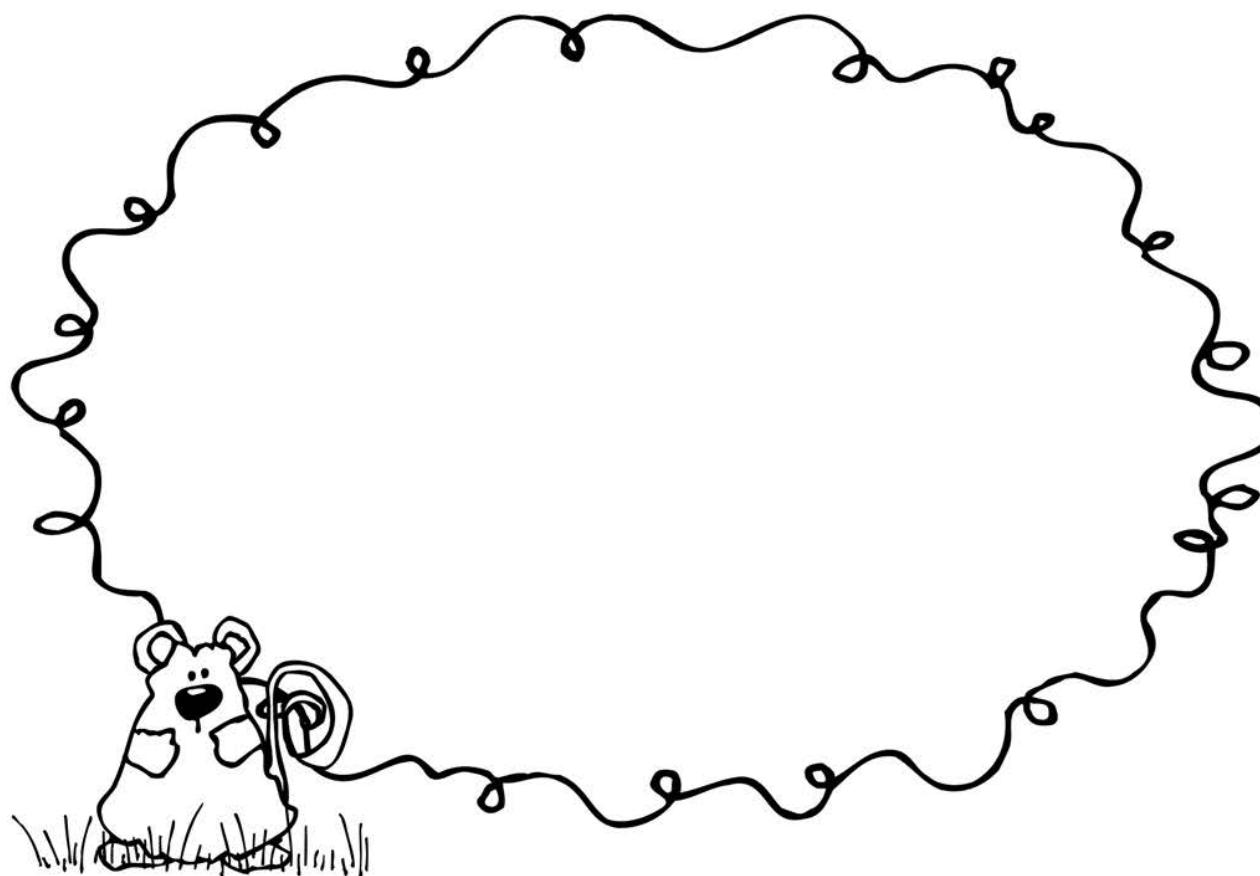
