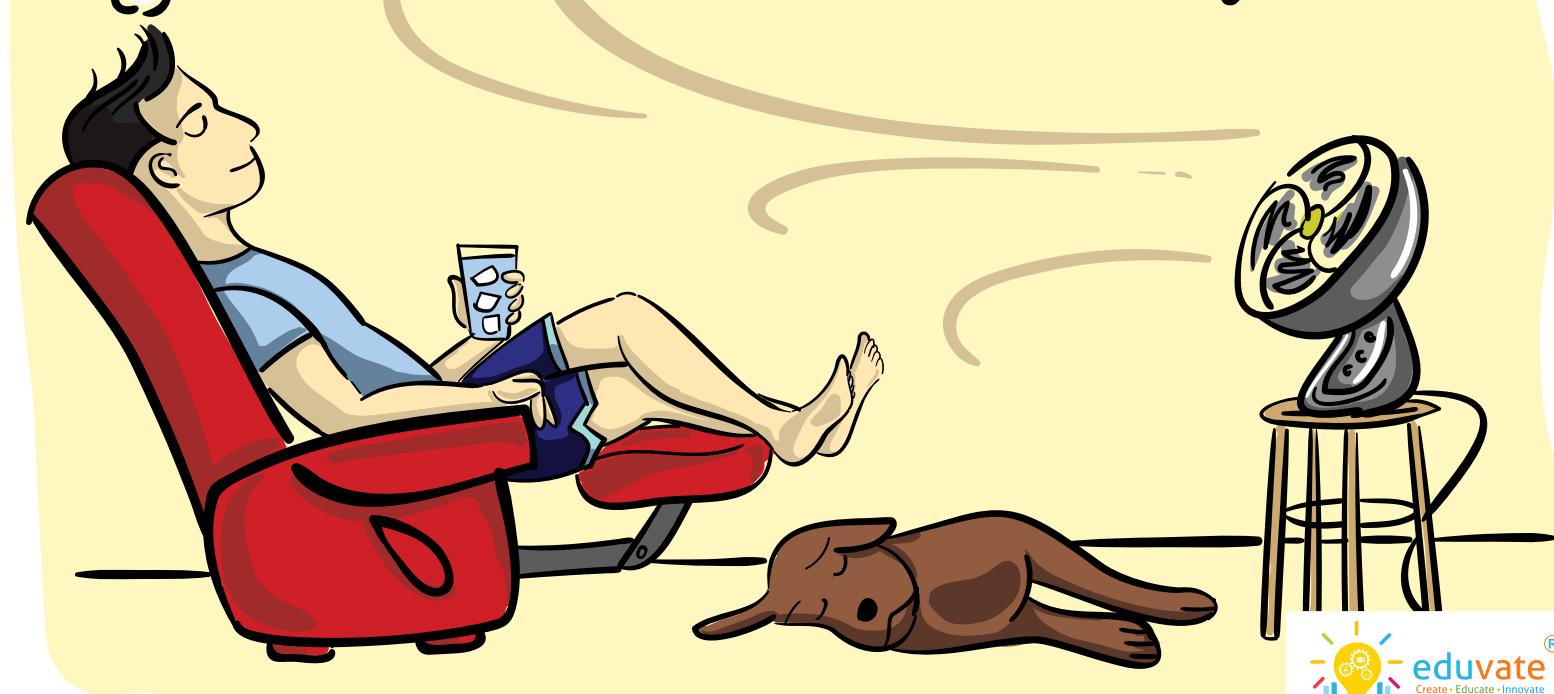
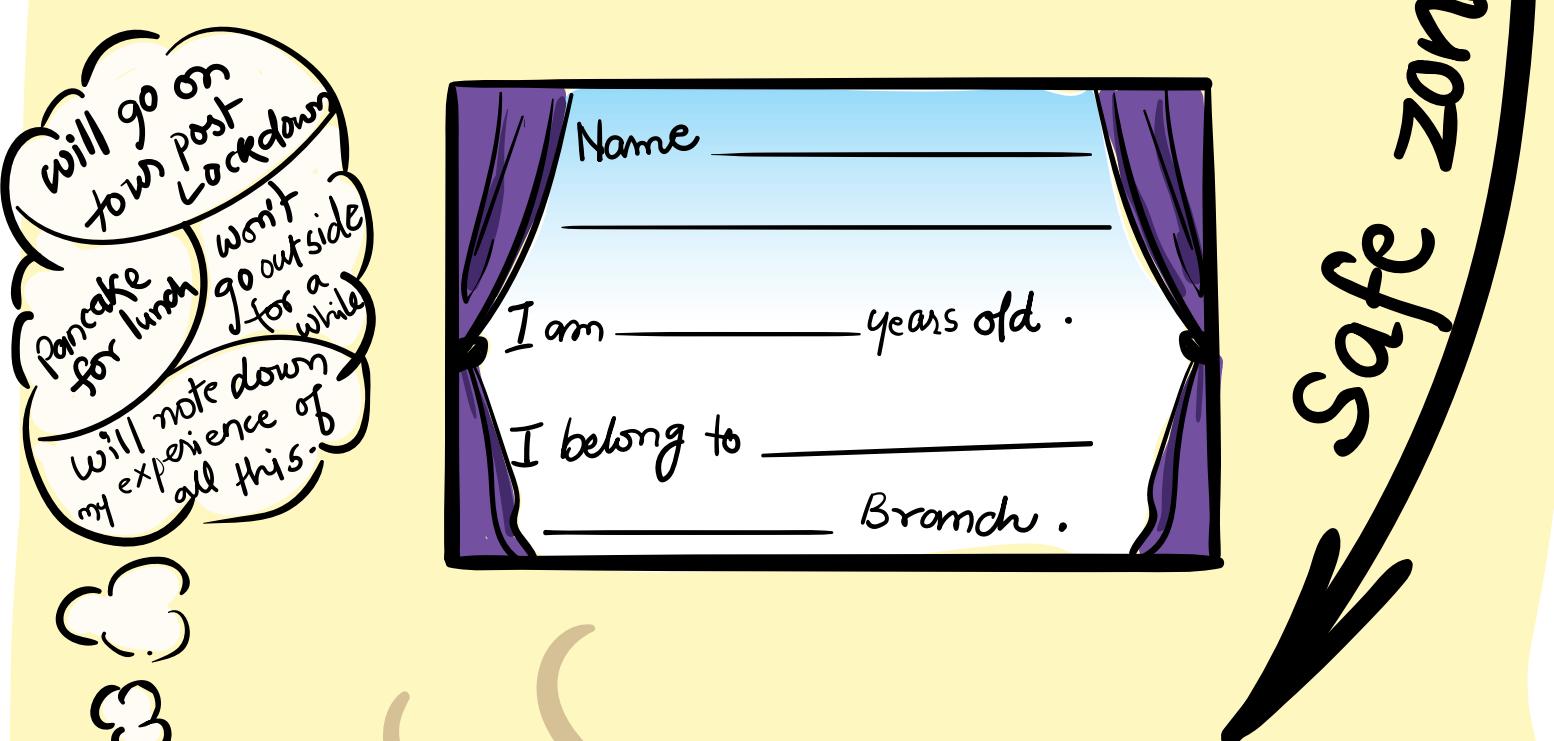


