

MY 2020 MEMORY JOURNAL

A Global Responsibility



NAME _____

2020 JOURNAL

Create a daily schedule for yourself. Even if you are not going to school, you can still plan your day to be productive and entertaining.

Time

Activity

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2020 Journal

Draw and explain what you did today.

DATE _____

Name: _____

RATE YOUR DAY by circling one.

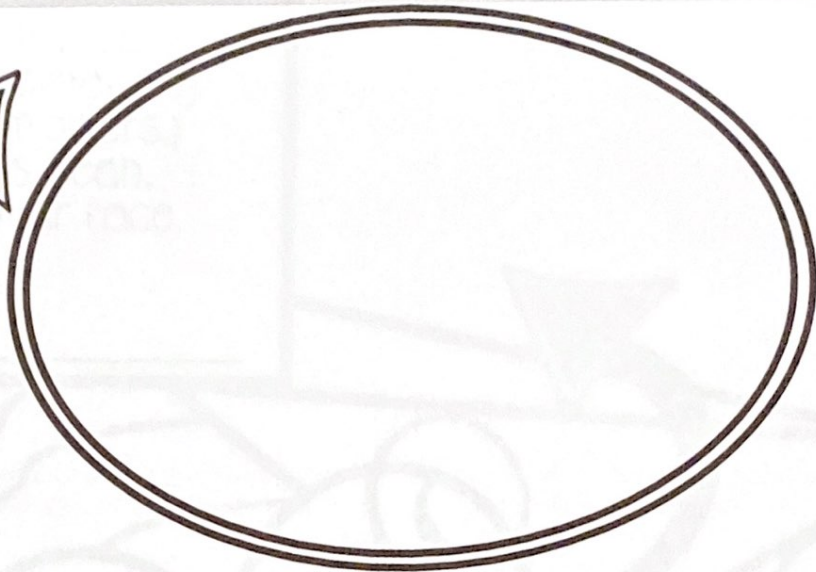


Name: _____

Video Call a Grandparent, Aunt or Uncle



Draw a picture of the person you called.



Explain the technology you used to reach out to your relative.

Write about what you talked about, saw and how you feel about the conversation.

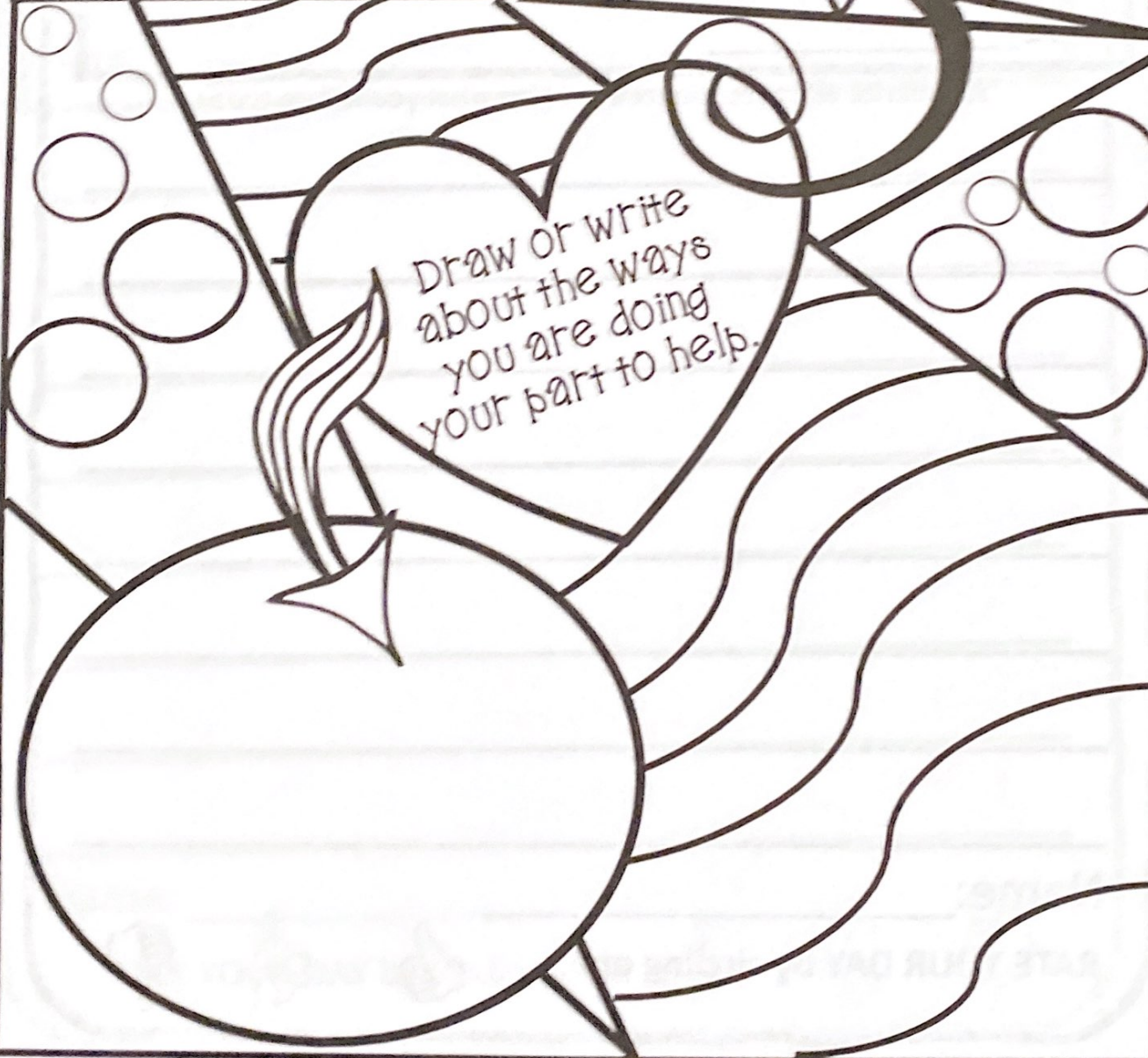
Would you recommend other people to video chat with a relative?



