

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<sup>ll</sup>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

---

---

---

---

---

---

---

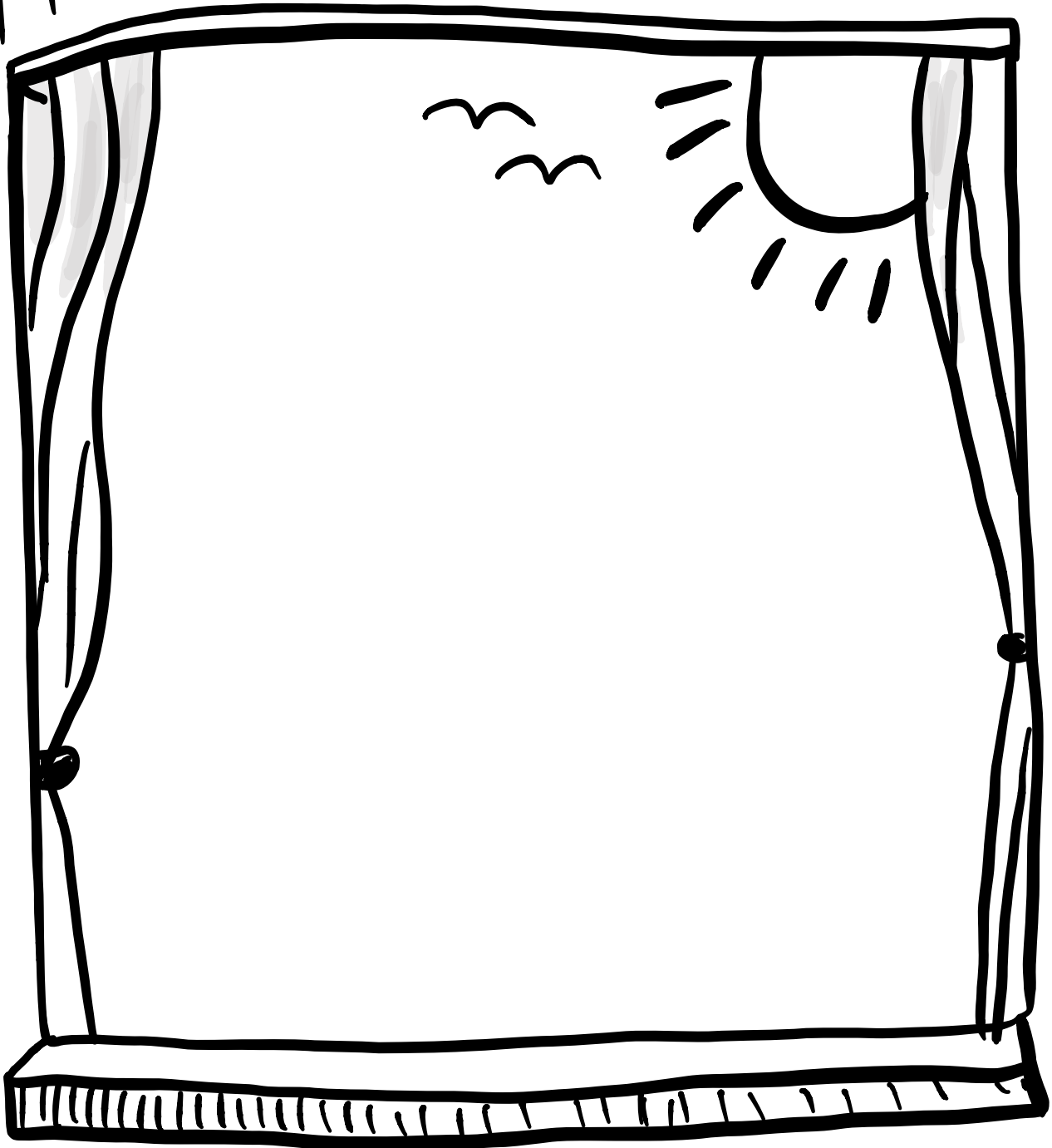
---

---

---

# DRAW THE VIEW

FROM YOUR BEDROOM WINDOW.