My Lockdown Journal 2020

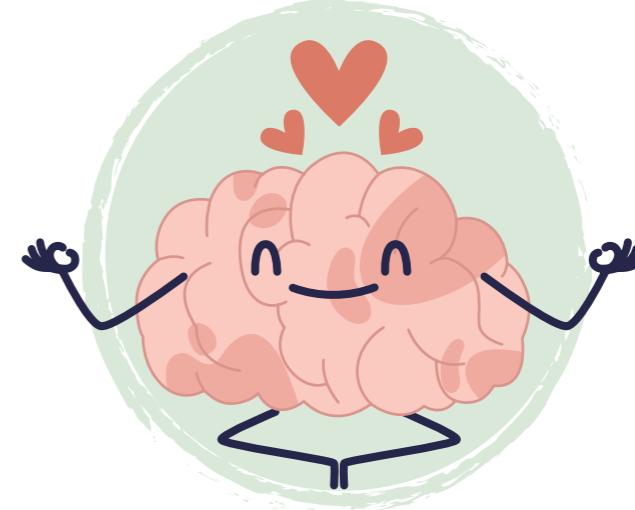


• Hey, pal

Such a strange and rare period – the world is locked down at home. During this time, here's a diary – a lockdown journal – to help you cope with the situation.. A chance for you to pour your heart out and share your lockdown experiences. This journal covers your life under lockdown, making you aware of yourself, your thoughts, human values, and the world around you. So make the most of this time, and share accounts of daily life during this outbreak – the moments of beauty and hope.

PS: Want to make a habit out of journaling?

Spare five minutes at least, each day!



FAMILY LOVE

Let's think about the little things about our family.

Who:

_____ ,
a.k.a (also known as)

One thing I love the most
about him/her:

My best moments with
him/her are when we...

Who:

_____ ,
a.k.a (also known as)

One thing I love the most
about him/her:

My best moments with
him/her are when we...

