



Introduction

As many of us sit at home, doing our best to isolate ourselves and our family from the

COVID-19 virus, we find ourselves comparing our current schedules and behaviors to days when things were "normal," just a few weeks ago. For most of us, we were forced to adapt to new schedules and new routines almost overnight. Parents are suddenly working from home, most classroom instruction is now taking place online, and trips to the grocery store are suddenly creating unexpected feelings of anxiety. With all of these changes, of course, come new questions and a new perspective of the world around us.

In an effort to help children process all of the recent changes and uncertainty, we have created a unique journal as a place for them to record their thoughts and ideas during this time. Hopefully this will provide your child with a safe place to share their emotions and express how they are dealing with many of the adjustments to their daily lives. We recommend you use this journal and the included prompts as a way to encourage your child to write every day and as a way to stay in touch with how they are coping with this temporary detour.

Brent Fox Editor in Chief **Teacher Created Resources**



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School vs. Home

What are the biggest differences between learning from home compared to learning at school? Which do you prefer?

Home	School

School vs. Home	
Vhat do you miss most about being in the	classroom? What do yo
niss least?	

School vs. Home	
What are the best things about doing you What are the worst things? Why?	r schoolwork at home?
what are the worst things: why:	

School vs. Home	
What about being home has been better that be? What has been harder? Why?	n you thought it would

Especial Transference	
School vs. Home	
How have your class assignments changed changed?	d? How has your homework

Do you have a parent or other adult in the house who is helping to teach you now? How are they similar to or different from your school teachers?

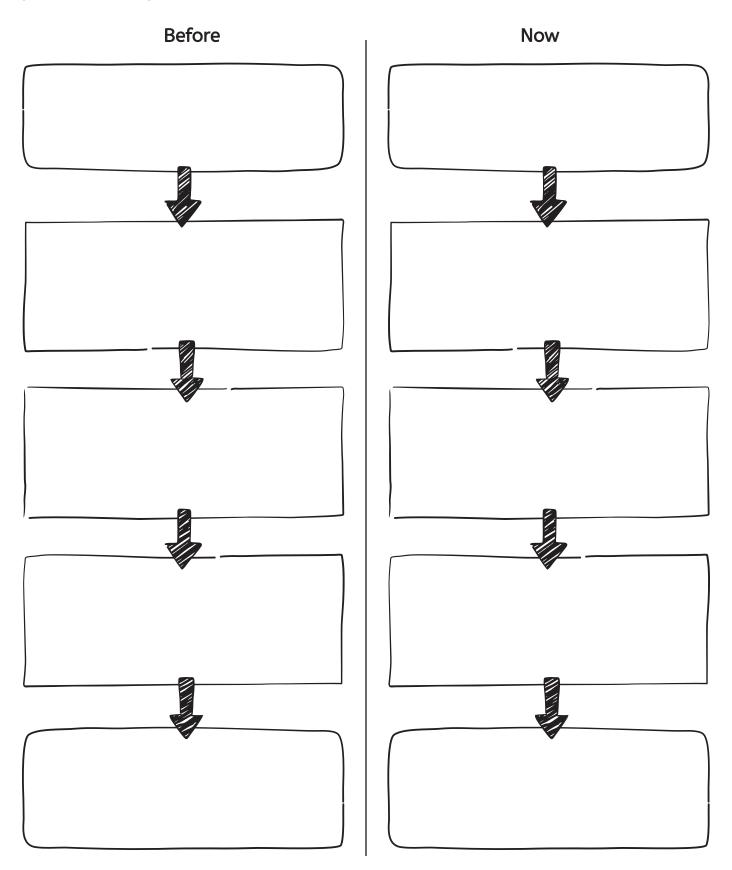
y School vs. Home

School vs. Home	
Did you have more homework before your so that you're working at home? Are your parent homework? If not, how are you getting help?	s able to help with your