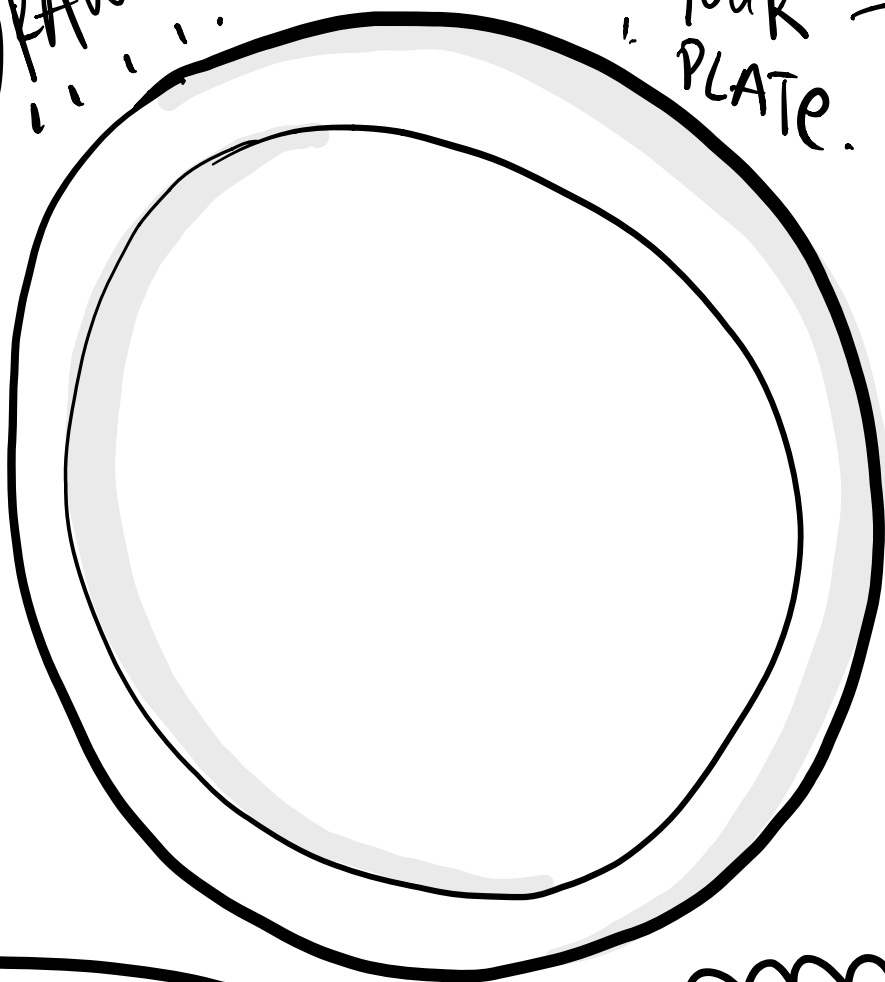
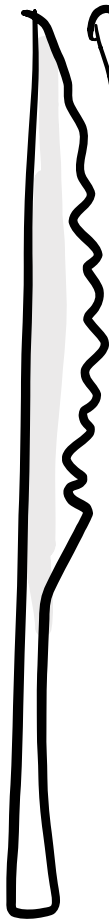


Is there something you didn't notice before? \_\_\_\_\_



# 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, containing a downward-pointing arrow.

# FIVE AWESOME THINGS

ABOUT TODAY

1

---

---

---

2

---

---

---

---

3

---

---

---

---

4

---

---

---

---

5

---

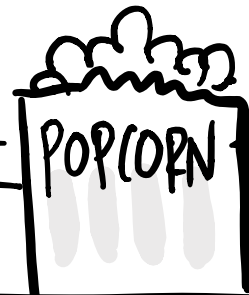
---

---

---



# MOVIE DAY



WATCH A MOVIE / TV SHOW. HOW WAS IT?

TITLE

What else did today hold?



