

# My Stay at Home Journal



# My Stay at Home Journal

## Note to Parents & Caregivers:

Use this journal to help your child make sense of what is going on in the world today. It can be used as a tool to get them to talk about their feelings. The journal can also become a keepsake to look back on and share with future generations. Help your child complete if needed, but remember it is their journal and there is no wrong way to do it. Your child can be as creative as they want, using pencils, crayons, markers, stickers, newspaper or magazine clippings.

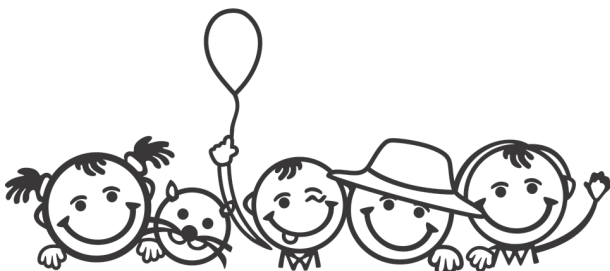
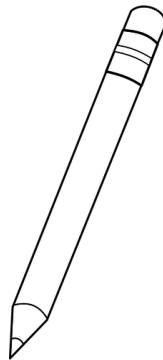
Print out all of the pages or just the ones you want. We have included several Daily Journal, Good Habits, & How Do I Feel Today pages throughout the journal. If you find you need more, come back and print more. Bind the pages together when your child is done.

There is no limit to their imagination!

