

MY

NAME: _____

AGE: _____

CITY: _____

DATE: _____

DRAW YOU IN YOUR BUBBLE!

LOCK

DOWN

DIARY.

2020

... ISOLATION APPRECIATION ...

WHO ARE YOU HOME WITH?



WRITE WHAT YOU APPRECIATE ABOUT THESE PEOPLE.

NAME _____


NAME _____

NAME _____

NAME _____

NAME _____

NAME _____

IF YOU NEED MORE, PRINT ANOTHER PAGE = 

WHY A LOCKDOWN DIARY?

EVEN THOUGH the WÖR^{ll}LD
Just became pretty different
There's still a lot to



APPRECIATE.

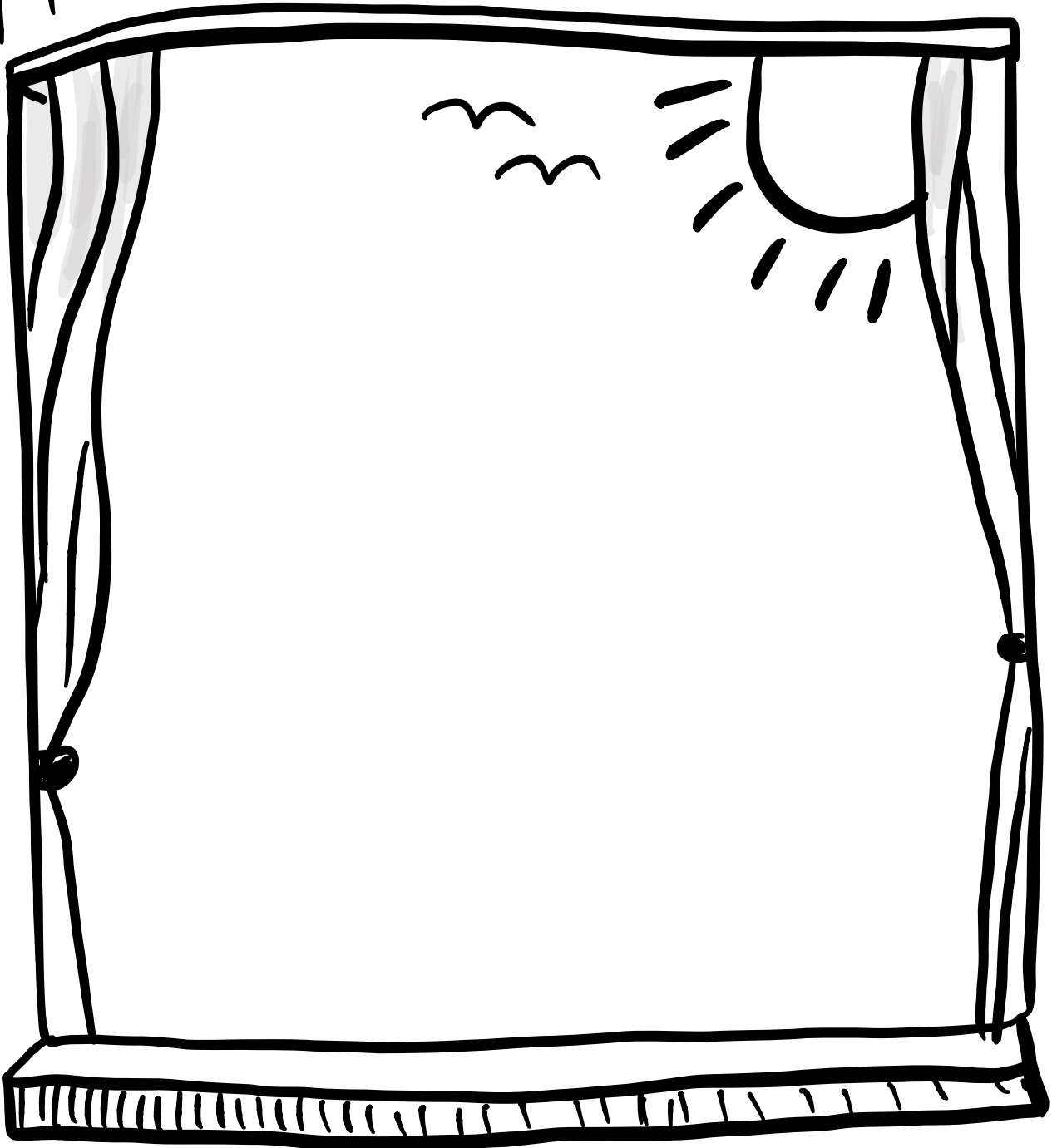
THE SMALL THINGS you might not have noticed before

TELL THE FUTURE YOUR STORY.