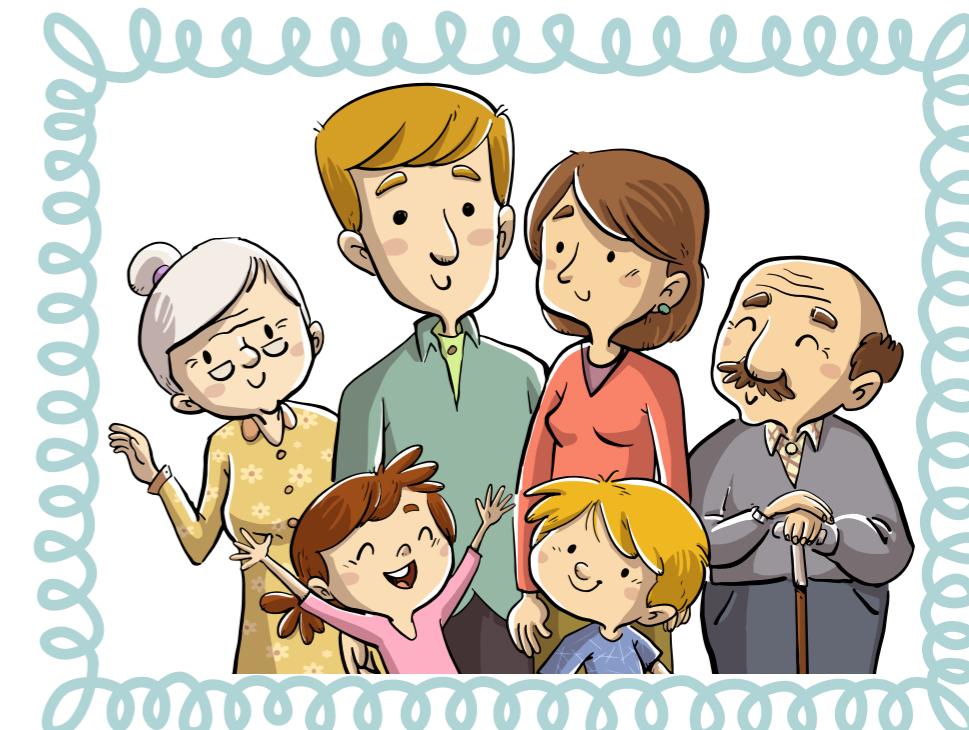
Who:

_____ ,
a.k.a (also known as)

The best thing about
the people I stay
with:

One thing I love the most
about him/her:

My best moments with
him/her are when we...

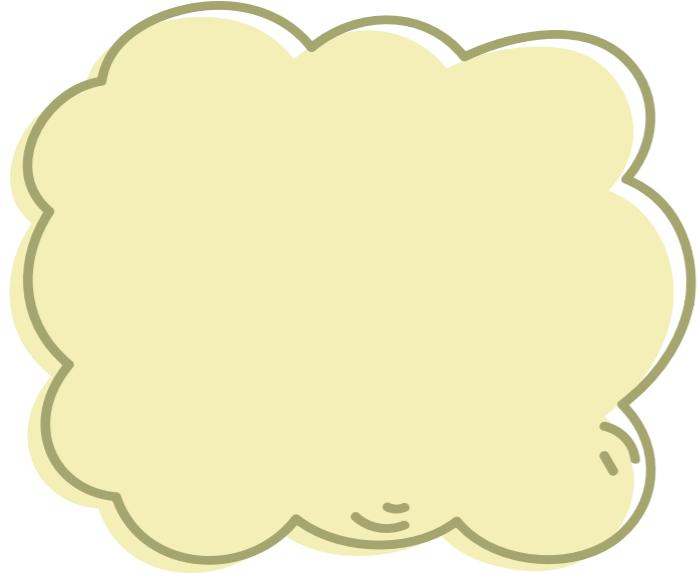


* Understanding Yourself *

Gather thoughts about you and your emotions.

(Psst. Psst...Use the words given in the bank on page 5 to think about your answer to these questions. Answer them in a couple of sentences. Draw/copy and paste an emoticon in the space provided)

How were you feeling before the lockdown?



Why did you feel so?

* Being aware of oneself *

Let's become mindful of your thoughts and feelings.

(Psst. Psst...Use the words given in the bank on page 5 to think about your answer to these questions. Answer them in a couple of sentences. Draw/copy and paste an emoticon in the space provided)

How does being under lockdown make you feel?



Why do you feel so?