*"You can't use up Creativity.*

*The more you use,  
the more you have."*

*-Maya Angelou*



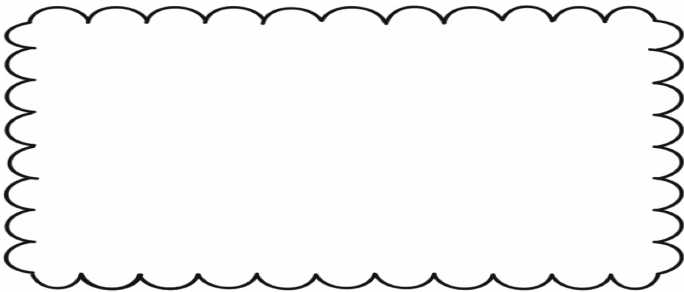
# ALL ABOUT ME



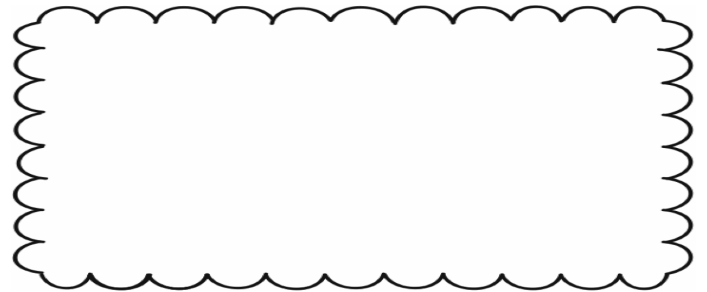
**My Age**



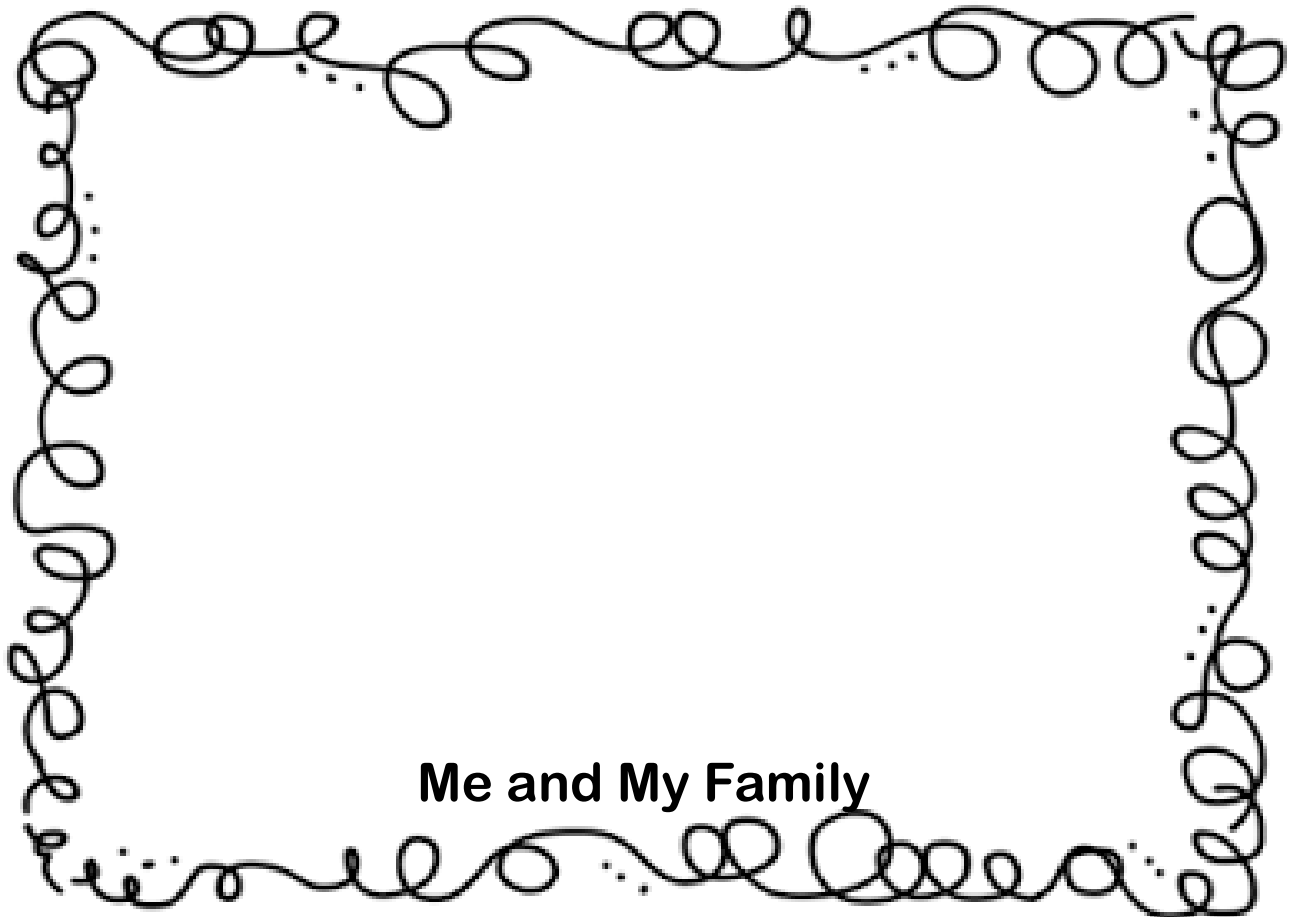
**My Grade in School**



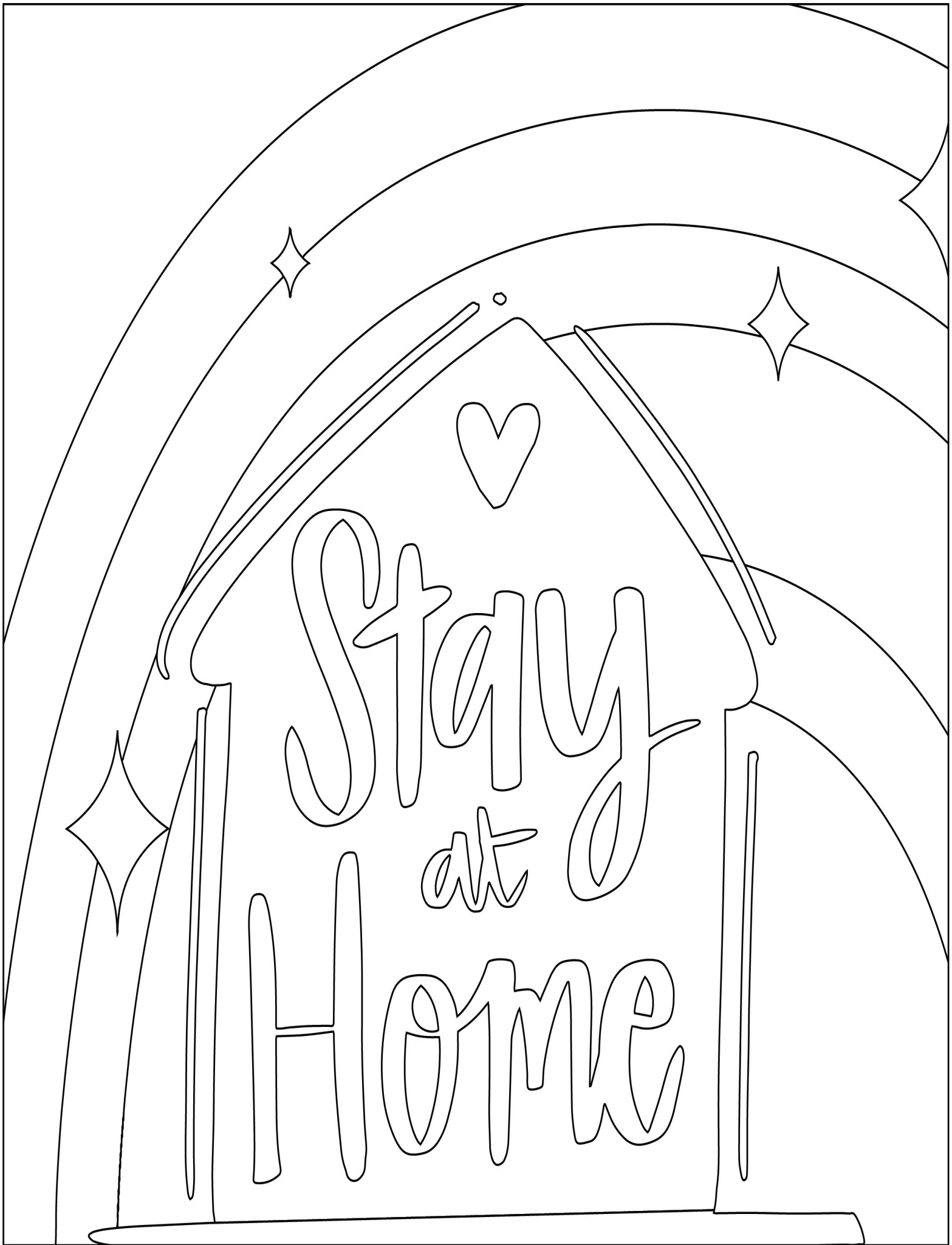
**A new Skill I Learned  
or tried to Improve**



**What I've Learned  
through this Experience**



**Me and My Family**



Stay  
at  
Home

