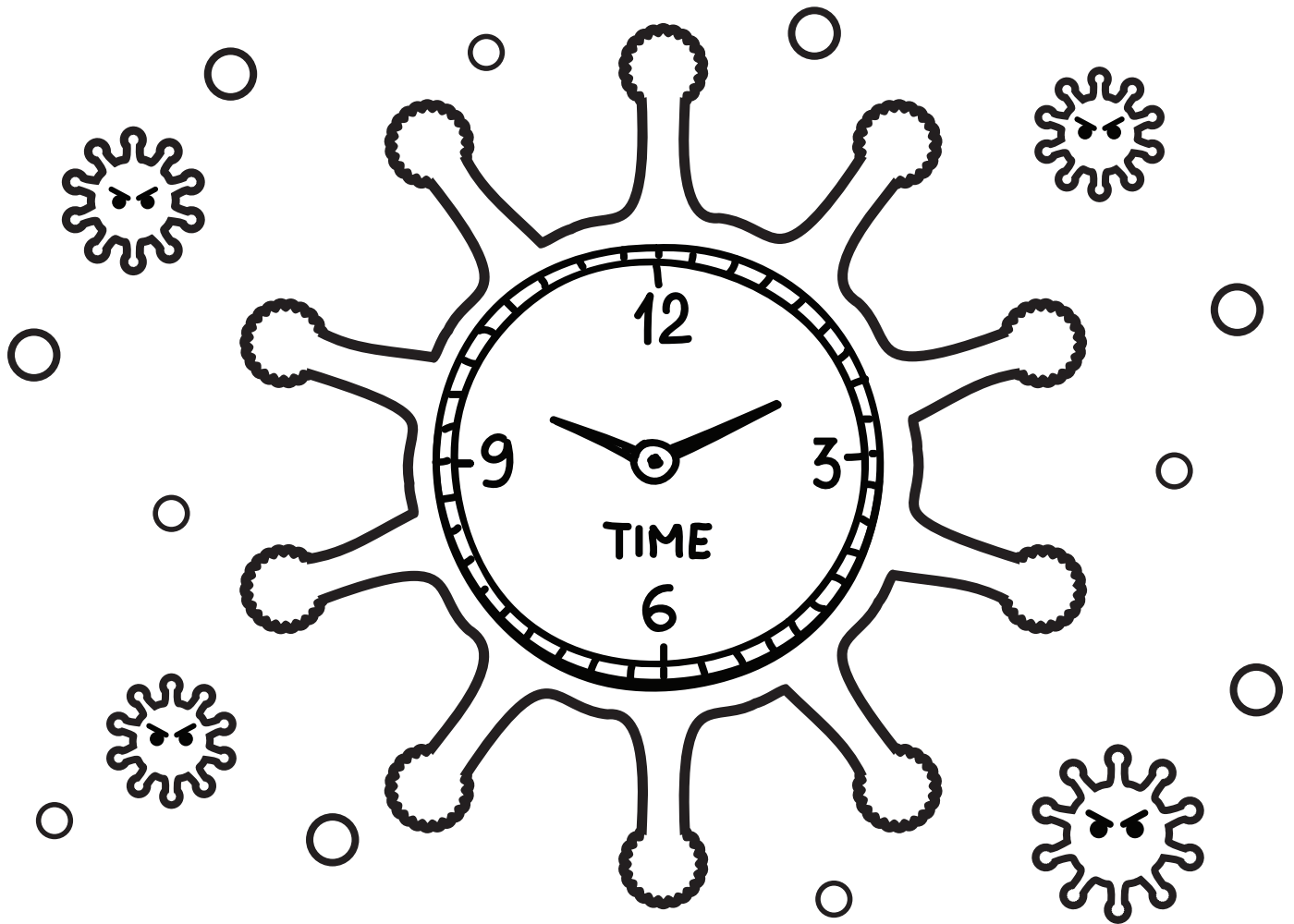


MY 2020 COVID-19

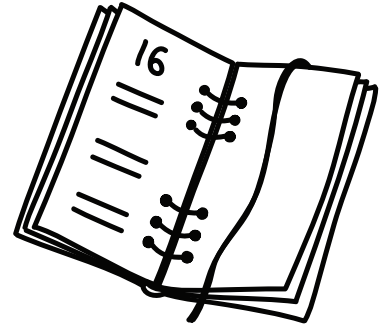


TIME CAPSULE

BY: _____

THINGS TO REMEMBER

WHAT IS THE DATE AND WHERE
ARE YOU SHELTERING IN PLACE?



WHAT ARE YOU THANKFUL FOR?