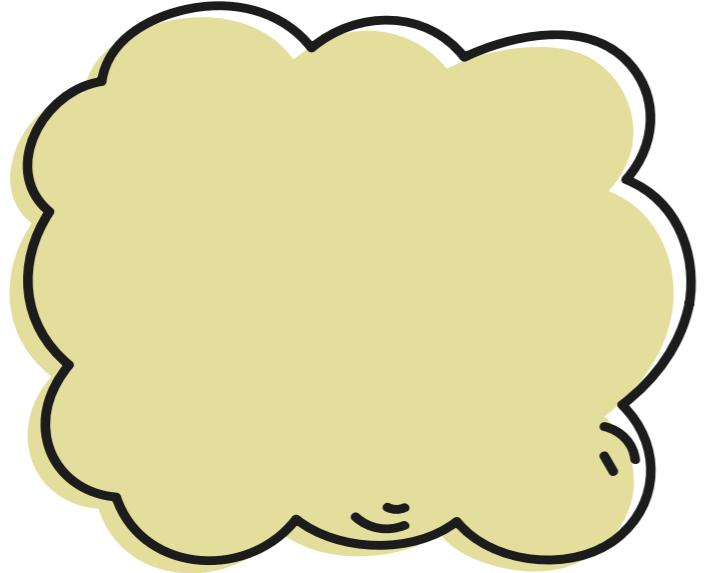
Hope

Holding on to hope during difficult times.

(Psst. Psst...Use the words given in the bank to think about your answer to these questions. Answer them in a couple of sentences. Draw/copy and paste an emoticon in the space provided)



How do you feel about the future?

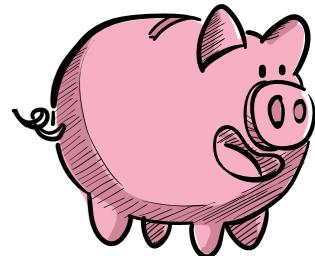


Write a note to your future self using the prompt questions given here. Remember to think of points beyond these questions too.

A few prompt questions:

1. What's the first thing you want to do after lockdown?
2. Who are the first set of people you want to meet after the lockdown and why?
3. Which is the first place you would visit after lockdown?

WORD BANK



angry	annoyed	Confused	confident	delighted
disappointed	excited	emotional	frightened	happy
agitated	irritated	negative	relaxed	stressed
terrible	upset	wonderful	scared	sad

discipline

Organising your actions

morning

7 am:

8 am:

9 am:

10 am:

11 am:

12 noon:



afternoon



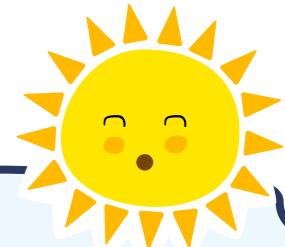
1 pm:

2 pm:



3 pm:

4 pm:



evening

5 pm:

6 pm:

7 pm:



night

8 pm:

9 pm:

10 pm:

Studying Yourself



1. Could you stick to the plan?

Look
Back
And
Reflect



7

2. Which part could you not stick to?



3. Why?



4. What do you want to appreciate yourself for?



In my Opinion

CLICK

Reflecting on likes and dislikes



The best online class during lockdown:

Why:



The most boring online class during lockdown:

Why:



My most favourite teacher:

Because:

My not-so-favourite teacher:

Because:



Learning to count
your blessings

REGARD AND RESPECT

Five things you are thankful for, during lockdown:

1.

2.

3.

4.

5.