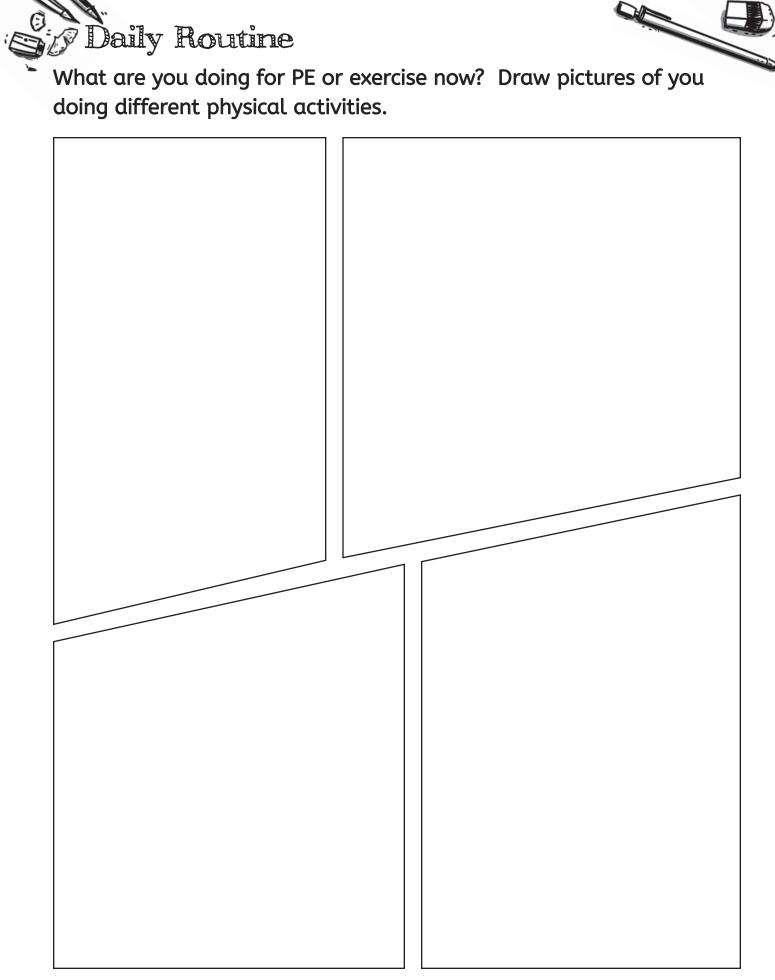
Daily Routine	
What do you like about being home every you most about being home all day?	y day? What has surprised

Daily Routine

What was your morning routine like before? How does it compare to your morning routine now?



Daily Routine	
What is your daily "school day" like? Are you talking and classmates online? Are your assignments si were before? How have they changed?	



Daily Routine	
low have your cleaning habits recently o	changed? What are you
oing differently to help keep you and yo	

Free Time	
What kinds of extracurricular activities school was in session? Are you still do are you doing instead?	

Free Time	
What other things are you doing in you	ır "free" time? Are vou trvin
anything new?	

Free Time

What are some new activities that you would like to try? Cooking? Sewing? Dancing?

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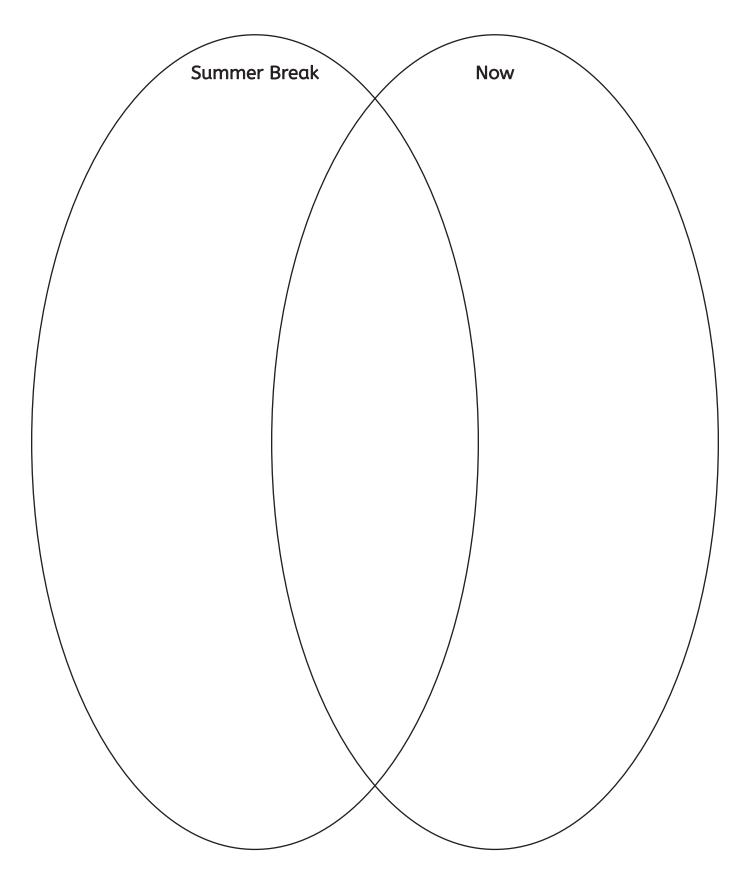


What is your favorite thing to do when you get to go outside? What makes this activity so enjoyable?