YOUR REVIEW

↙ CIRCLE ONE. ↘  
**LIKE** **DISLIKE**

Write A Note <sup>To</sup> You In The



# FUTURE

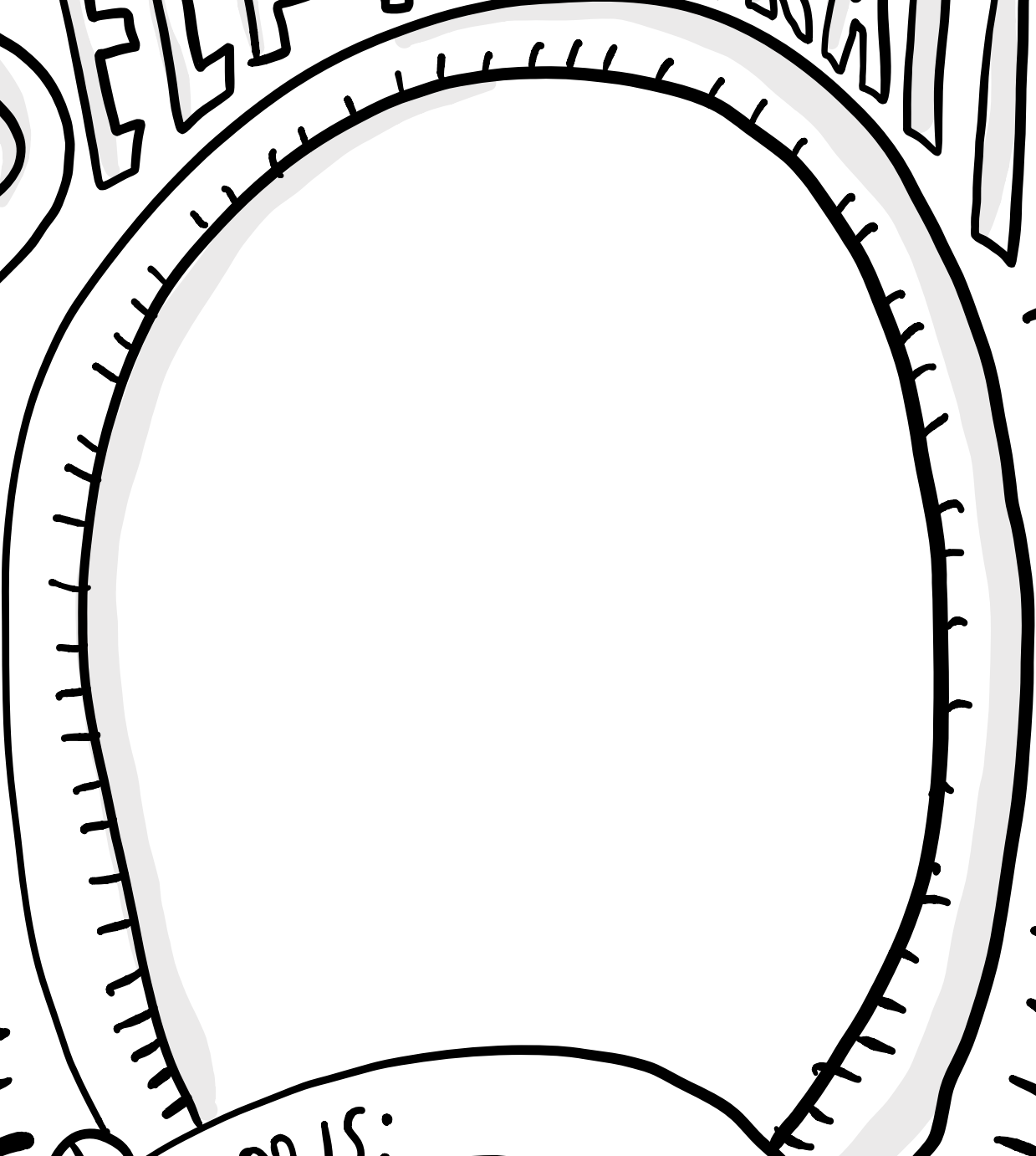
How to Keep Calm + Cool.

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.





# 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

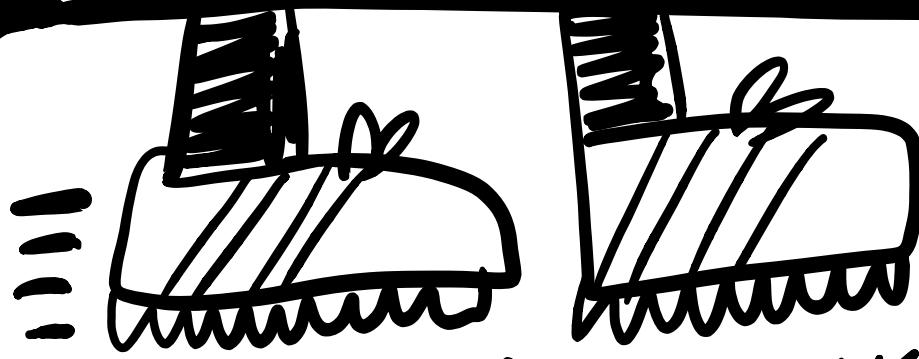
WHAT DO YOU APPRECIATE ABOUT YOUR FAMILY.

Hand-drawn horizontal lines for writing.