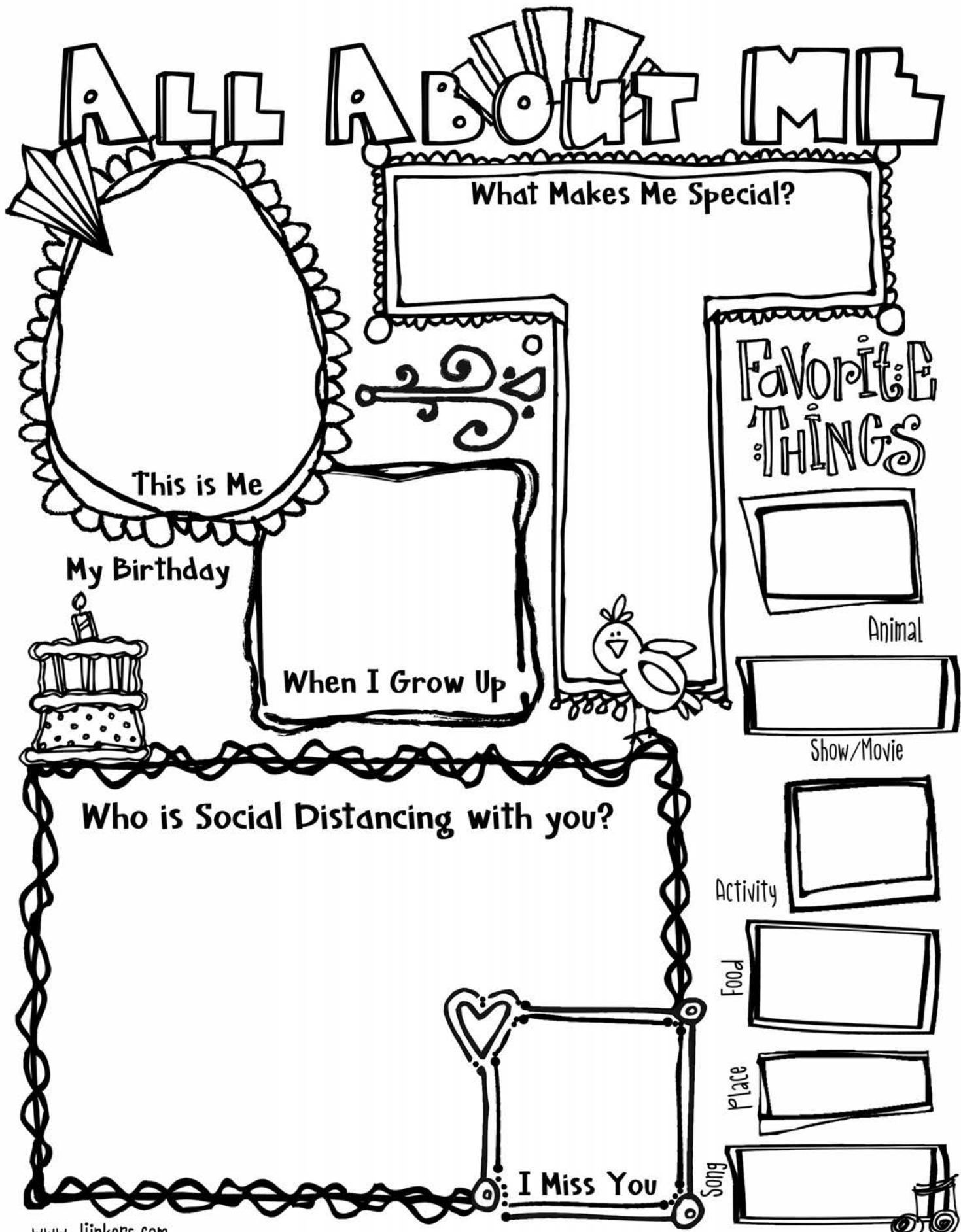


