



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



Contents

chool vs. Home	2
Daily Routine	
ree Time	14
riends	19
amily	23
New World	27

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	
What do you miss most about being in the class miss least?	sroom? What do you

/hat are the best things about doin	a vour schoolwork at home?
hat are the worst things? Why?	g jour serioothork at normer
mat are the worst tillings: writy:	

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

How have your class assignments changed? How has your he changed?	00000
	omewo

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?				

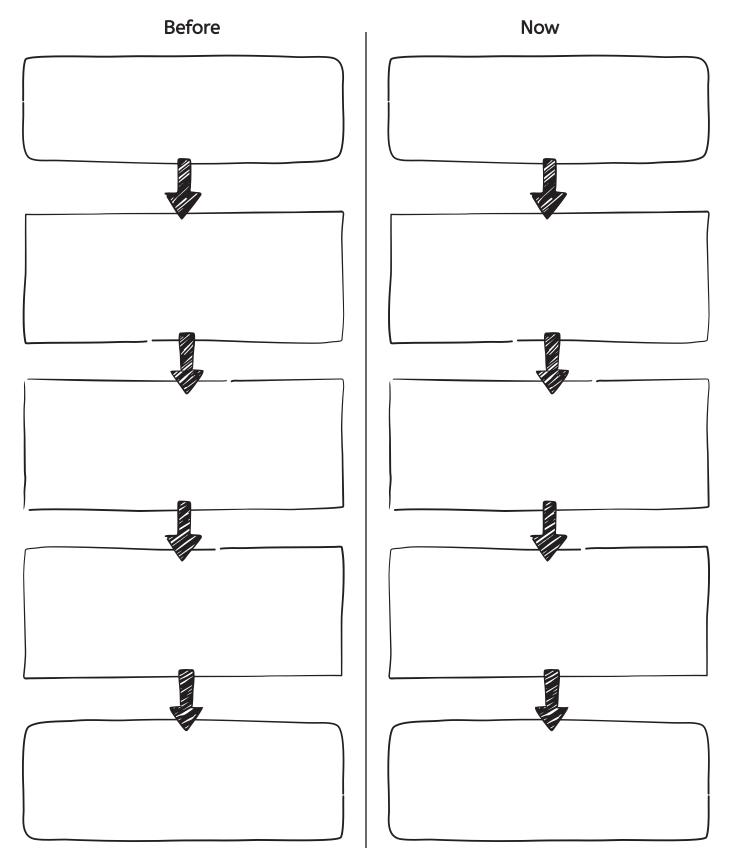
School vs. Home

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

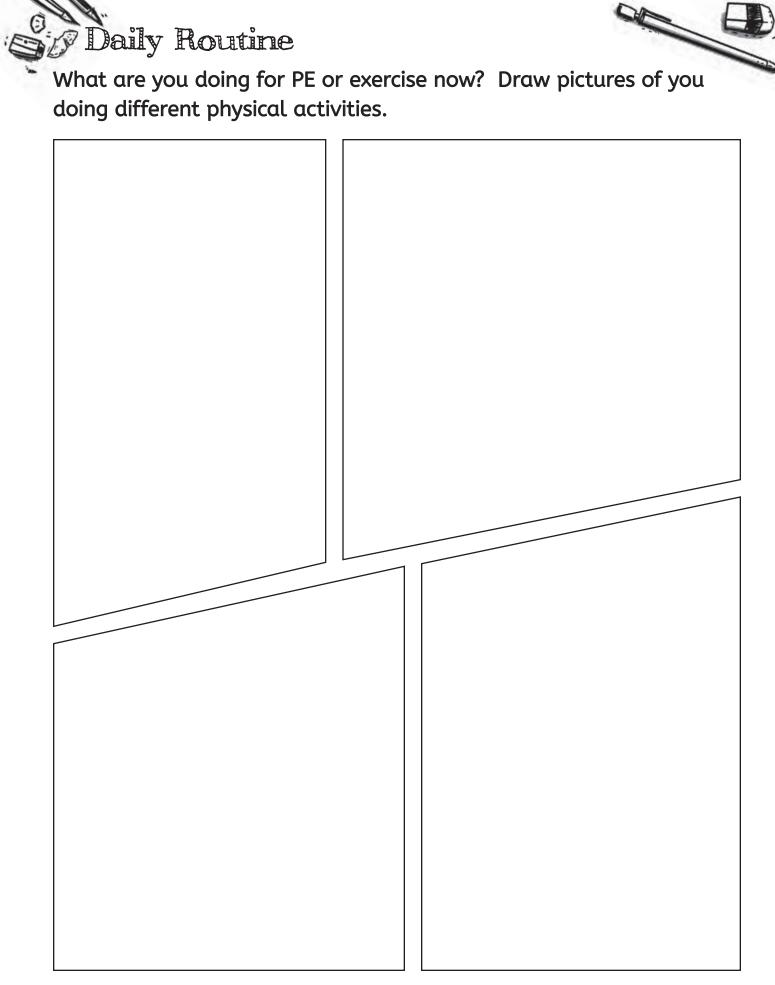
bout being		y day? What I	

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 and classmates online? Are your assign were before? How have they changed?	



ow have your cleaning habits recently changed? What are you be been you and your family healthy and so	Daily Routine	10.5-4
oing airrerently to neup keep you and your family healthy and so		
	oing differently to help keep you and y	our family nealthy and so

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

What other the anything new	hings are you do	ing in your "fr	ee" time? Are yo	ou trying