LOOKING FOR SOLUTIONS

Learning to tackle problems

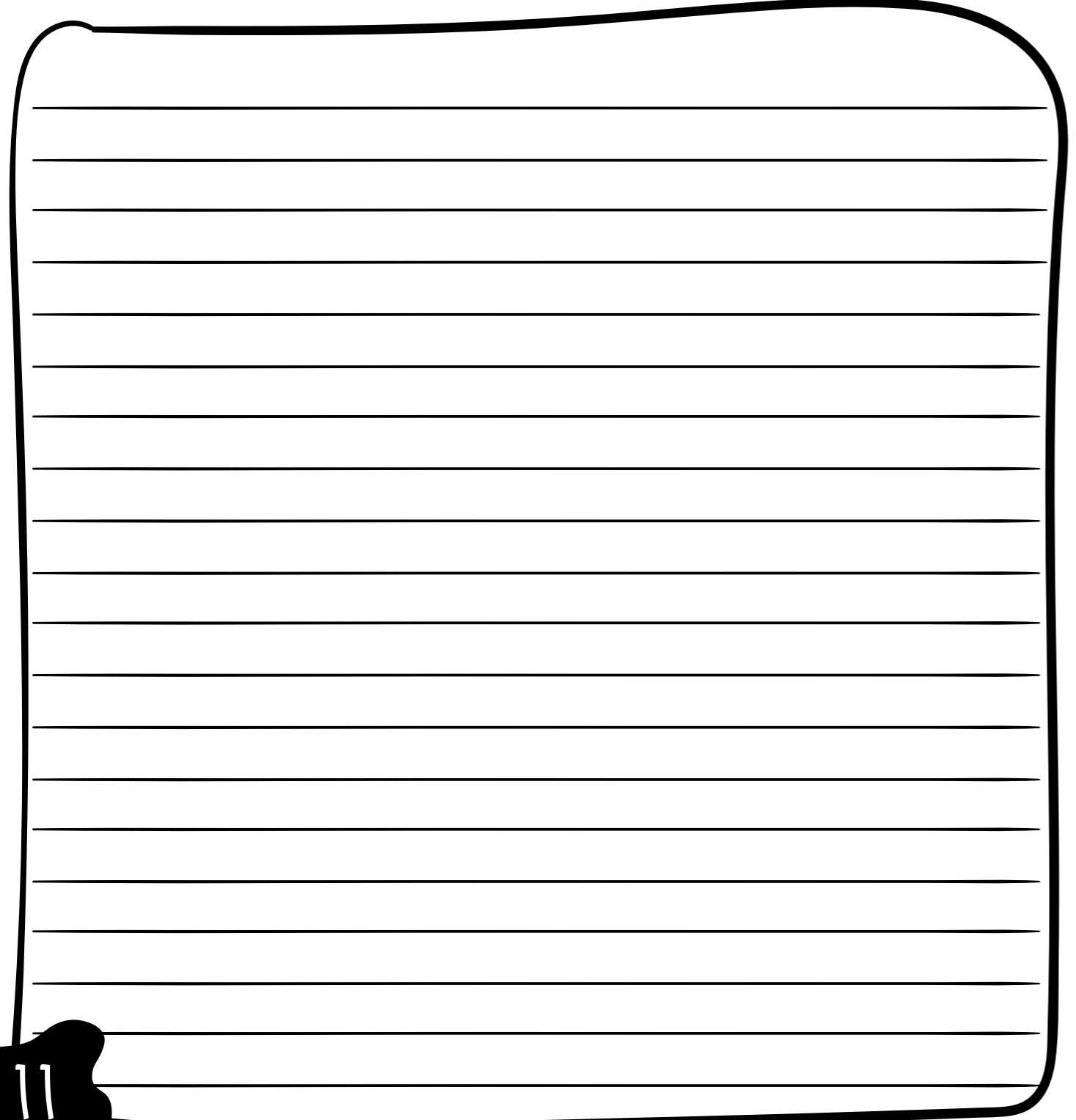
Worry jar

What have you found tough
so far/today?

Put your worries into the jar below.



How would you deal with these worries?



 My Playlist
— your take on Art —

List the top ten favourite songs you liked listening to during the lockdown.

SONG	Singer/Composer



Book Review

Your take on a book

TITLE _____

Author _____



Quick Summary

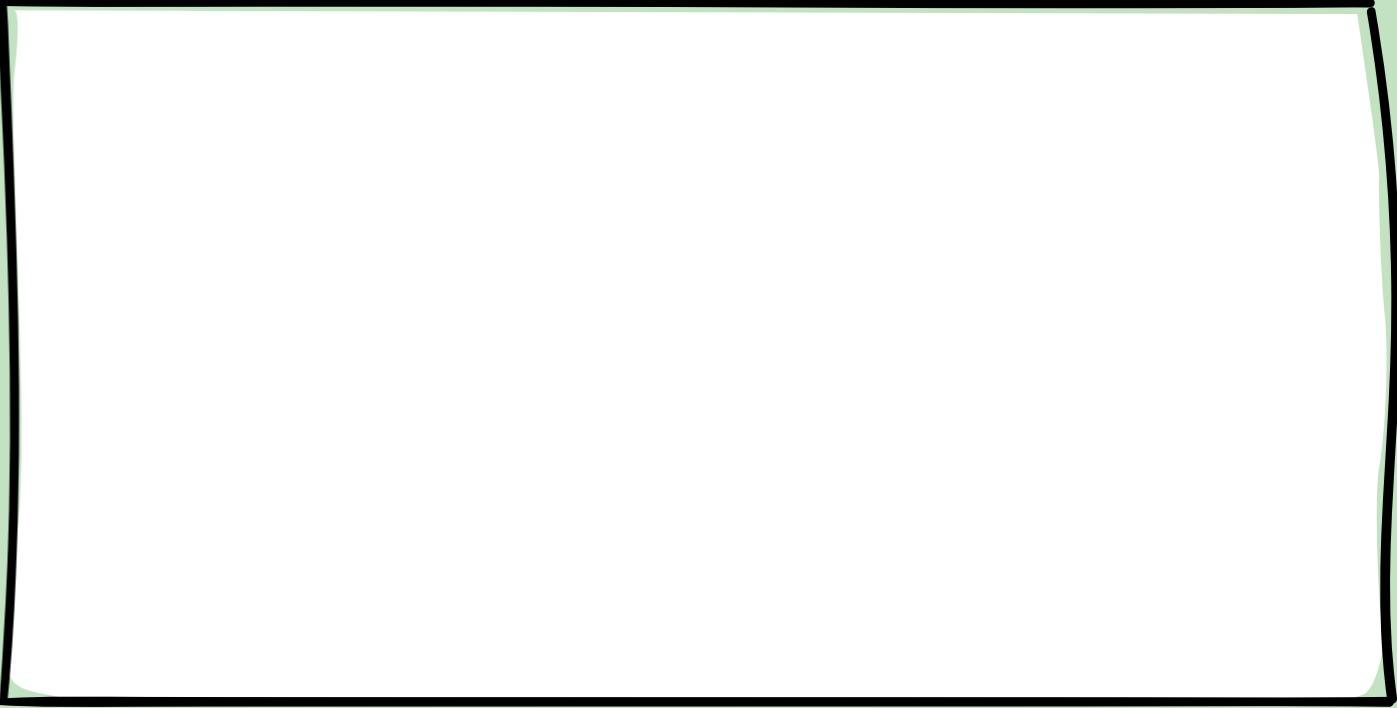
Where does the story take place?