# WHAT'S GOING ON TODAY?

Draw a picture or paste a newspaper clipping

What's the weather like? What are people in your neighborhood doing?

Do you see any animals?





# MY DAILY JOURNAL

---

---

---

---

---

---

---

---

---

---

# WHAT I CAN DO TO HELP

In my Home, in my Community and for my Family & Friends





BE  
kind





# MY DAILY JOURNAL

---

---

---

---

---

---

---

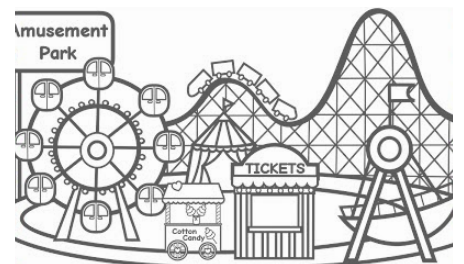
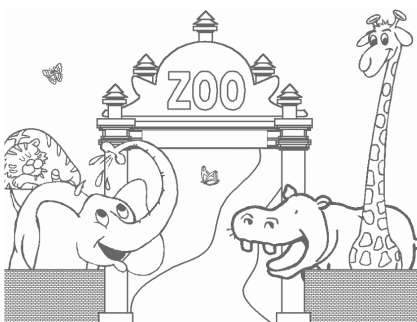
---