Free Time

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

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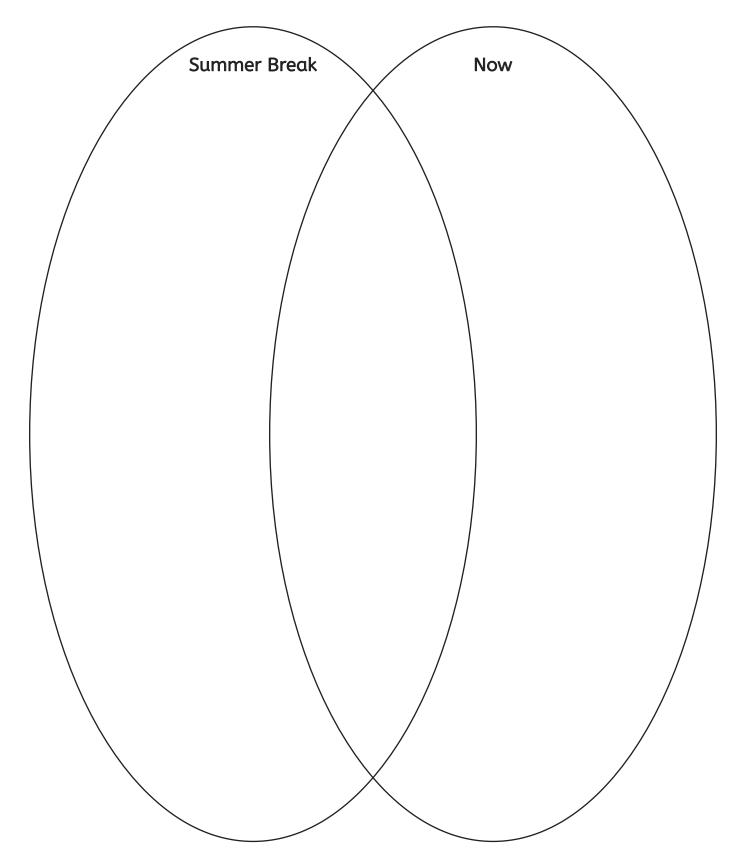


What is your favorite thing to do when you get to go outside? What makes this activity so enjoyable?

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Free Time

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



ow are you keeping in touch with your friends?				

Friends Vhat would you tell a friend who wo	as scared of the COVID-19 viri
viide woded you tell a friend who we	is scared of the COVID 15 virt

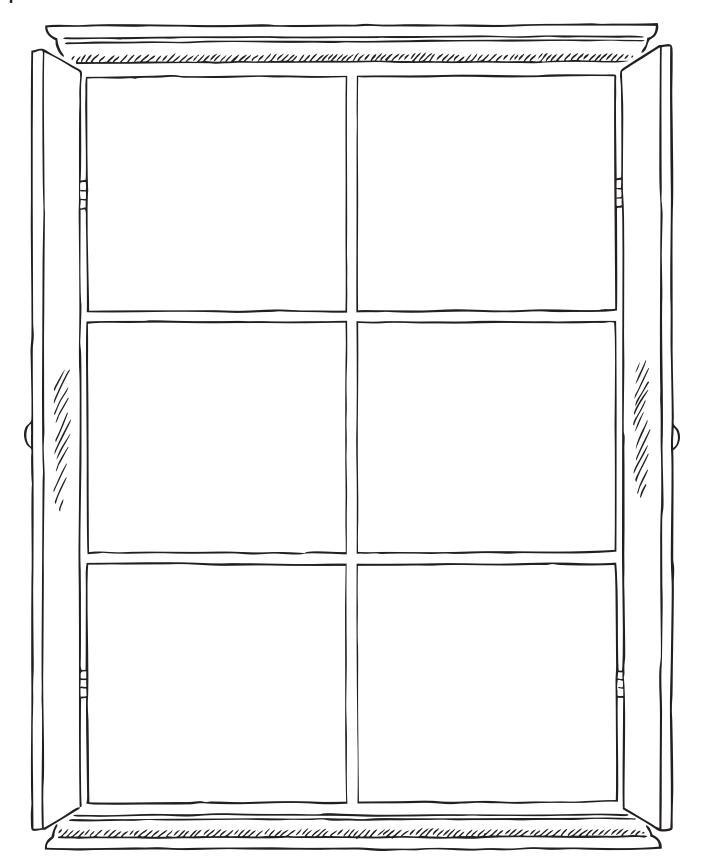
Friends	
Are you still able to have fun with that you and your friends do for fu	

Friends	
o you and your friends talk about the sou were at school, or have your conver	

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

Family

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



Family	
	ome or are they still going to work? ow are they able to do their job

Family ow are other people in your house	dealing with all the recent
anges?	-

hat scares	World you about w	hat is goin	g on in the w	orld? What do yo
	nake you fee			-

PA New World f you could invent something that wou	ild keen everyone safe who
vould it be?	ata keep everyone sale, who
vould it be:	

Vhat does "social distancing" mean to you?				

t is a valuable lesson you've learne	d as a result of staying
ome?	

A New World	
What are the three biggest ways in which y you stopped going to school?	our life has changed sinc

A New World	
What are some things that you can do this time that you are home from school	

A New World	
What are some ways that neighbors on the sum of the second states of the	an help each other during the

this tim	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

		neroes in ou e doing is he	

A New World	
How might the world change for the I happening right now? Think of a few world be helpful.	

•		,	ou were before	

_				ur understanding your answer.
i what's cur	rentty going	on in the w	orta: Exptairi	your answer.