WRITE
How you
ARE
Feeling

DRAW THE VIEW

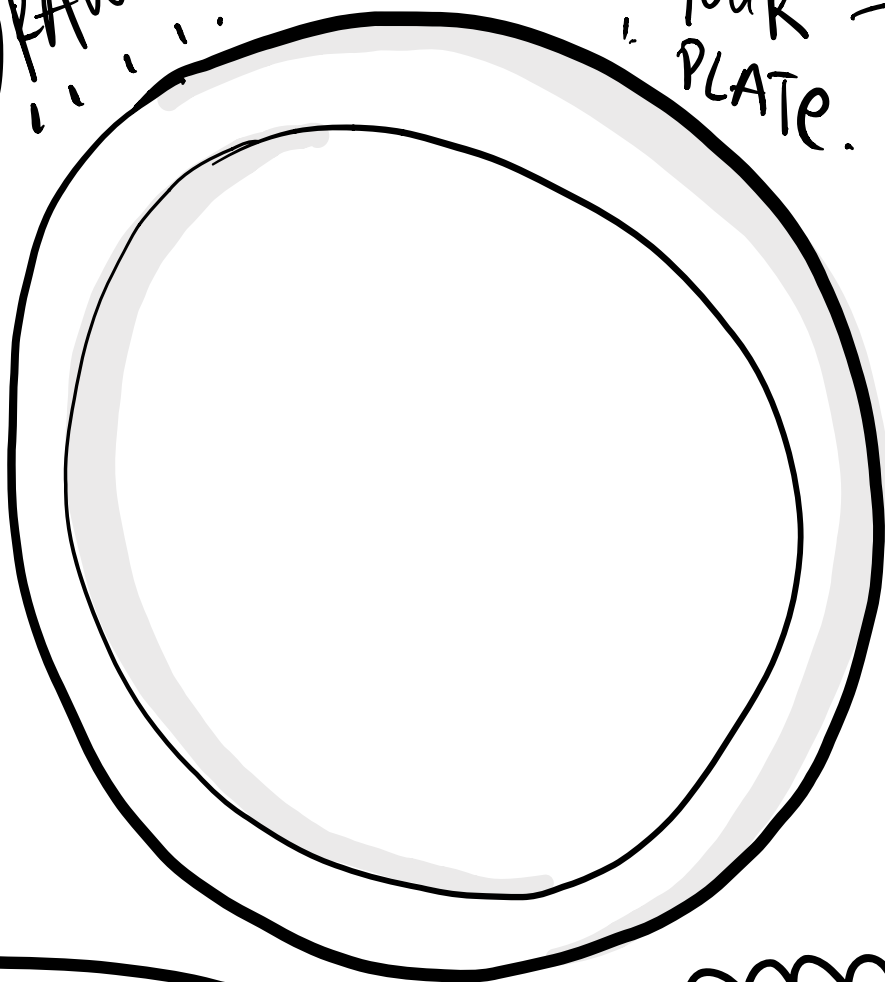
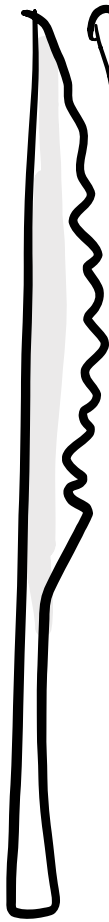
FROM YOUR BEDROOM WINDOW.



Is there something you didn't notice before? _____

Whats FOR DINNER

DRAW WHAT YOU HAD ON YOUR PLATE.



WHAT DID IT TASTE LIKE?

Hand-drawn horizontal lines for writing, contained within a rectangular box.

THOUGHTS ON TODAY ↓

A large, hand-drawn wavy-edged box for writing thoughts, with a downward-pointing arrow next to the title.

