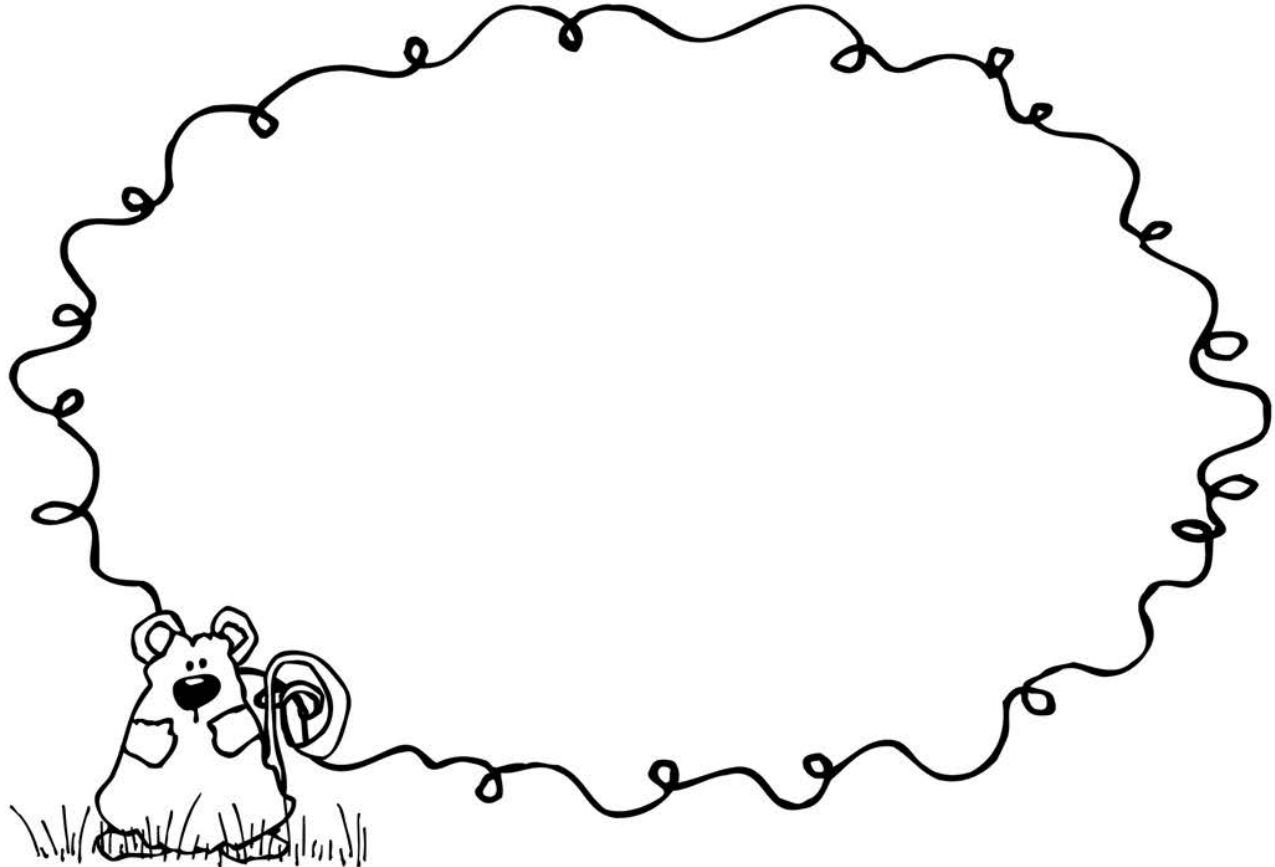




2020

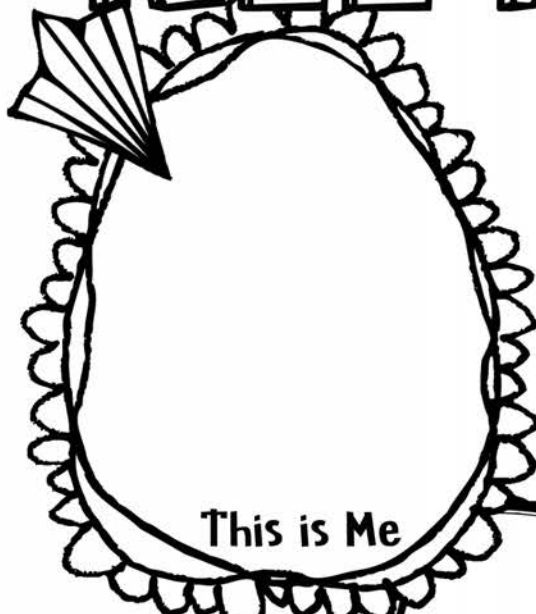
COVID-19 Corona Virus

JOURNAL



My Name: _____

ALL ABOUT ME



This is Me

My Birthday



When I Grow Up



What Makes Me Special?

- FAVORITE THINGS**
- Animal
 - Show/Movie
 - Activity
 - Food
 - Place
 - Song

Who is Social Distancing with you?



I Miss You

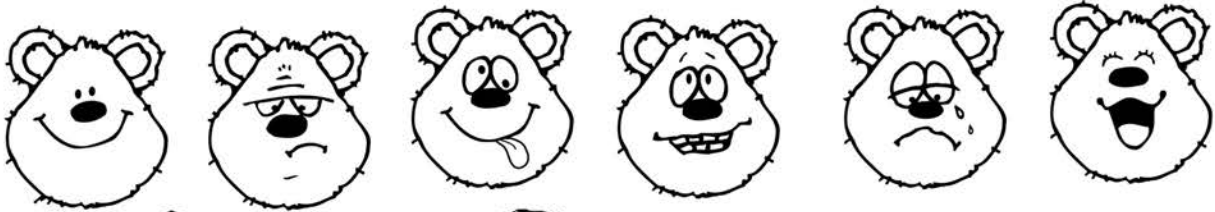
WHAT IS HAPPENING?

A virus called COVID-19 or Corona Virus has spread all over the world. It can make you very sick, and it can spread very quickly. This has made many families change how they do things. What do you know about this pandemic? _____

What changes have you noticed in your house?

How Do You Feel?

Maybe you are confused about what is happening, happy your family is together, or mad you can't see your friends. It's okay to express your feelings.



What are you most excited to do when it's over?

What are you Grateful for?

What helps you when you are upset?

Name...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

ANXIETY EXERCISE:

MY COMMUNITY

COVID-19 has effected the whole world, so everyone needs to do their part to help.



What efforts do you see in your community?

Draw where you live

What can you do to help?



How are you staying connected?

CELEBRATIONS

What special occasions did you celebrate during this time? A holiday? A birthday or anniversary?
Did you create any NEW celebrations?