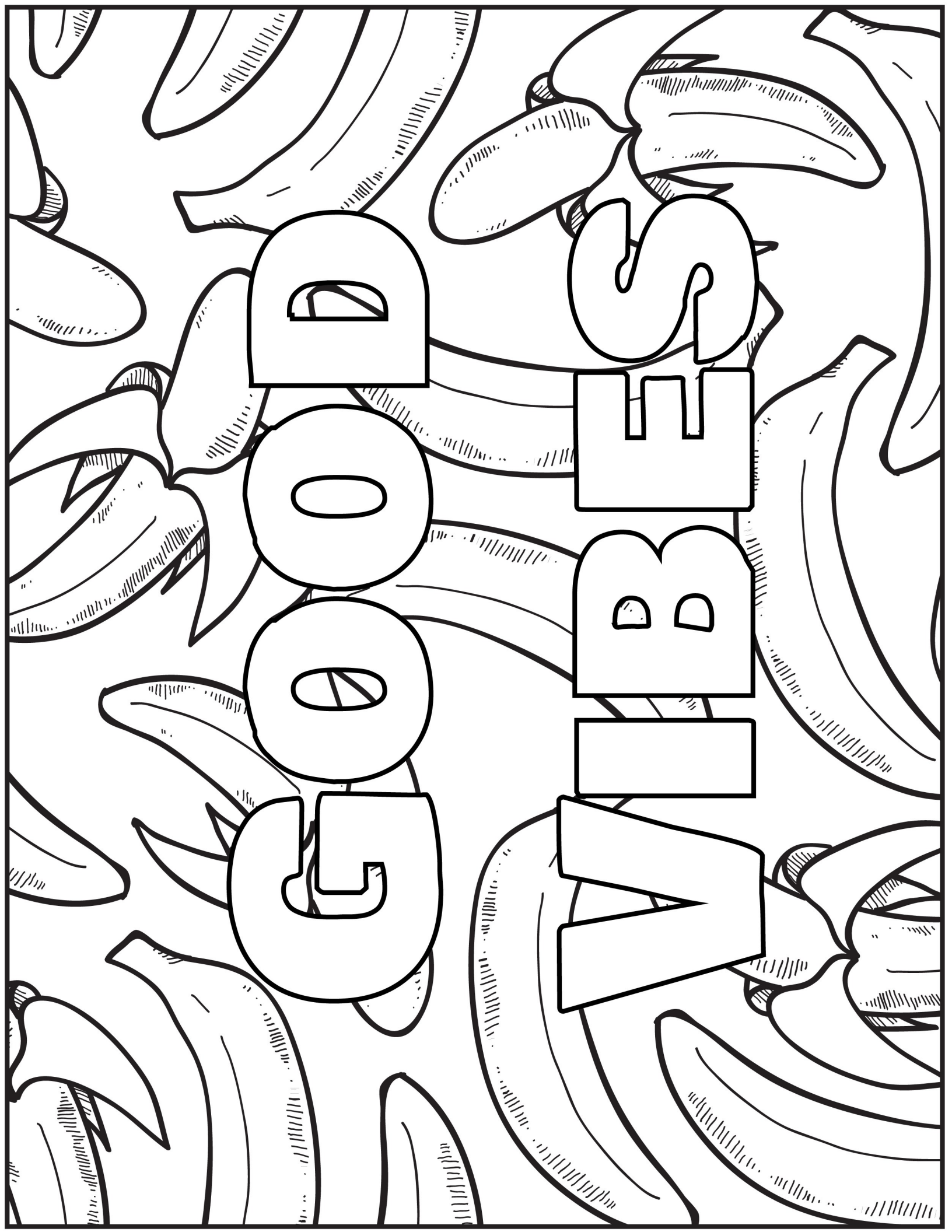
---

---

---

# THINGS I WILL DO WHEN THIS IS OVER





GOODS  
WE BUILT



# MY DAILY JOURNAL

---

---

---

---

---

---

---

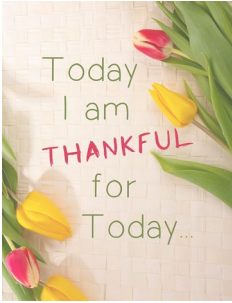
---

---

---

---

# What I am Thankful for





# MY DAILY JOURNAL

---

---

---

---

---

---

---

---

---

---

# How I can Stay Healthy





# MY DAILY JOURNAL

---

---

---

---

---

---

---

---

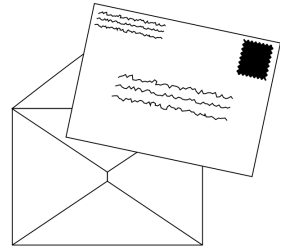
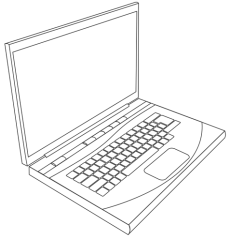
---

---

---

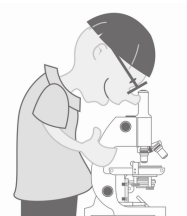


# How I Connected with Others

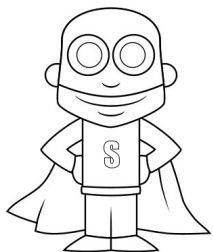




# How the World came Together



# My Superpower IS:



# How do I Feel Today?

Cut out these Faces and paste them on your daily Journal pages

Hint: you can put several feelings on one day & several days on one Journal page.