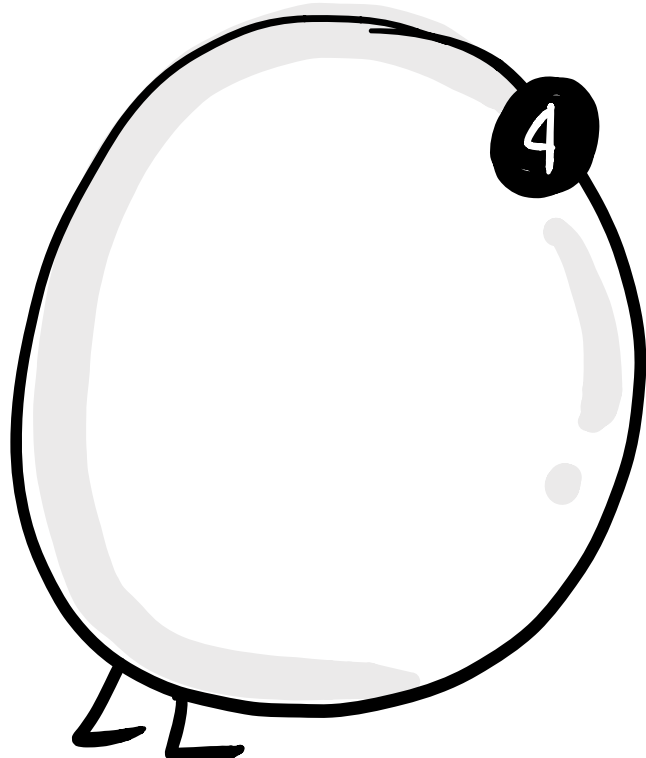
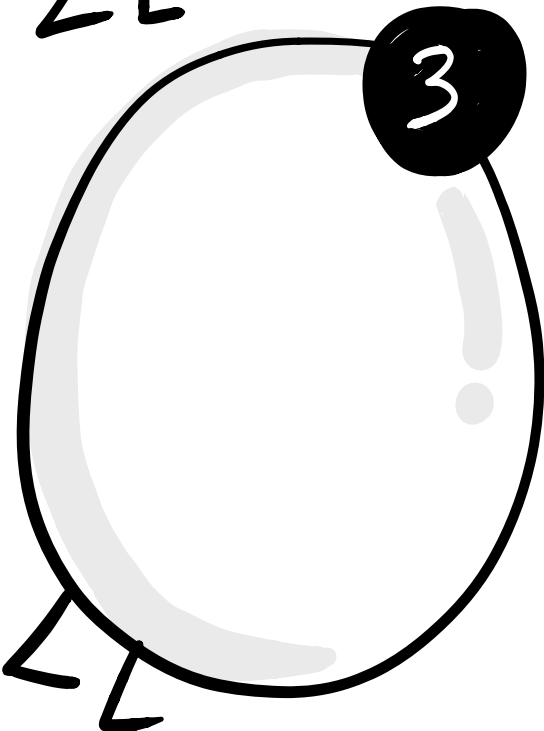
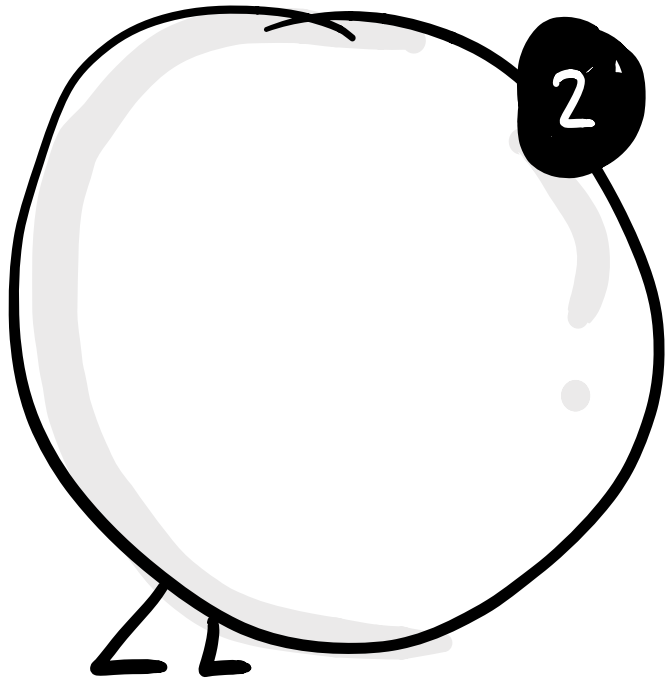
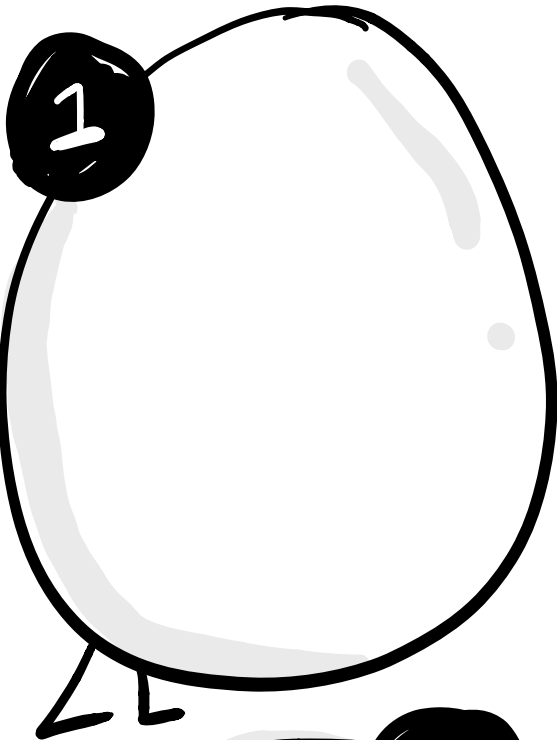


A P P R E C I A T I O N D A Y.

