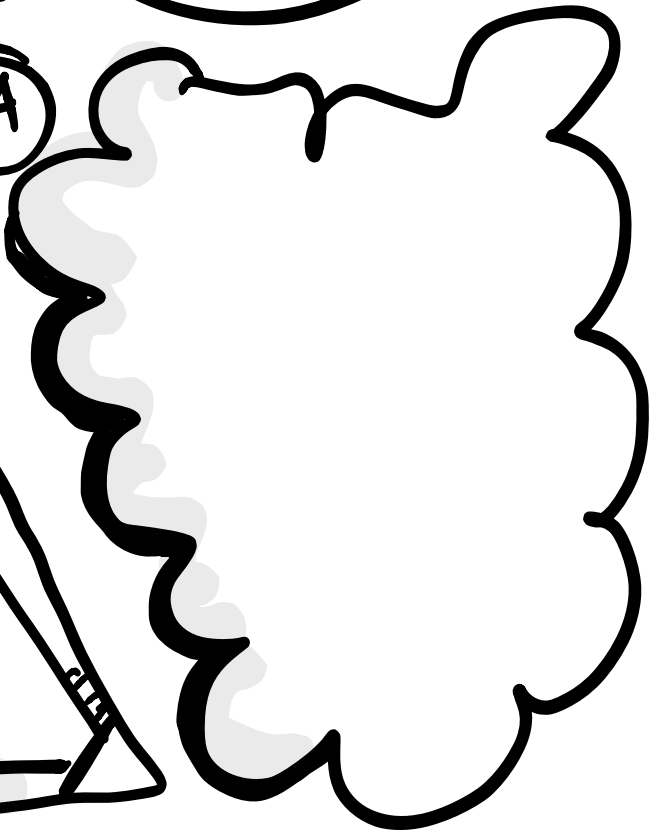
②



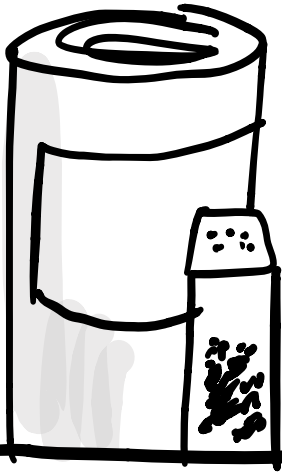
③



④



... NO WORDS ...



Pantry

Draw Whats in
Your Cupboards at
Home



A SHOPPING
LIST FOR
Next time



Four horizontal lines for writing a shopping list.

Details of the Day.....

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



7Am

8Am

9Am

10Am

11Am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

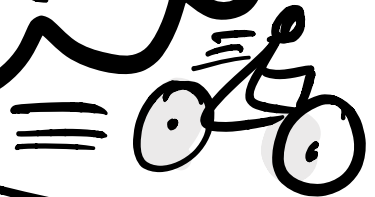
9pm

10pm



A Week's Worth

HIGHLIGHTS OF THE
WEEK JUST GONE



DAY	DAY	DAY
DAY	DAY	DAY
DAY.		

BLANK

TO

WRITE

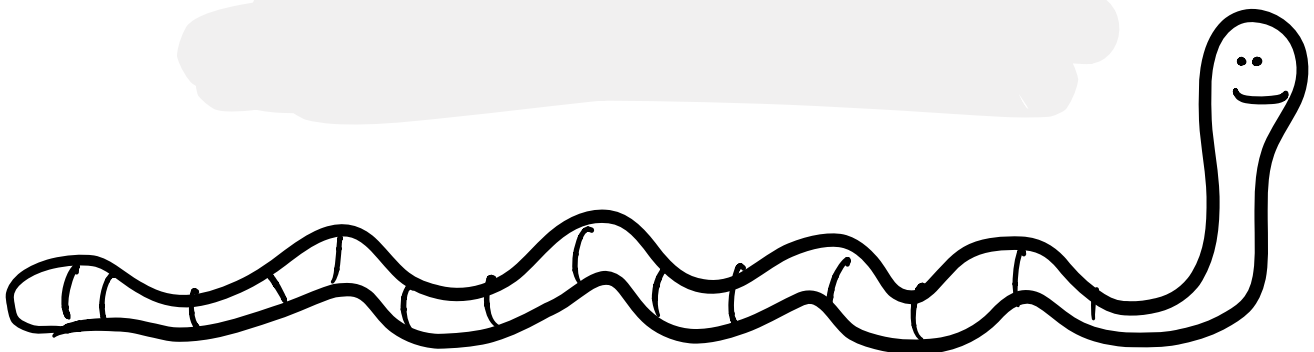
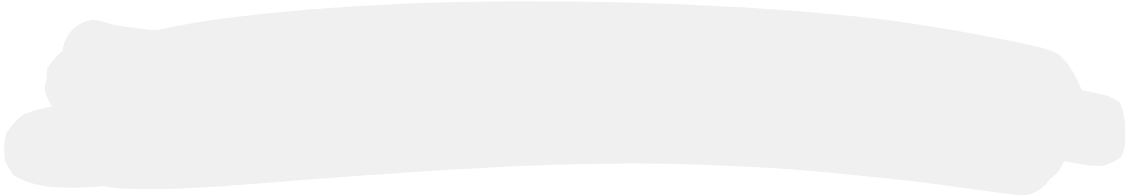
WHATEVER

YOU

WANT

Feelings

What are your feelings today. Chat about them with those in your bubble



SHARE THE

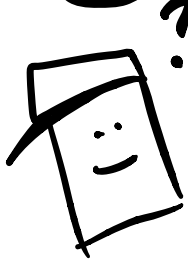
WRITE A poem, CALL SOMEONE SPECIAL +

READ OUT LOUD TO THEM.

!! CARE !!

MY STAY AT HOME SUMMARY.

SUM UP THIS time



? TO Future Kids ?



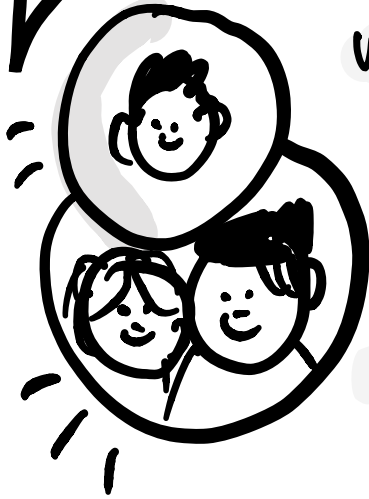
Eight horizontal grey bars for writing.

Signed: _____

WRITE A -

A FINAL thanks

TO ALL THE PEOPLE IN MY BUBBLE!!



WHO:

WHO:

WHO:



WHO:

WHO:

WHO:

WHO:

WHO

WHO

WHO

WHO.

MY LOCKDOWN DIARY. 10m.