FIVE Awesome Things

ABOUT Today

1

2

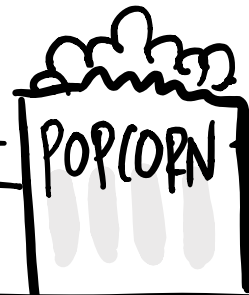
3

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

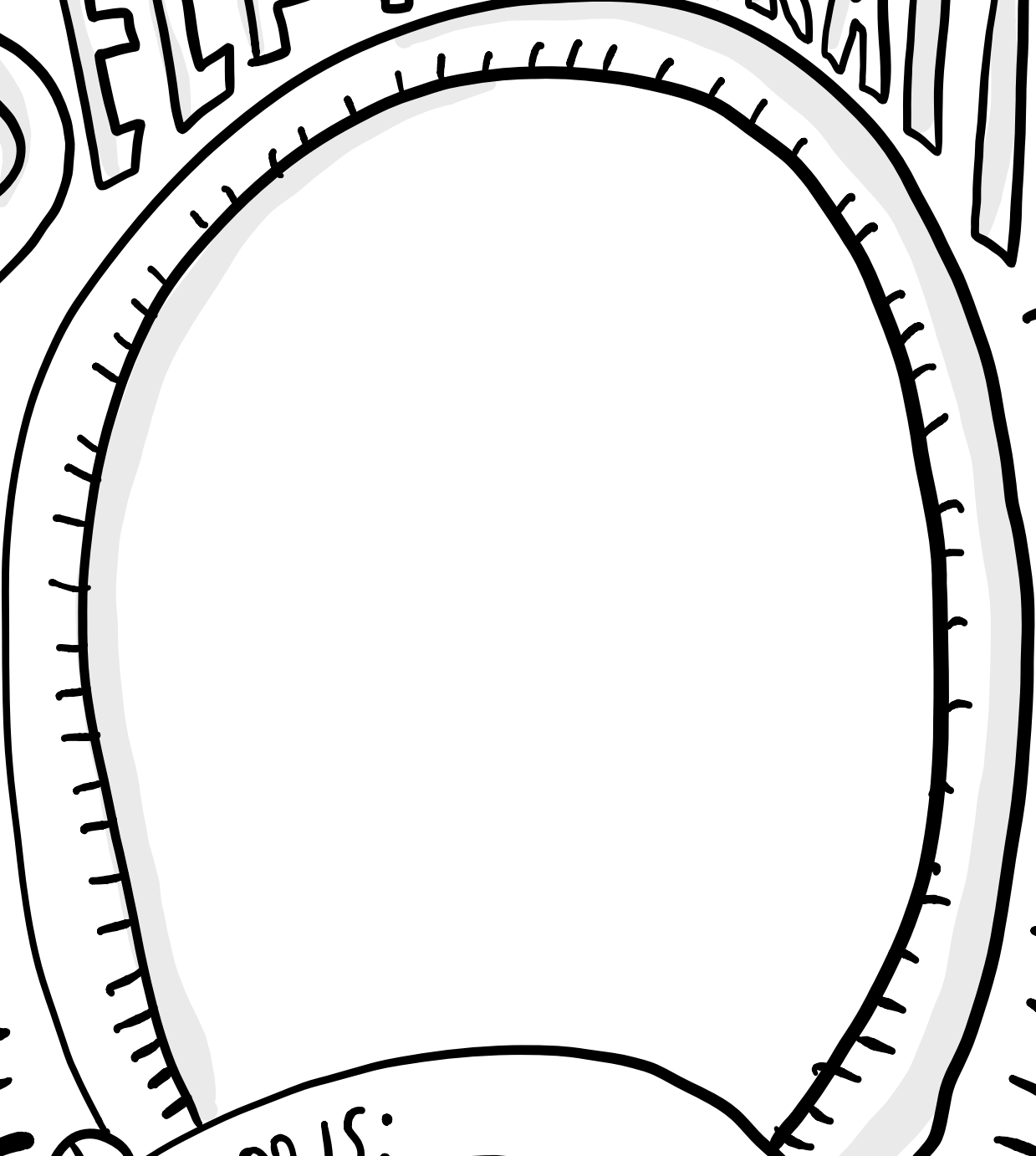
How to Keep Calm + Cool.

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

Blank space for writing morning activities.

AFTERNOON

Blank space for writing afternoon activities.

EVENING

Blank space for writing evening activities.

THIS SPECIAL DAY.

WHAT MADE TODAY AWESOME?

I S O L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FRIENDS

A series of 15 horizontal grey lines, each with rounded ends, providing a space for writing answers to the question above.

APPRECIATION DAY.

I S O L A T I O N

WHAT DO YOU APPRECIATE ABOUT YOUR FAMILY.