IF YOU CAN. TAKE A WALK  
OUTSIDE. DRAW 4 THINGS YOU REMEMBER



WALK



# NEW

Learned something new in Lockdown?

## WHAT IS IT?



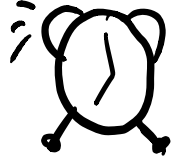
A series of ten horizontal, light gray brushstroke-style lines intended for writing answers.

SEND A VIRTUAL NOTE TO SOMEONE YOU MISS.



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

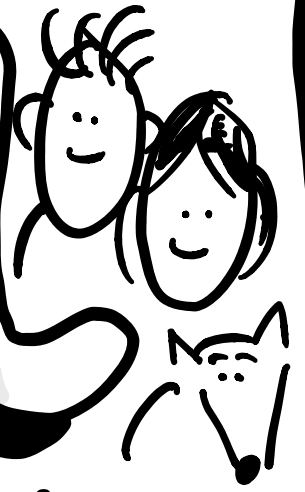
# MORNING

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 bars intended for writing answers to the question above.

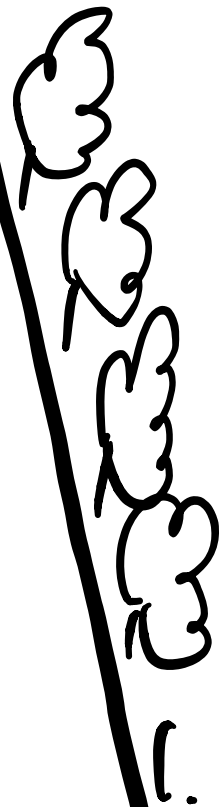
# QUIET

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



# OUTSIDE

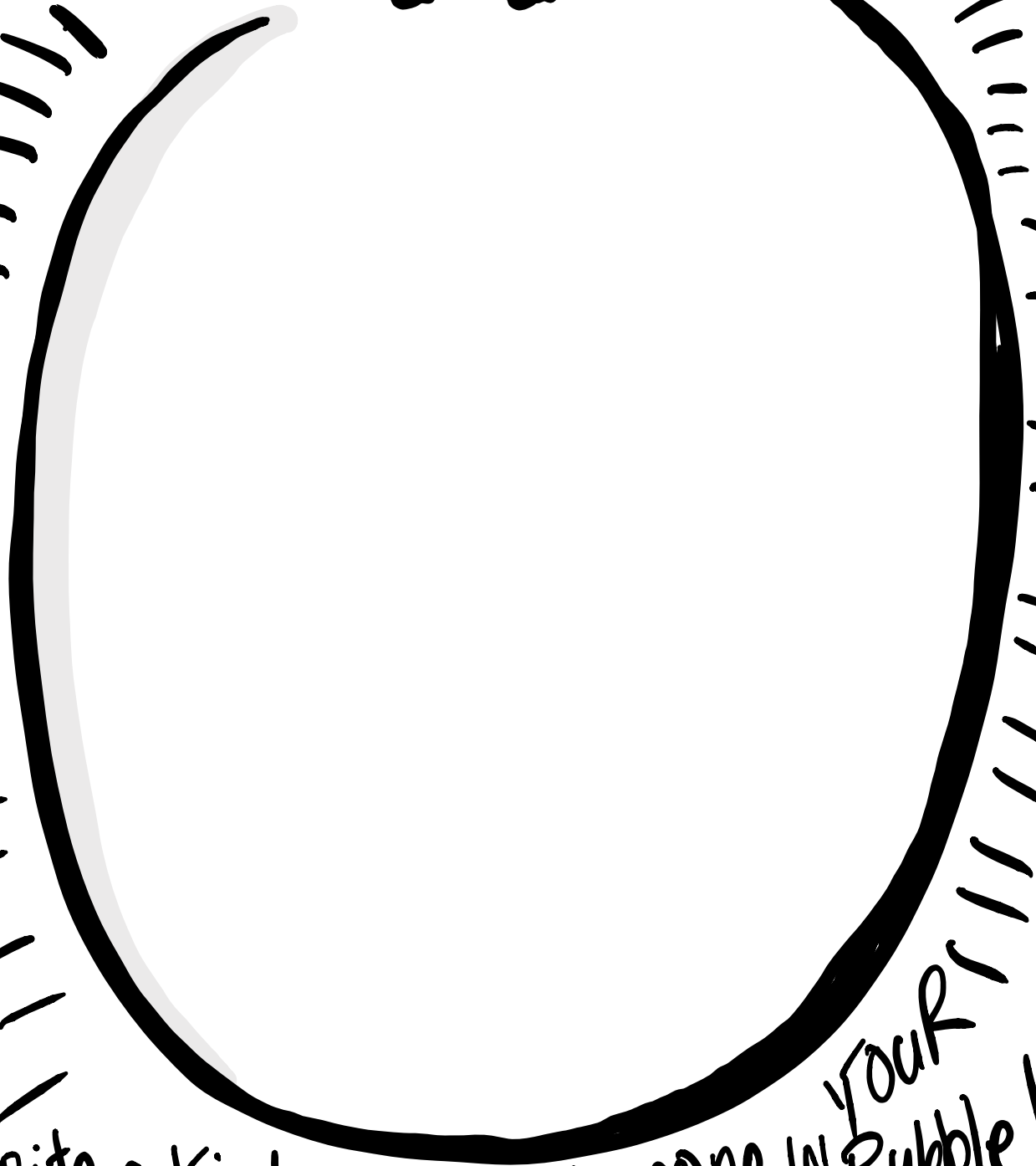
- 1
- 2
- 3
- 4
- 5
- 6
- 7



!