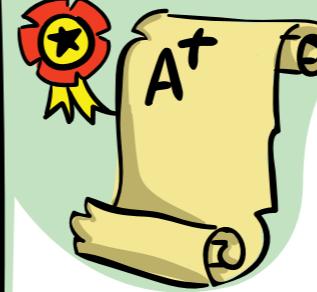
Who is your favourite character and why?



Draw your favourite scene



What was the best part in the book and why?



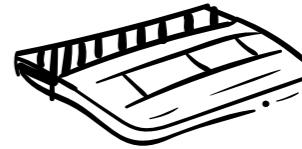
Would you recommend this to a friend?

Yes

No



Psst.....



Action

Use the prompt questions given here.

Remember to think of points beyond these questions too.

- * What was the movie about?
 - * What did you like about the movie and why?
 - * What did you dislike about the movie and why?

REVIEW

Learning a new skill

COOKING UNDER LOCKDOWN

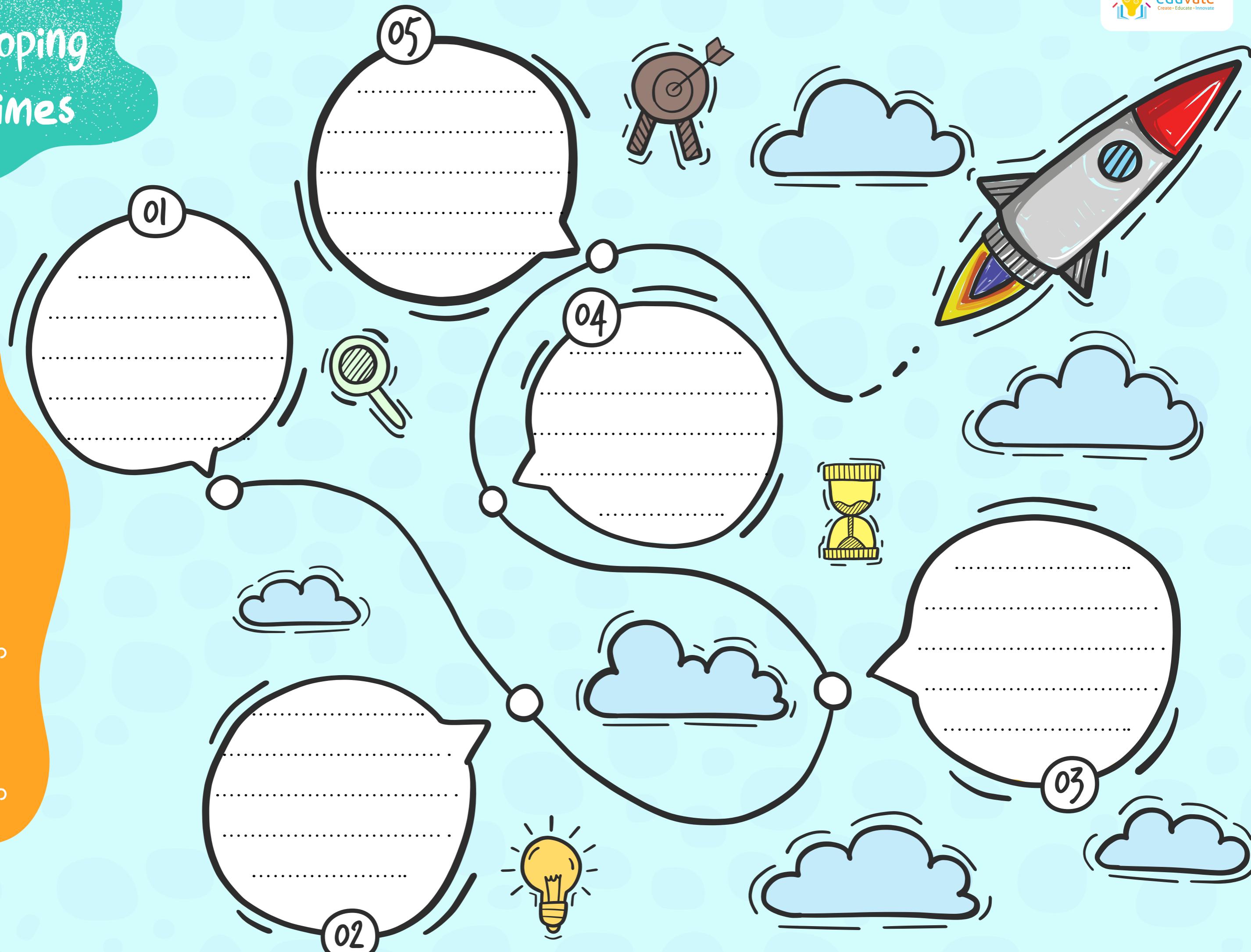
WHICH NEW DISH DID YOU
TRY WITH YOUR PARENTS
DURING LOCKDOWN?