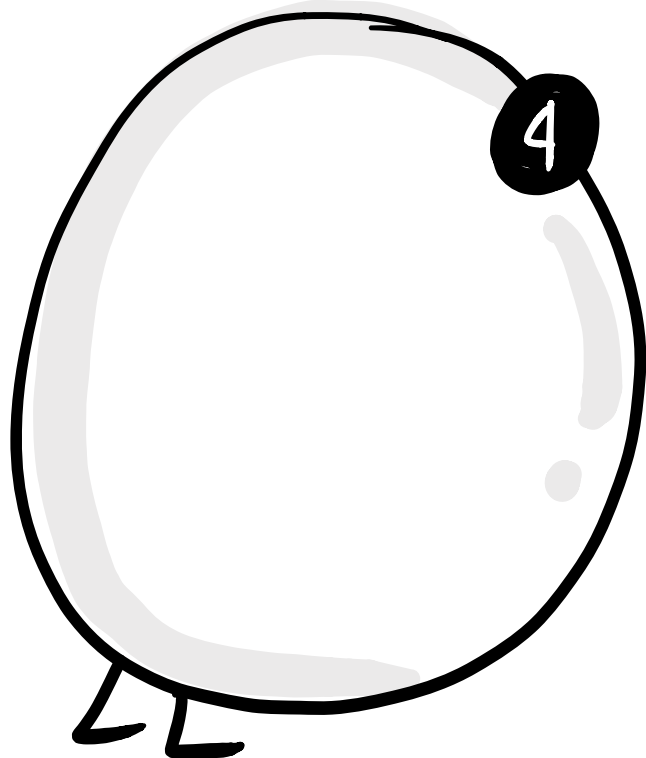
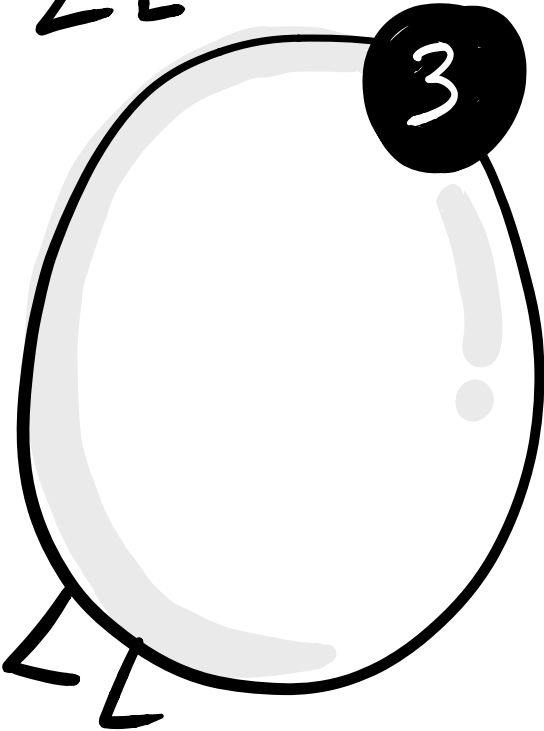
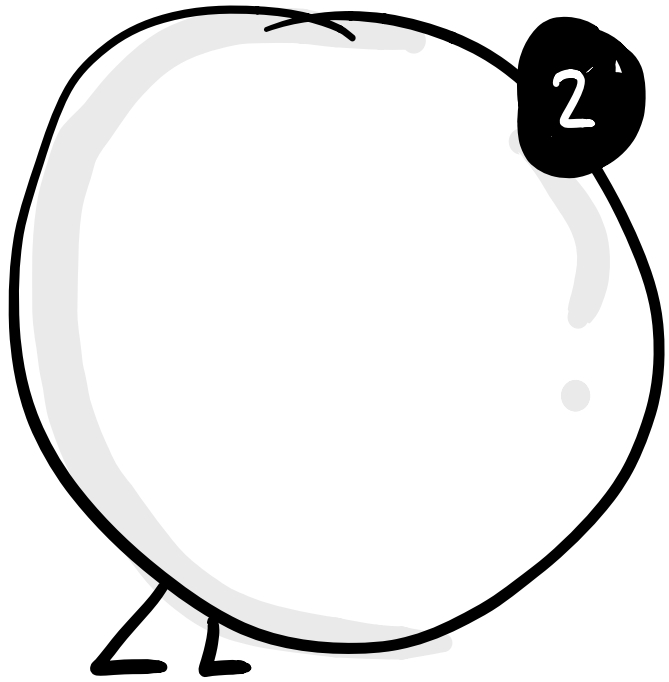
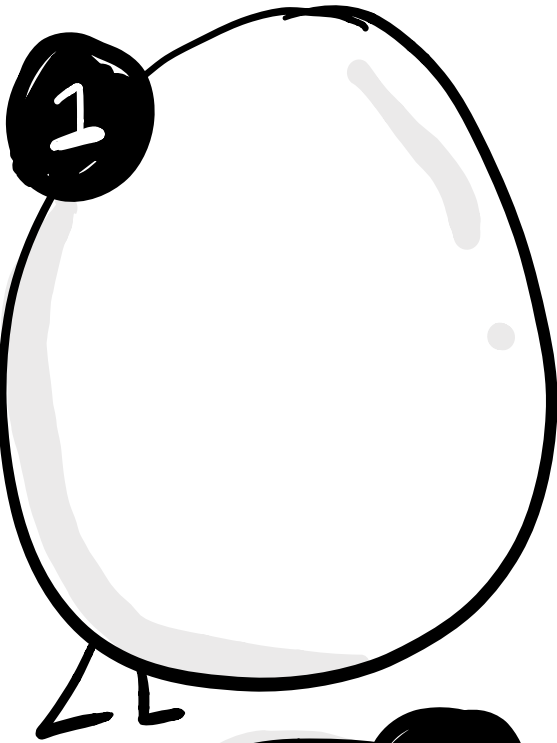
Hand-drawn horizontal lines for writing.



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

WALK

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 brushstroke lines intended for writing a response to the question 'WHAT IS IT?'

SEND A VIRTUAL NOTE TO SOMEONE YOU MISS.