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Free Time

How is this time at home similar to your summer break from school? How is it different?



low are you keeping in touch with your friends?				

Friends	
/hat would you tell a friend wh	no was scared of the COVID-19 vi

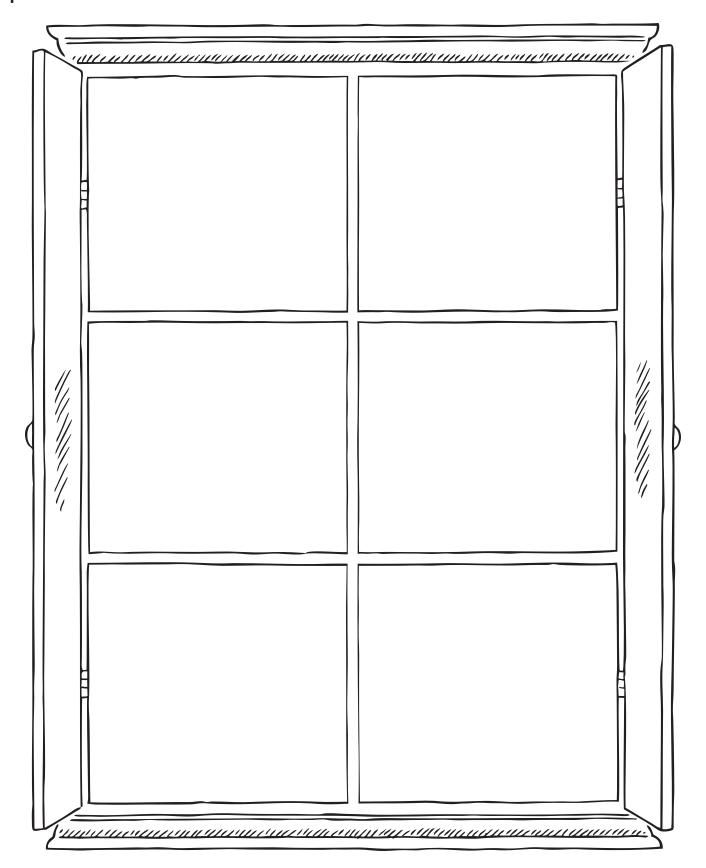
Friends	
Are you still able to have fun with your friends? What are that you and your friends do for fun?	some things

Friends	
Do you and your friends talk about you were at school, or have your co	

Family	
Who else is in your house each day? Do family home all day?	you enjoy having your entire

Family

Draw what someone might see if they stopped by your house and peeked in a window.



Family	
Are your parents working from hom If they are working from home, how from home?	

ow are other people in your house nanges?	e dealing with all the recent

A New World	
What scares you about what is going of think would make you feel less scared?	

	World	na that would k	eep everyone safe, w	ho
vould it be?	ivene sometim	ig that would N	ecp everyone sure, w	110

A New World Vhat does "social distancing" mean to you?						
viidt does	social distar	icing me	ean to yo	u:		

A New World	
hat is a valuable lesson you've learne	ed as a result of staying
home?	

A New World	
What are the three biggest ways in wh you stopped going to school?	ich your life has changed sind

A New World	
What are some things that you can do to he this time that you are home from school?	lp your parents durin

A New World	
What are some ways that neighbors can help each unusual times?	h other during these

If you could go back in time one year and tell your younger self about this time, how would you explain what is happening right now and the changes it has meant to your life?					

A New World

A TRIT	TET THE					
A New						
live some examples of people who are being heroes in our worlight now. Explain why you think what they are doing is heroic.						

A New World	
How might the world change for the lange for the lange and right now? Think of a few whanges would be helpful.	

	 _	u were before? W

=	_	 our understan n your answei	