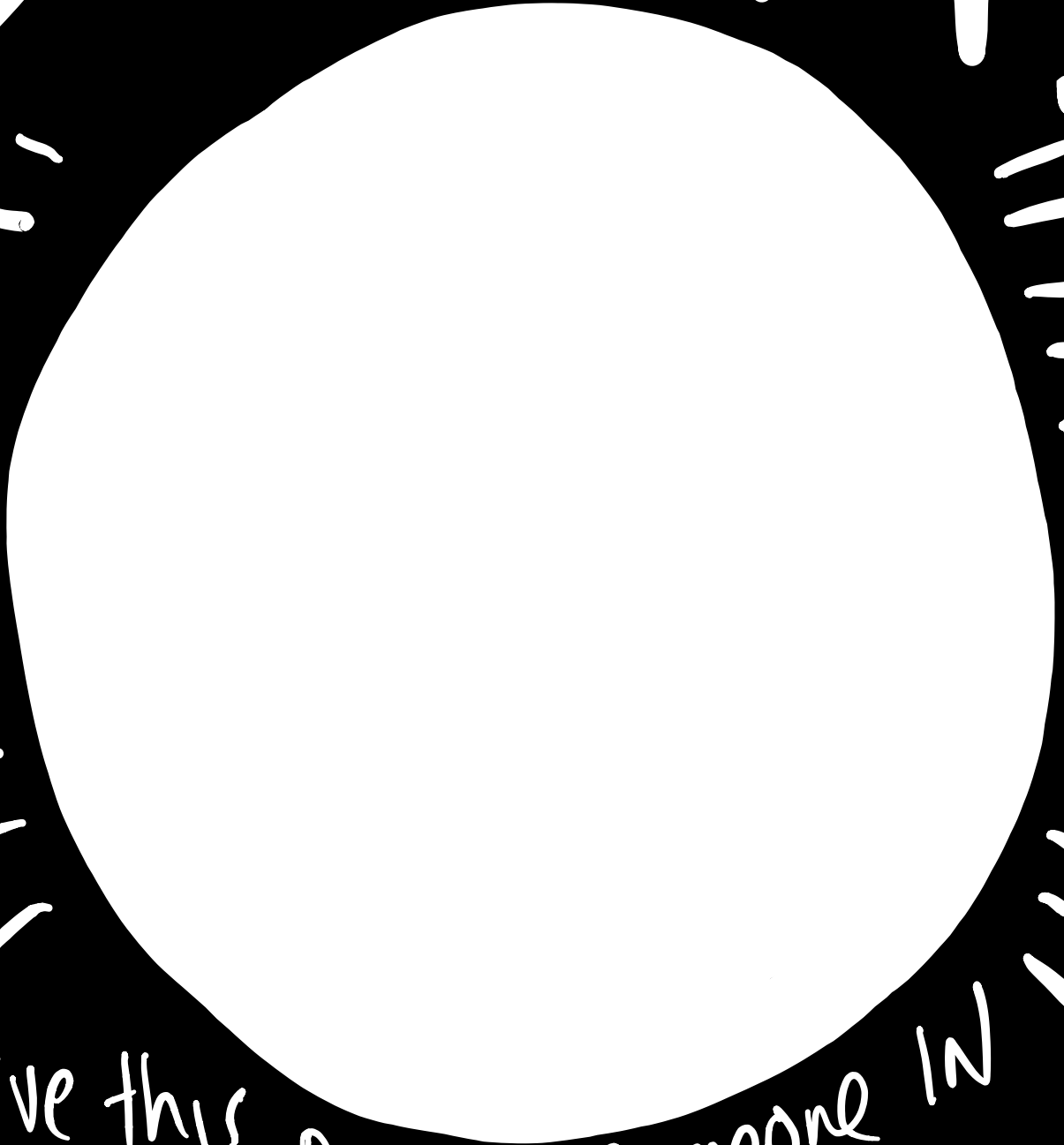


KIND



Write a Kind message to someone in <sup>Your</sup> Bubble!

# BACK at Ya!



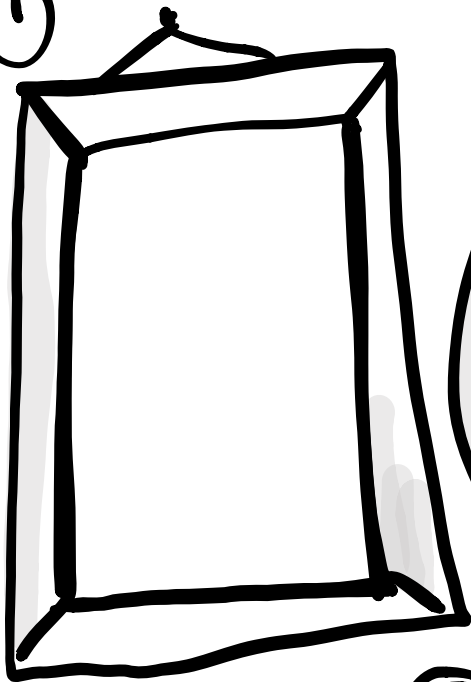
Give this page to someone in  
your lockdown bubble. Ask  
them to write what they like about  
being stuck with you

BLAH! BLAH!

What Happened TODAY??

DRAW TODAY IN PICTURES.

