

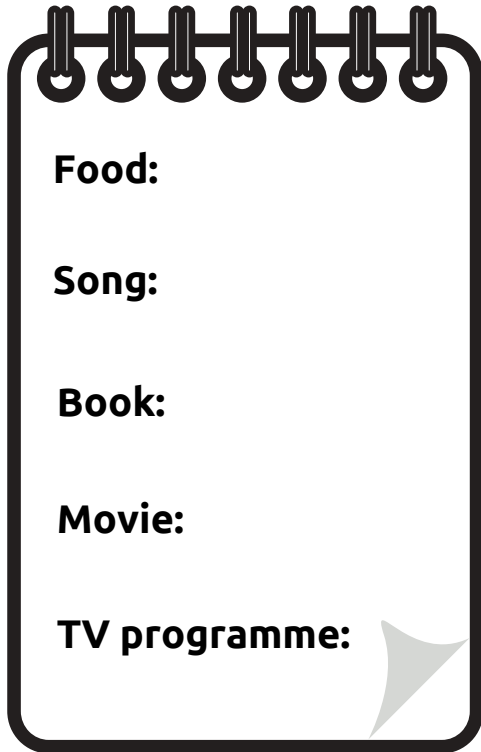
# MY COVID-19 MEMORY DIARY

**Name:**



# ALL ABOUT ME

**My age:**



Food:

Song:

Book:

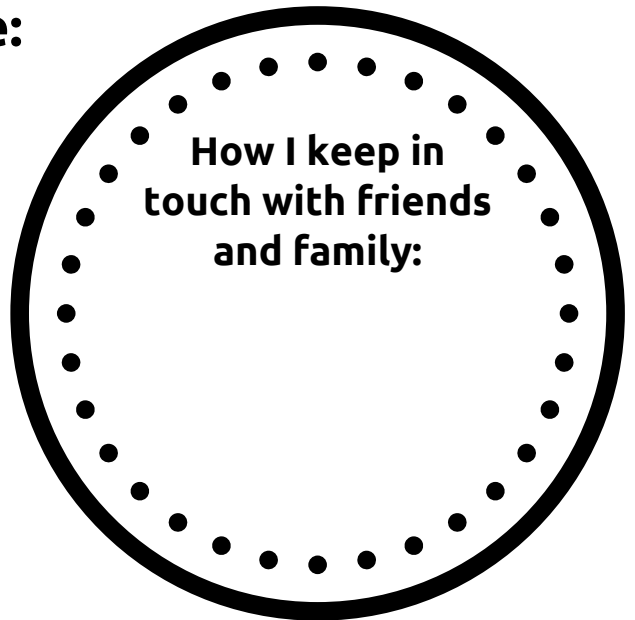
Movie:

TV programme:



Where I am living:

**My favourite:**



How I keep in touch with friends and family:

**My best friend(s):**

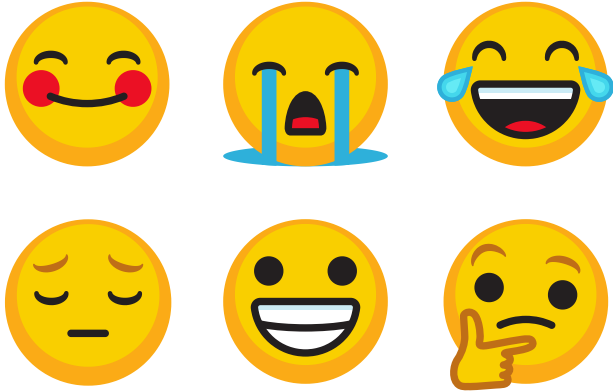


Occasions we have celebrated or remembered:

