My COVID-19 Diary

Memories from a very unusual time

By: ________________ Date: _____

Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain.
All about Me

MY NAME: ____________________________

MY NICKNAME: ________________________

MY AGE: _____________________________

MY HEIGHT: __________________________

MY GRADE: ____________________________

MY EYE COLOR: 
☐ BROWN ☐ BLUE ☐ GREEN ☐ HAZEL ☐ GRAY

MY HAIR COLOR: 
☐ BLONDE ☐ LIGHT BROWN ☐ DARK BROWN ☐ RED ☐ BLACK

MY STREET # AND STREET: ______________________

MY HOMETOWN: _________________________

WHEN I GROW UP I WANT TO BE: ____________________________
My Favorites

FAVORITE COLOR: __________________________________________

FAVORITE FOOD: ___________________________________________

FAVORITE TREAT: ___________________________________________

FAVORITE ANIMAL: __________________________________________

FAVORITE PLACE: ___________________________________________

FAVORITE HOBBY: ___________________________________________

FAVORITE SPORTS: ___________________________________________

FAVORITE BOOK: ___________________________________________

FAVORITE BOARD GAME: _____________________________________

FAVORITE MOVIE: __________________________________________

FAVORITE SONG: ___________________________________________

FAVORITE APP/VIDEO GAME: __________________________________

FAVORITE HOLIDAY: _________________________________________

FAVORITE FRIENDS: _________________________________________
# This or That
Circle the word that describes you better.

<table>
<thead>
<tr>
<th>EARLY BIRD</th>
<th>OR</th>
<th>LATE SLEEPER</th>
<th>OR</th>
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<tbody>
<tr>
<td>ICE CREAM</td>
<td>OR</td>
<td>CAKE</td>
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<td>CAT</td>
<td>OR</td>
<td>DOG</td>
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<td>PIZZA</td>
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<td>PASTA</td>
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<td>INSIDE</td>
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<td>VANILLA</td>
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<td>SUMMER</td>
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<td>TALK</td>
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<td>MOUNTAINS</td>
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<td>BAREFOOT</td>
<td>OR</td>
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At Home

Did your parent(s) switch to working from home?

Date "stay at home" began: __________________________

Date "stay at home" ended: __________________________

Who are the people and animals living with you?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Did your parent(s) switch to working from home?

☐ Yes ☐ No

What's been the biggest change for you and your family?

________________________________________________________________________

How do you like being homeschooled?

________________________________________________________________________

Who is your favorite teacher?

☐ Mom ☐ Dad ☐ My school teacher ☐ Other __________________________

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www.littlefishkopp.com
What Have You Been up To?

How are you feeling about all of this?

What's the best thing about being stuck at home?

What's the worst thing about being stuck at home?

What indoor activities have you enjoyed doing? Tick all that apply.

☐ Baking  ☐ Arts & Crafts  ☐ Reading  ☐ Board Games  ☐ Legos
☐ Video Games  ☐ Video calls with friends  ☐ Other

What outdoor activities have you enjoyed doing? Tick all that apply.

☐ Chalk  ☐ Go for walks  ☐ Scooter  ☐ Bike ride  ☐ Basketball
☐ Soccer  ☐ Trampoline  ☐ Other

Glue a picture here of one of your indoor activities

Glue a picture here of one of your outdoor activities
Stuck/Safe at Home

HAVE YOU LEARNED A NEW SKILL WHILE STUCK AT HOME?

WHAT'S BEEN YOUR FAVORITE SPOT IN THE HOUSE TO HANG OUT?

WHO HAVE YOU BEEN KEEPING IN TOUCH WITH?

HOW HAVE YOU KEPT IN TOUCH?

TICK ALL THAT APPLY.

☐ GOOD OLD PHONE CALL
☐ FACETIME
☐ MESSENGER
☐ WHATSAPP
☐ ZOOM
☐ TALKING FROM 6 FEET AWAY

HAVE YOU CELEBRATED ANY SPECIAL DAYS DURING THIS TIME?
LIST THEM HERE (E.G. BIRTHDAYS, HOLIDAYS).

HAS YOUR FAMILY HAD TO CANCEL ANY EVENTS OR TRIPS? IF SO, WHAT & WHERE?

WHAT DO YOU MISS THE MOST WHILE STUCK AT HOME? TICK ALL THAT APPLY.

☐ FRIENDS ☐ SCHOOL ☐ HOBBIES ☐ OTHER
Better Days are Coming
Life after COVID-19

WHAT ARE YOU MOST EXCITED TO DO WHEN THIS IS OVER?

PLACES TO GO

__________________________
__________________________
__________________________
__________________________

PEOPLE TO SEE

__________________________
__________________________
__________________________
__________________________

THINGS TO DO

__________________________
__________________________
__________________________
__________________________

FOOD TO EAT

__________________________
__________________________
__________________________
__________________________
Notes from My Parents

Have your parents write down their thoughts, memories, events etc. for you from this time. E.g., what will they remember most, what items sell out at the grocery store, how did the neighborhood change, who was the president and governor at the time, how strict was the "safe at home" order, did they buy face masks?
Creative Space

Print out and add as many of these creative pages to your diary as you want. You can glue anything here from your time at home, e.g., more pictures, your artwork, or newspaper articles.