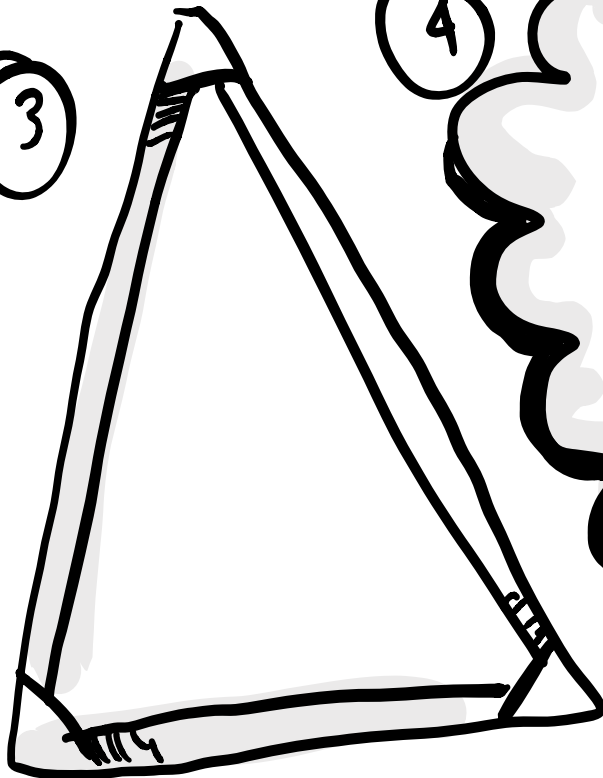
①



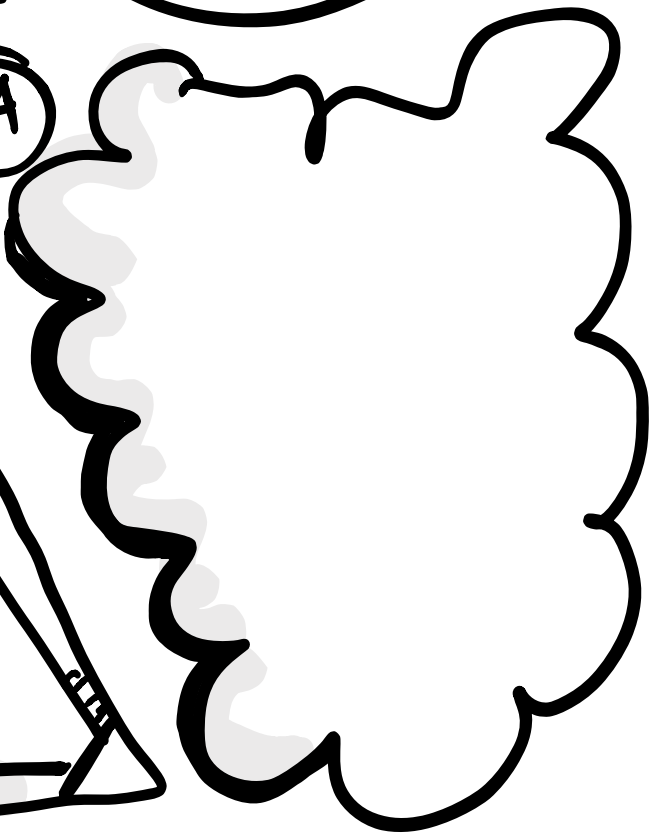
②



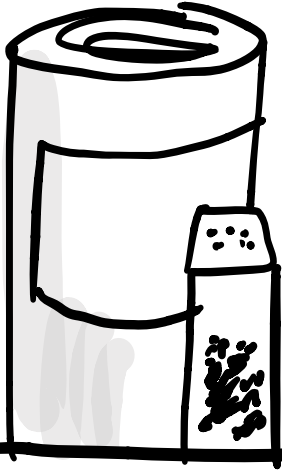
③



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

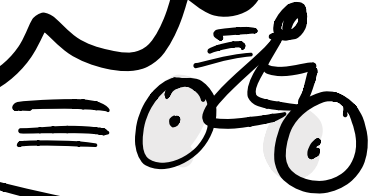
9 pm

10 pm



# A WEEK'S WORTH

HIGHLIGHTS OF THE WEEK JUST GONE



DAY	DAY	DAY
DAY	DAY	DAY
DAY.		

BLANK

TO

WRITE

WHATEVER

YOU

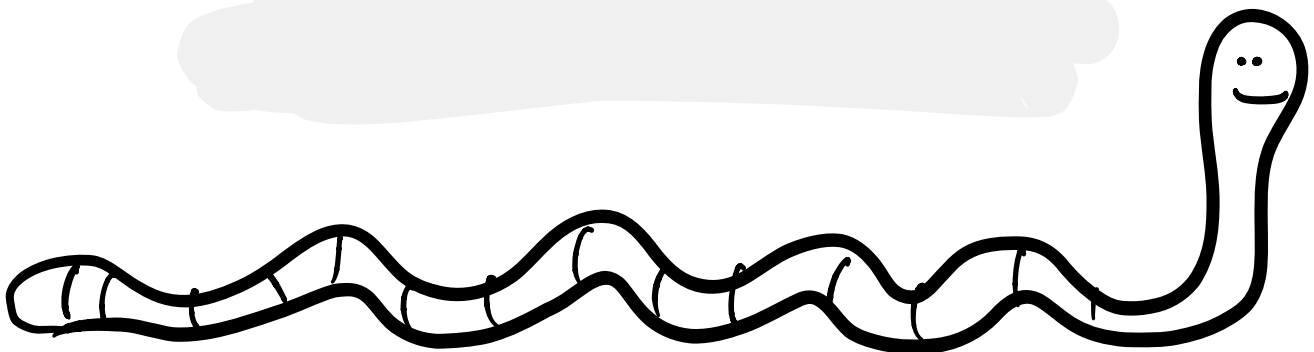
WANT



# 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.

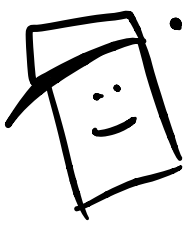
Blank lined area for writing a poem.

# CARE

MY STAY AT HOME SUMMARY.

**SUM UP THIS** time

TO Future Kids? 



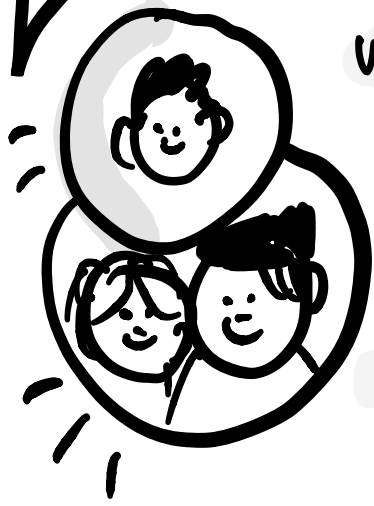
Hand-drawn horizontal lines for writing.

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](mailto:Stephen@mylockdowndiary.com).