Here are ways you can protect yourself and others during a virus outbreak:

1. Follow directions of state authorities.
2. If you feel sick, stay home.
3. Practice Social Distancing (stay away from others.)
4. Keep your hands clean.
5. Avoid touching your face.

Name: _____



Draw or write about the ways you are doing your part to help.

2020 Journal

DATE _____

Summarize what you did today or plan what you will do today.

Name: _____

RATE YOUR DAY by circling one.



2020 Journal

Draw a picture or cut and paste pictures into this area of something you saw on tv, your phone or computer today. Write about how it makes you feel.

DATE _____

Name: _____

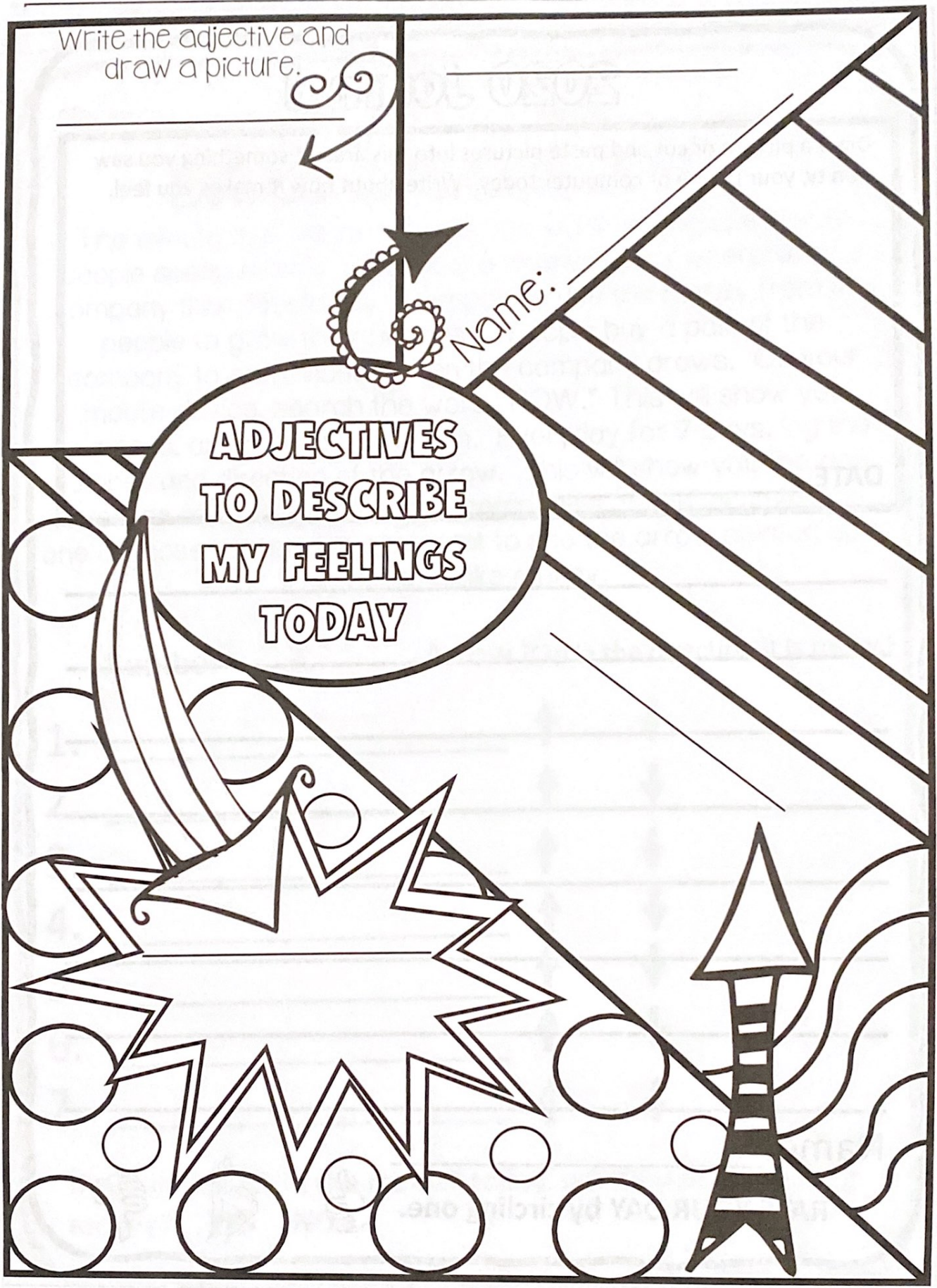
RATE YOUR DAY by circling one.