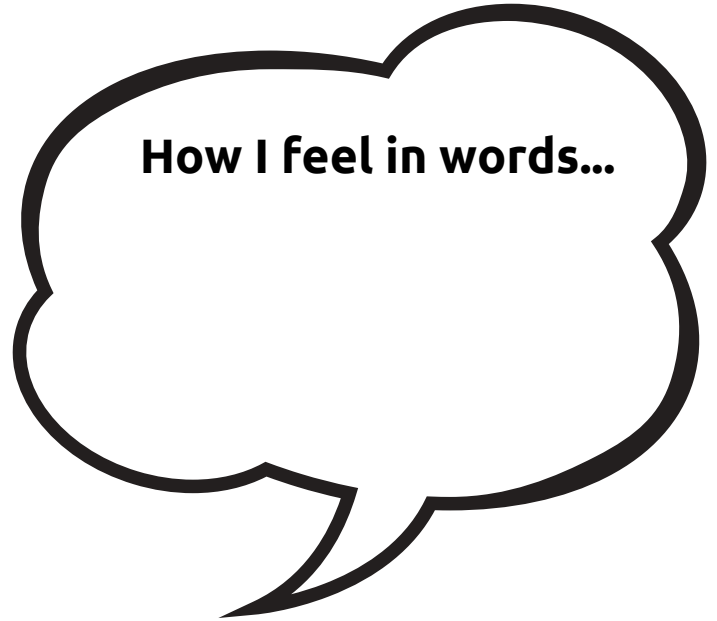
**Date:**

# HOW I AM FEELING

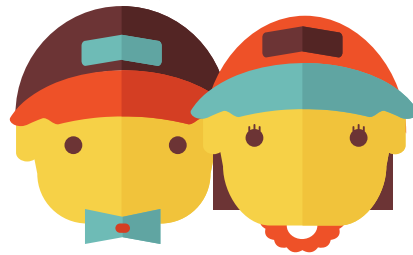
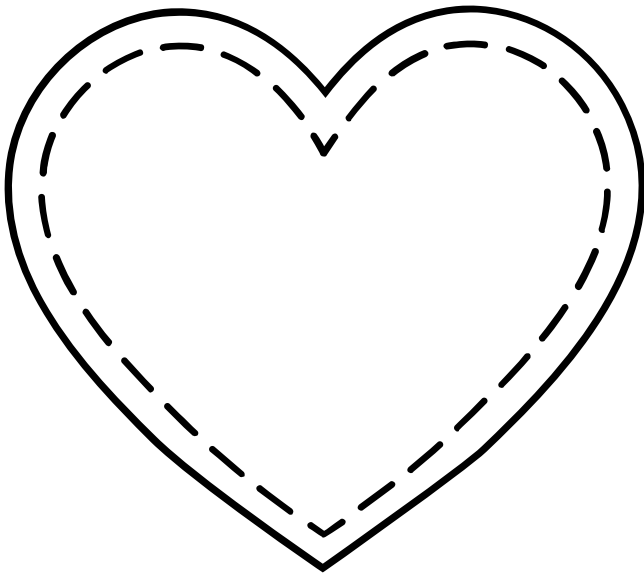
How I feel in emojis...



How I feel in words...



I am most thankful for:



Once all of this is over, I am most looking forward to:

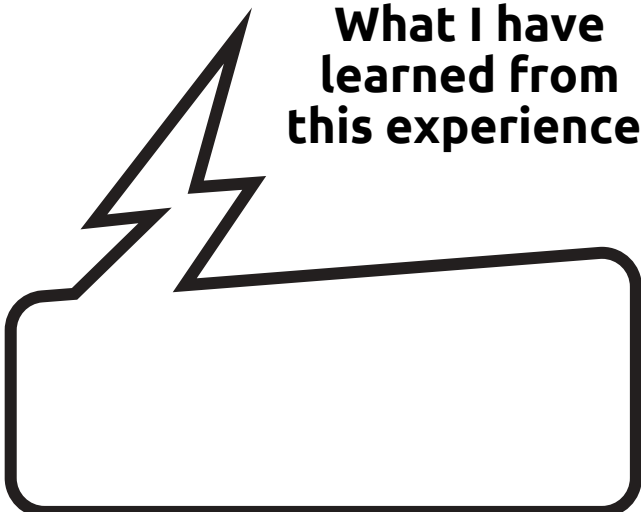
1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

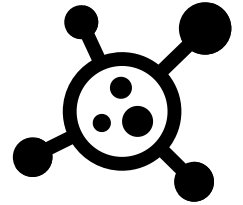
4 \_\_\_\_\_

What I have learned from this experience:



# OUR JOURNEY

You have been on a historic journey during the COVID-19 pandemic. Fill this page with photos, newspaper clippings, art work and any other memories that you've made.



# OUR HOME

What have you been doing to keep busy at home during the COVID-19 pandemic?

The worksheet features two main writing sections. Each section is tilted and contains ten horizontal lines for writing. A dark grey rectangular tab is attached to the left side of each writing area. Above the top writing area is a dark grey rectangular header box. To the right of the top writing area is a light grey notepad icon with a dark grey tab and a vertical row of five white dots on its right edge. To the left of the bottom writing area is another light grey notepad icon with a dark grey tab and a vertical row of seven white dots on its left edge. A dark grey rectangular tab is also attached to the right side of the bottom writing area.





# OUR HANDPRINTS

Print, draw or stick paper copies of the hands of all the people living in your home during the COVID-19 pandemic. Use different colours for each person!







# RAiISE

RAISING AWARENESS OF INVISIBLE ILLNESS IN SCHOOLS & EDUCATION

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