INGREDIENTS USED:

METHOD:

Developing Pastimes

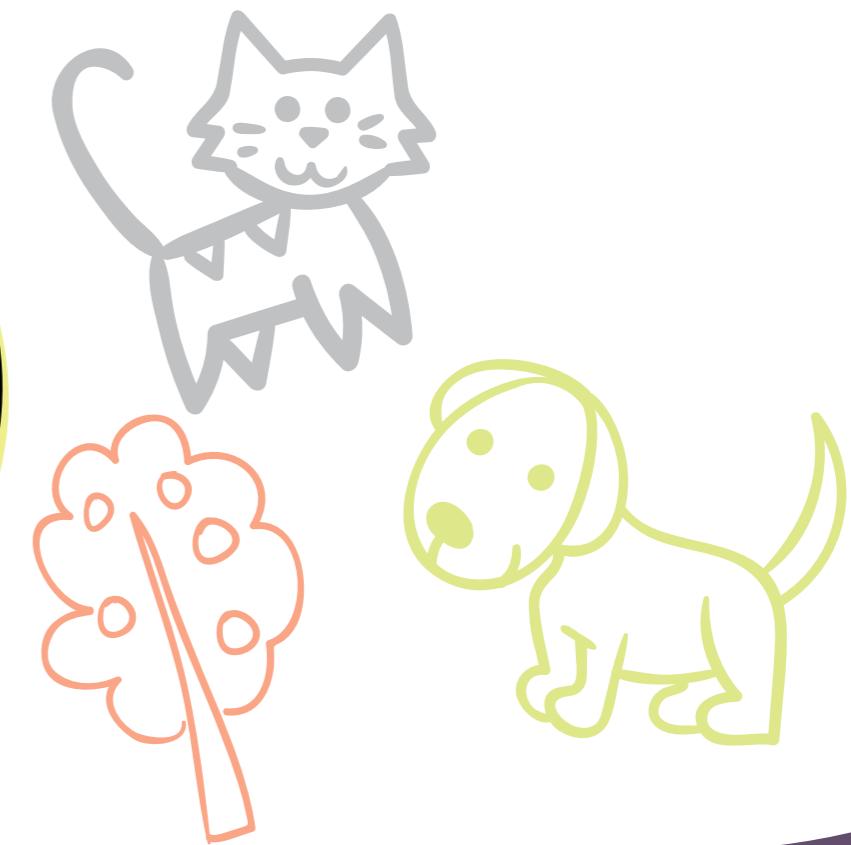