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

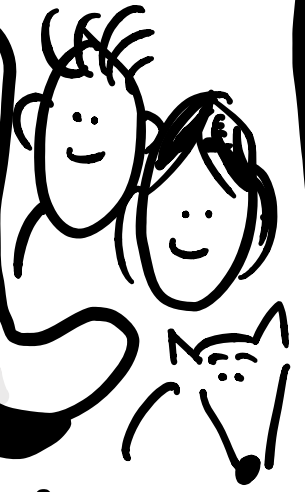
MORNING

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

WHAT DID YOU GET DONE? ANY SURPRISES.

EVENING

NORMAL



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

A series of 14 horizontal, light gray rounded rectangular lines intended for writing answers to the question above.

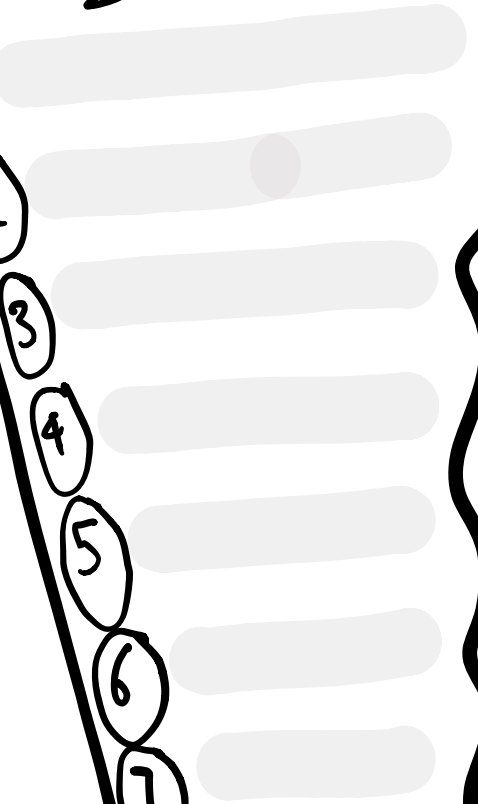
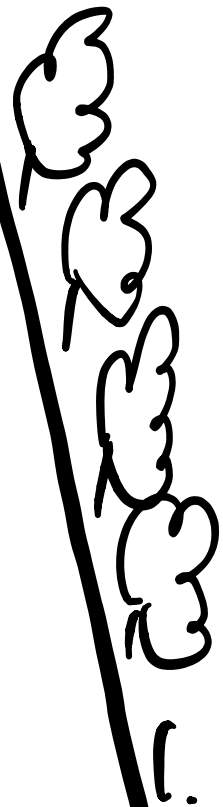
QUIET