# COVID-19 Corona Virus JOURNAL



My Name: \_\_\_\_\_



# WHAT IS HAPPENING?

A virus called **COVID-19** or Corona Virus has spread all over the world. It can make you very sick, and it can spread very quickly. This has made many families change how they do things. What do you know about this pandemic? \_\_\_\_\_

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What changes have you noticed in your house?

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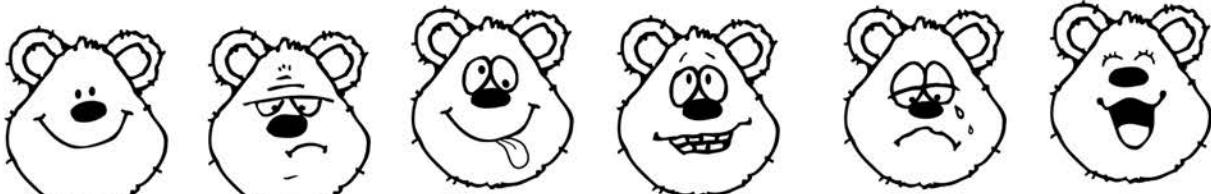
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# How Do You Feel?

Maybe you are confused about what is happening, happy your family is together, or mad you can't see your friends. It's okay to express your feelings.



What are you Grateful for?

What are you most excited to do when it's over?

What helps you when you are upset?

Name... 5 things you can see  
4 things you can touch  
3 things you can hear  
2 things you can smell  
1 thing you can taste

ANXIETY EXERCISE:

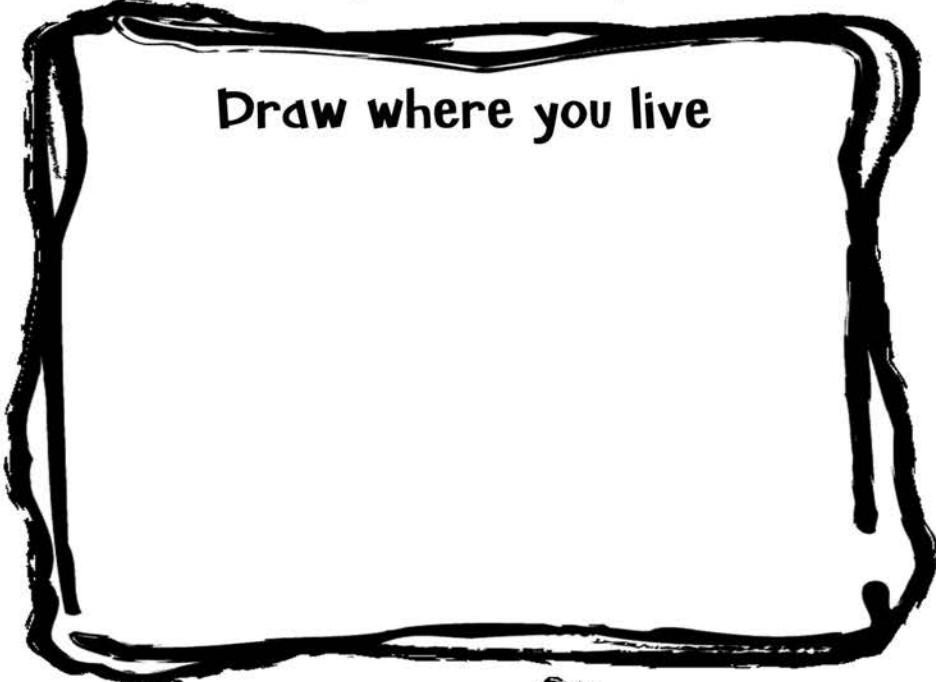
# MY COMMUNITY

COVID-19 has effected the whole world, so everyone  
needs to do their part to help.



What efforts  
do you see  
in your  
community?

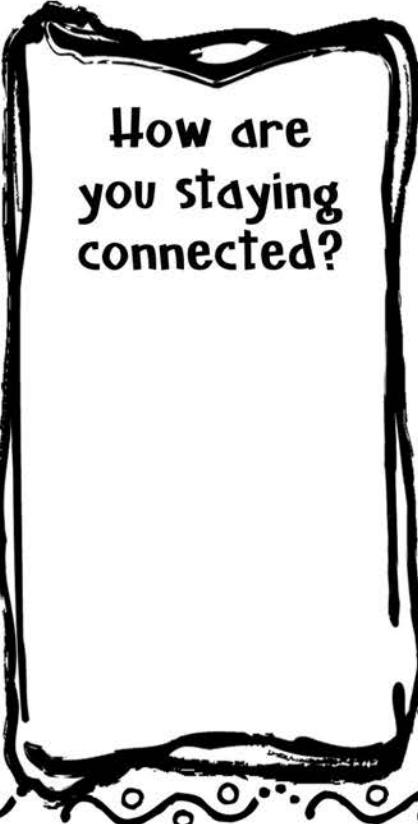
Draw where you live



••••••••••••  
What can you do to help?



How are  
you staying  
connected?



# CELEBRATIONS

What special occasions did you celebrate during this time? A holiday? A birthday or anniversary?

## Did you create any NEW celebrations?



Date \_\_\_\_\_