Write the adjective and draw a picture.

Name: _____

**ADJECTIVES
TO DESCRIBE
MY FEELINGS
TODAY**



2020 Journal

Choice Topic Day! You choose anything you want to write and draw about today.

DATE _____

Name: _____

RATE YOUR DAY by circling one.



Name _____

Organizing Information

Who is the President of the
United States?

Today's Date

**How is today different
from yesterday?**

I FEEL...

**My
Teacher**

How much is gas?

What grade will you be
in next year?

**QUOTE SOMETHING
YOU HEARD TODAY**

Picture of ME

Name _____

DATE _____

2020 Journal



The news reporter said, "Turn lemons into lemonade." That means make a bad situation (the lemon) into a good situation (the lemonade). Can you think of anything that was bad and turned out to be good?

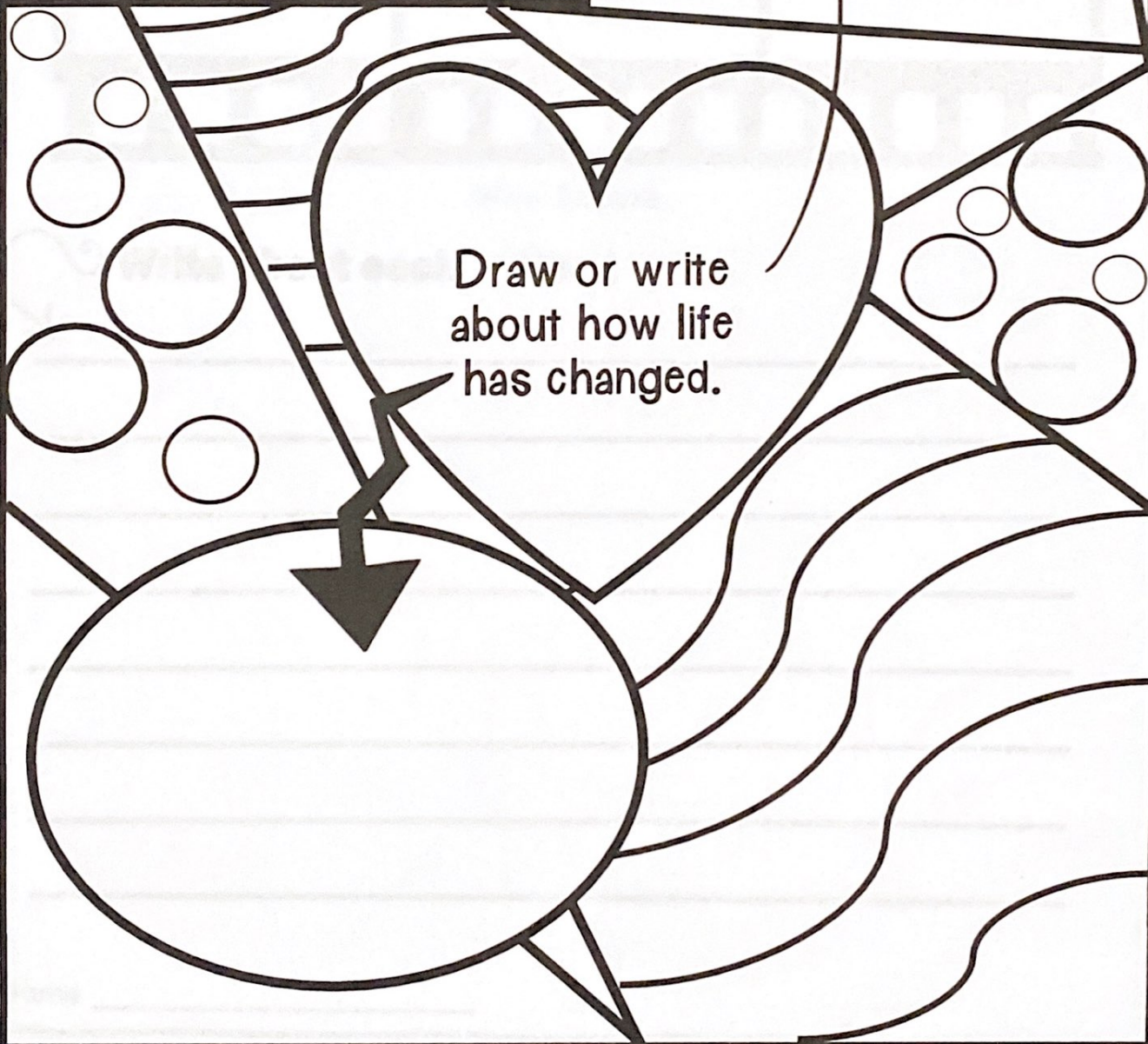
Explain your thoughts.