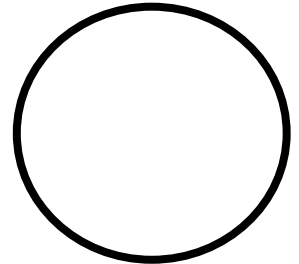
*Confused*



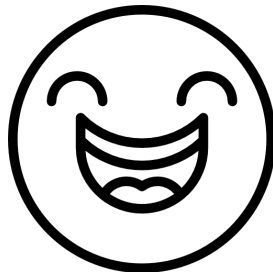
*Sad*



*Anxious*



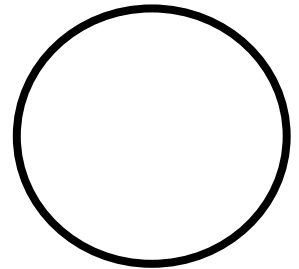
*Angry*



*Excited*



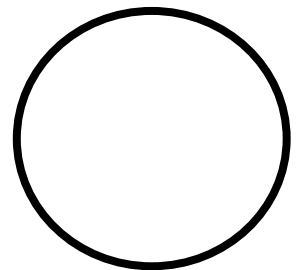
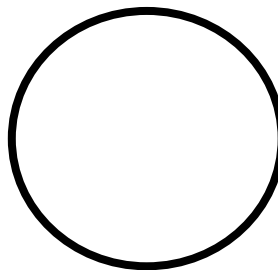
*Surprised*



*Happy*



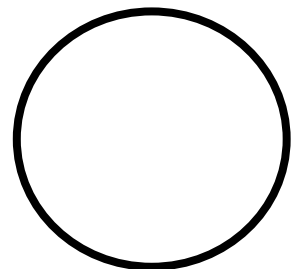
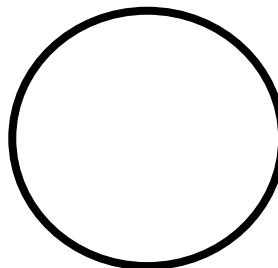
*Calm*



*Worried*



*Safe*



# How do I Feel Today?

Cut out these Faces and paste them on your daily Journal pages

Hint: you can put several feelings on one day & several days on one Journal page.



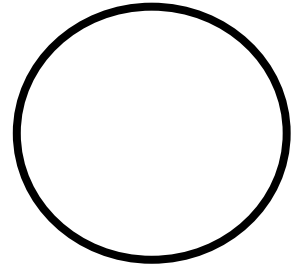
*Confused*



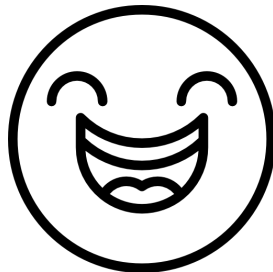
*Sad*



*Anxious*



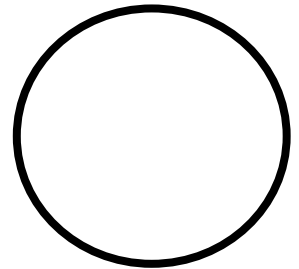
*Angry*



*Excited*



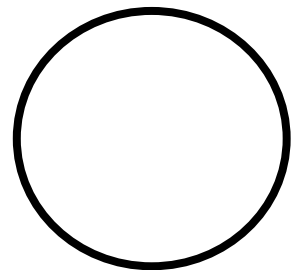
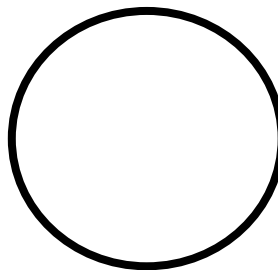
*Surprised*



*Happy*



*Calm*



*Worried*



*Safe*