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

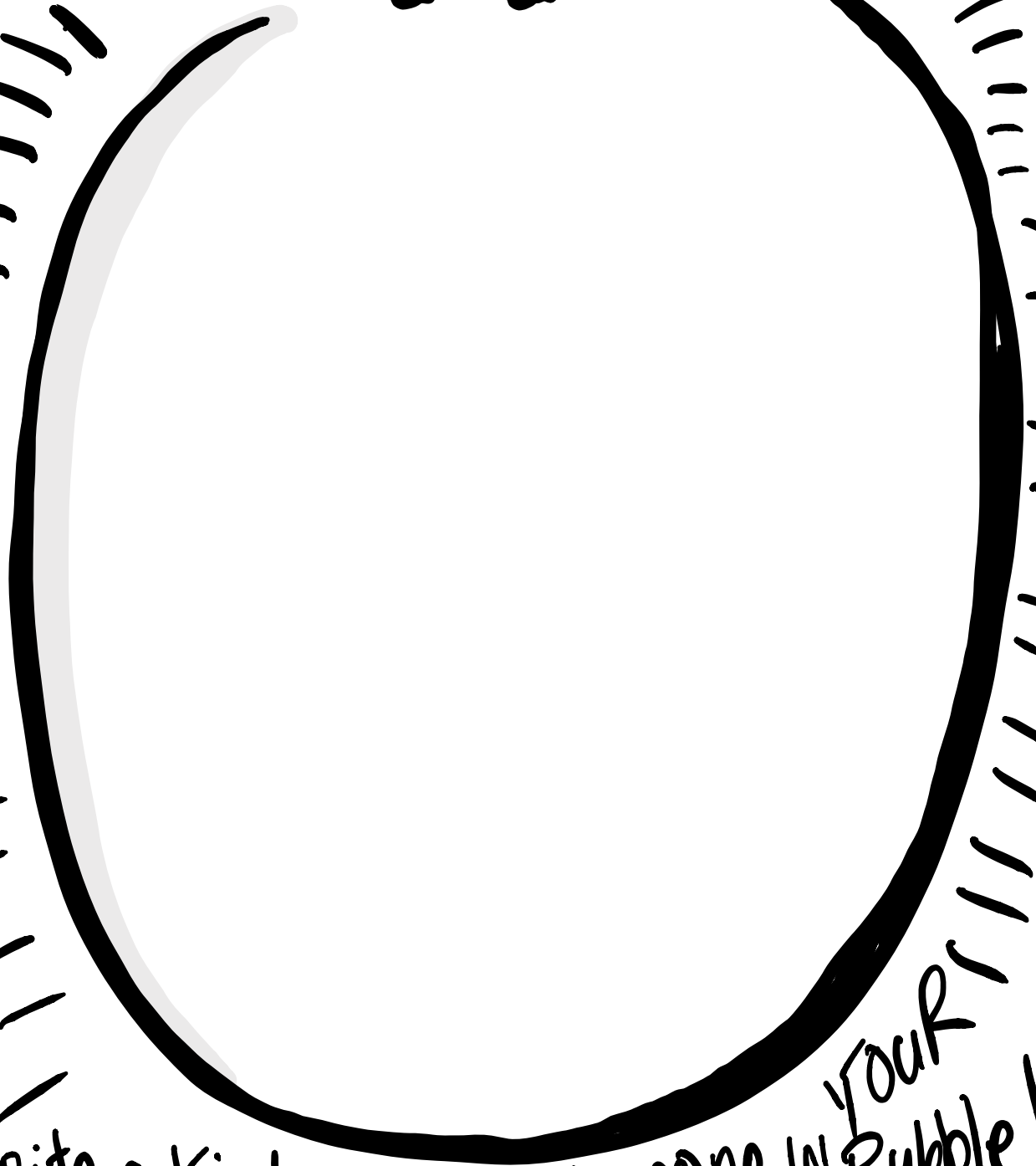


OUTSIDE

- 1
- 2
- 3
- 4
- 5
- 6
- 7

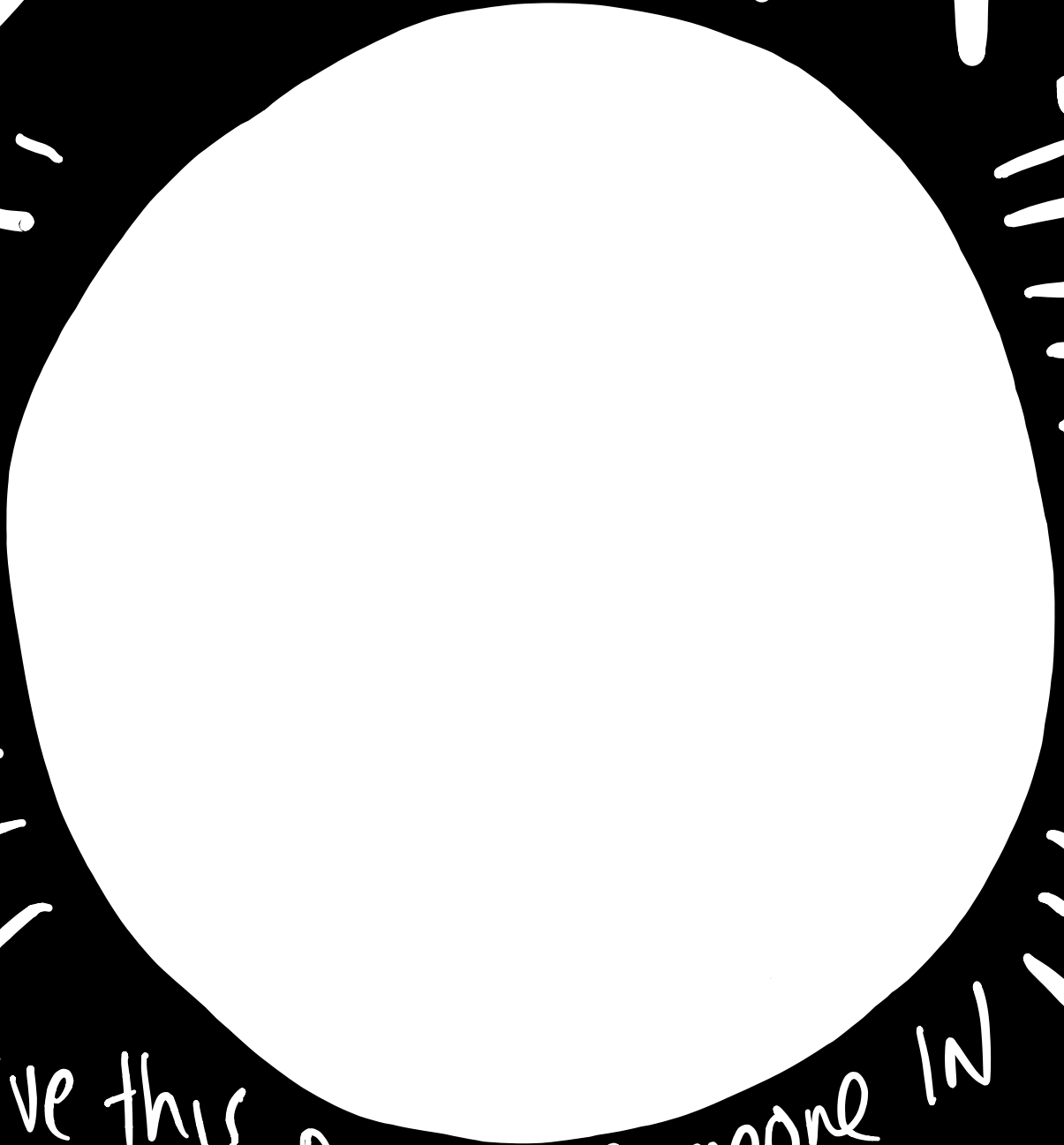


KIND



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

BACK at Ya!