Name: _____

Life might be different for you and your family right now. Write in the different areas about how your life has changed, the world had changed, or your parents schedule has changed.
Color the picture.

Name: _____

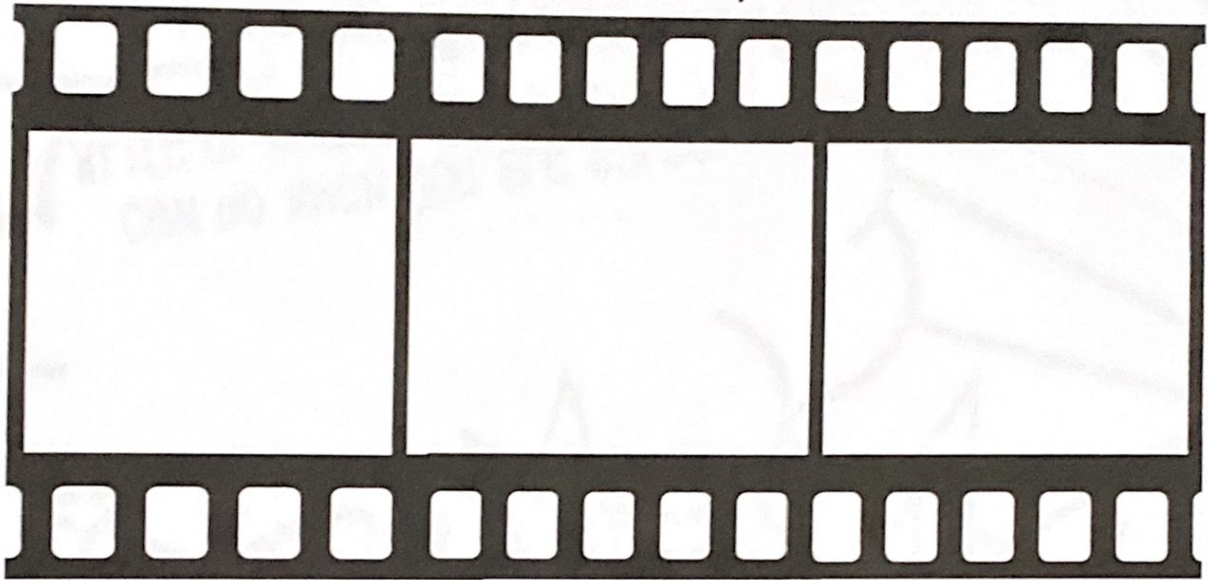
Draw or write about how life has changed.





You Matter

Draw 3 actions that you can take to help protect yourself and your family from a virus.



Mini-Movie

 **Write about each action.**

Name _____

Write or draw about things you
can do when you are bored.

Name: _____