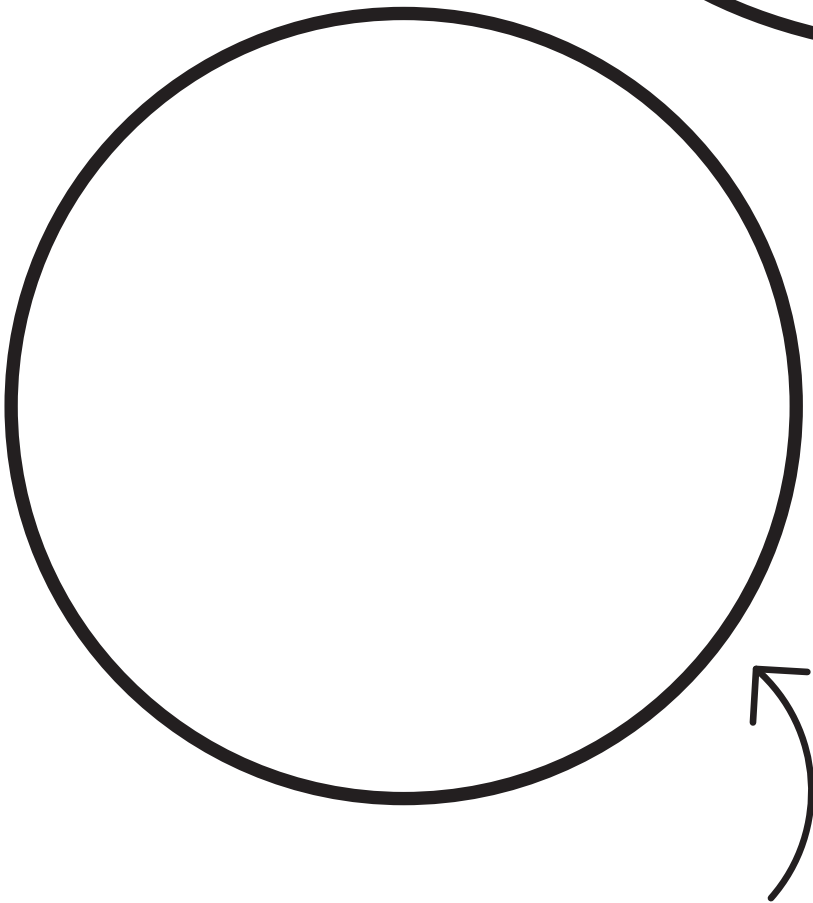


WHAT ARE YOU MOST WORRIED ABOUT?

WHAT IS SOMETHING THAT IS HELPING YOU COPE?

HOW DO YOU FEEL RIGHT NOW?

WORDS TO DESCRIBE
YOUR FEELINGS:



(DRAW YOUR CURRENT EMOTION AS AN EMOJI)



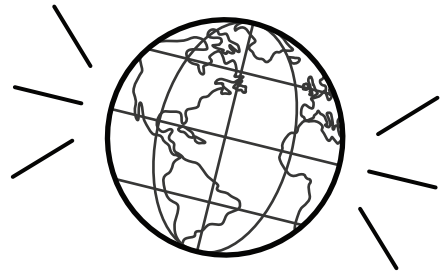
ACTIVITY BINGO

(CIRCLE THE FUN THINGS YOU'VE DONE DURING THIS TIME)

| | | | | |
|------------------------------|------------------------|--------------------------|-----------------------|------------------------|
| FINISHED A PUZZLE | LEARNED A NEW SKILL | PLAYED A VIDEO GAME | LEARNED A LANGUAGE | WATCHED A MOVIE |
| VIDEO CHAT WITH FRIEND | DID SOME EXERCISE | STAYED IN PJS ALL DAY | TOOK A BATH | PLAYED A BOARD GAME |
| DREW SOMETHING | TOOK A NAP | FREE SPACE | SANG A SONG | BAKED BREAD |
| DANCED TO MUSIC | CLEANED ROOM | TRIED TO GARDEN | CALLED A RELATIVE | READ AN ENTIRE BOOK |
| DID A CROSSWORD PUZZLE | SEWED A SCARF | PLAYED WITH A PET | STAYED UP LATE | HAD A HOME SPA DAY |

MY COMMUNITY

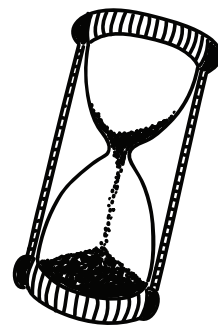
HAS ANYONE YOU KNOW BEEN
AFFECTED BY COVID-19? HOW SO?





HOW ARE YOU STAYING CONNECTED
WITH FRIENDS & RELATIVES?

WHAT ARE YOU DOING TO PASS THE TIME?



(DRAW YOUR FAVORITE QUARANTINE ACTIVITY)

A LETTER TO MYSELF

DEAR

,

LOVE,