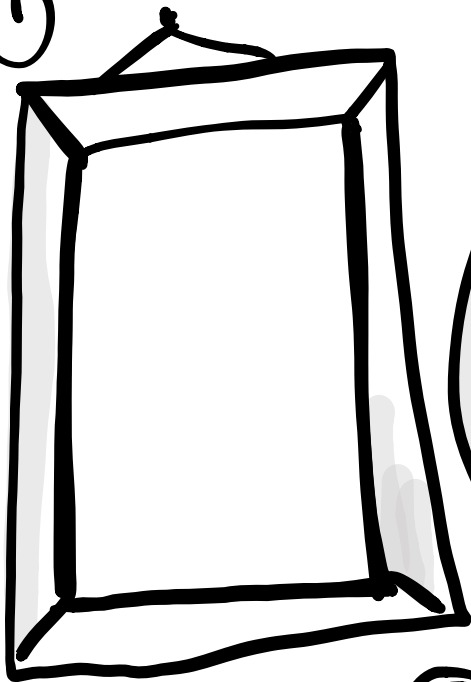
Give this page to someone in
your lockdown bubble. Ask
them to write what they like about
being stuck with you

BLAH! BLAH!

What Happened TODAY??

DRAW TODAY IN PICTURES.

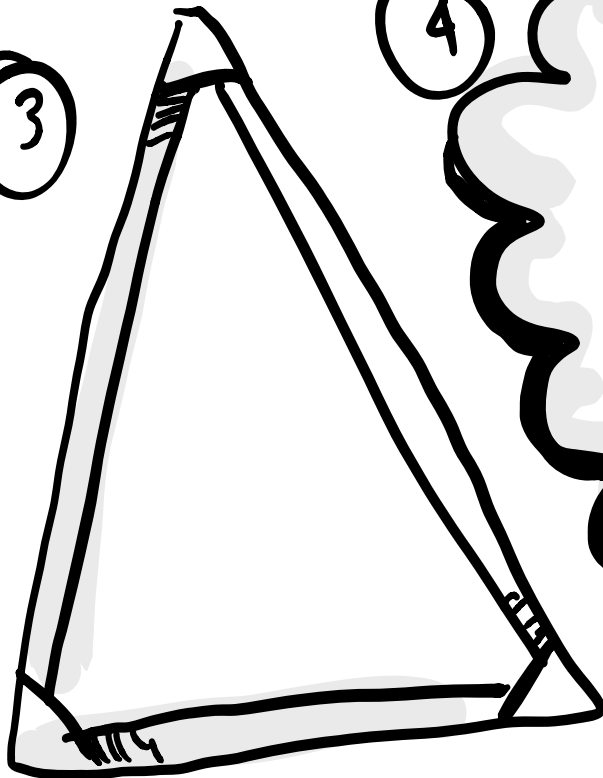
①



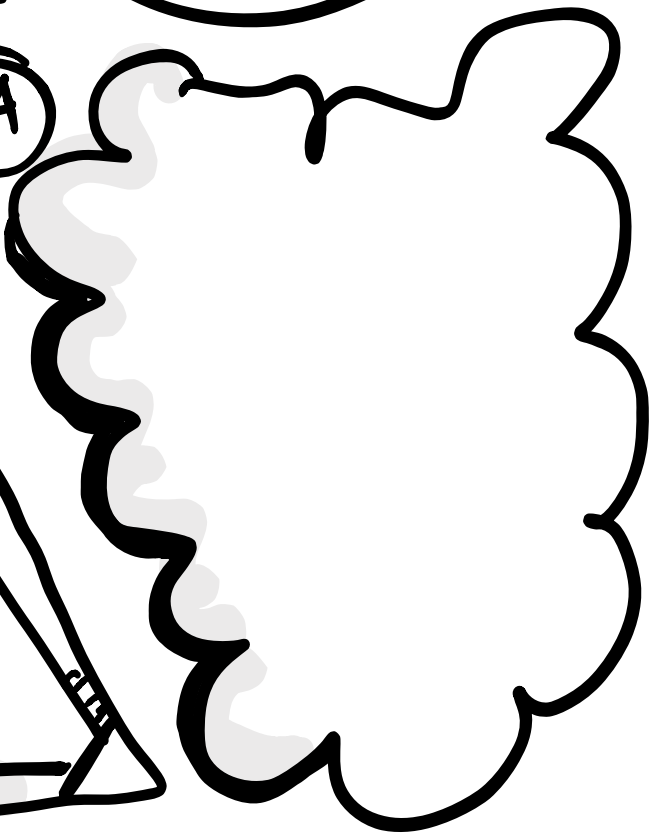
②



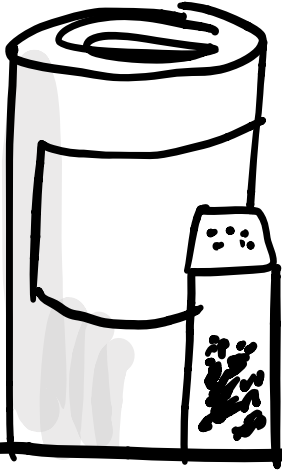
③



④



... NO WORDS ...



Pantry

Draw Whats in
Your Cupboards at
Home



Four large, empty rectangular boxes for drawing items from the pantry.

A SHOPPING
LIST FOR
Next time



Four horizontal, shaded rectangular lines for writing a shopping list.

Details of the Day.....

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



7 Am

8 Am

9 Am

10 Am

11 Am

12 pm

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

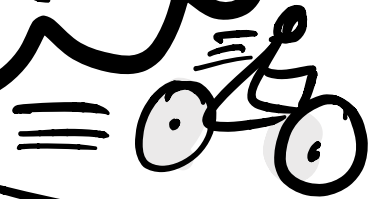
9 pm

10 pm



A WEEK'S WORTH

HIGHLIGHTS OF THE WEEK JUST GONE



DAY	DAY	DAY
DAY	DAY	DAY
DAY.		

BLANK

TO

WRITE

WHATEVER

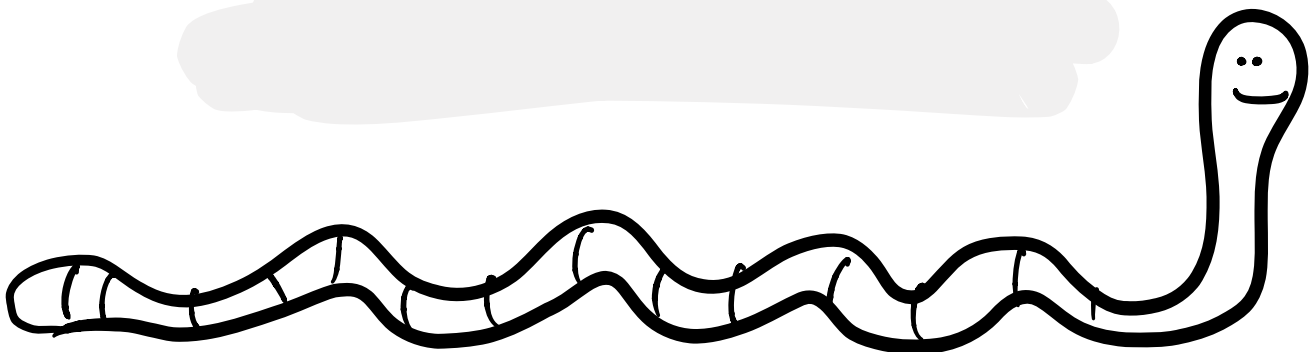
YOU

WANT

Feelings

WHAT are your feelings today. chat about them with those in your bubble

Five horizontal grey brushstroke areas for writing.



SHARE THE

WRITE A POEM, CALL SOMEONE SPECIAL +

READ OUT LOUD TO THEM.

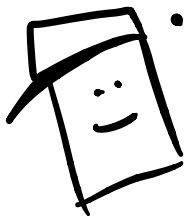
Blank lined area for writing a poem, consisting of ten horizontal grey bars.

CARE

MY STAY AT HOME SUMMARY.

SUM UP THIS time

TO Future Kids? 



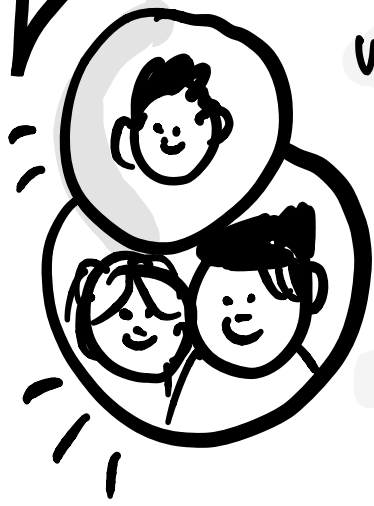
Hand-drawn horizontal lines for writing.

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.COM

©stephenmcCarthy.NZ.2020

HEY PARENTS...



SEND
us your
PICS!

We're hoping to make A BIG
BOOK of loads of pictures of
Pages. If you'd like to be included
+ the first to know send us pics to
Stephen@mylockdowndiary.com.