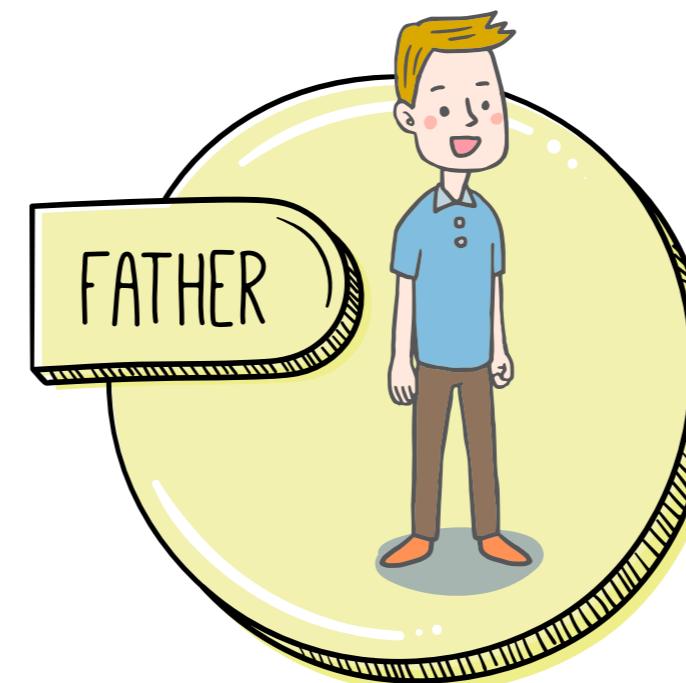
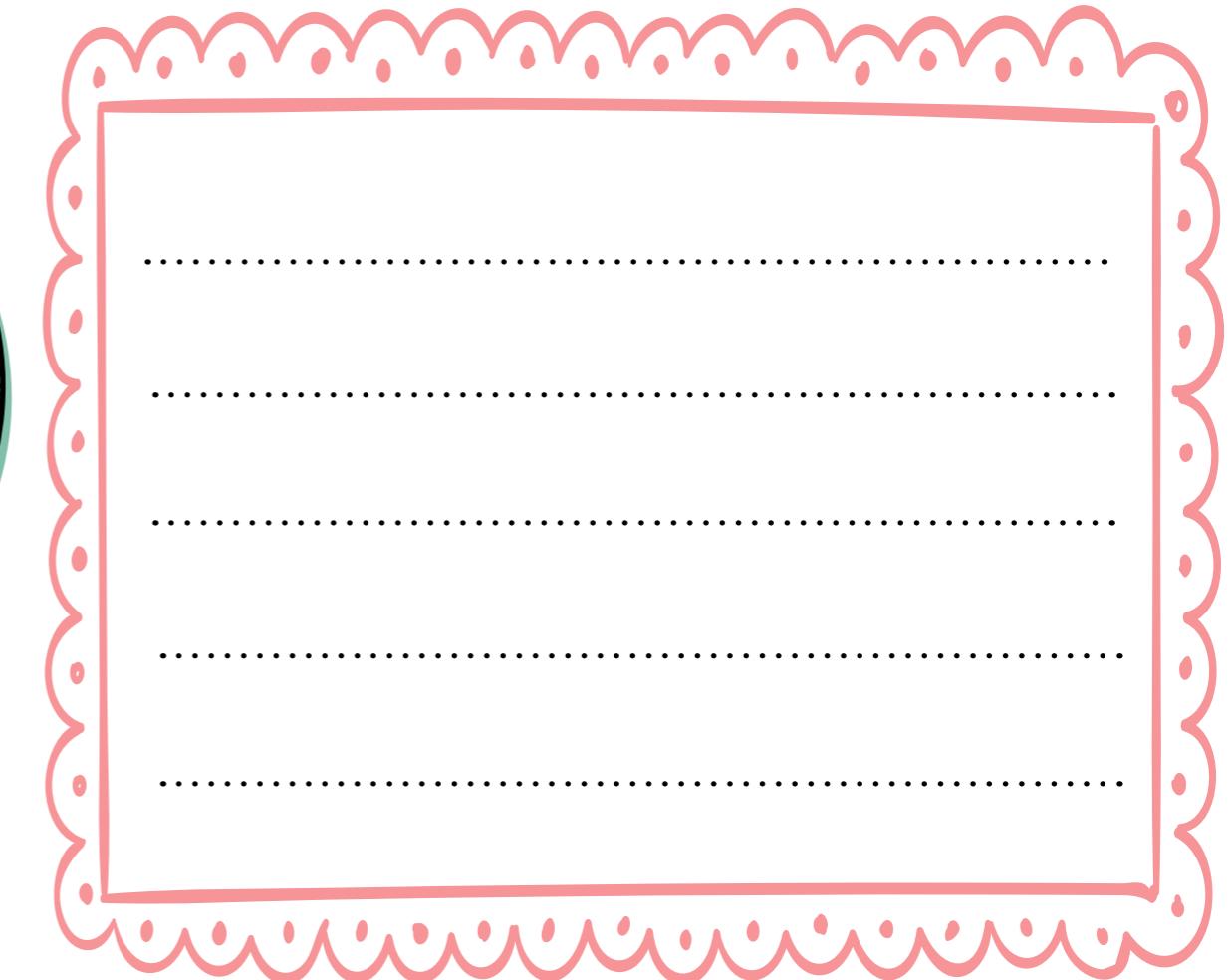
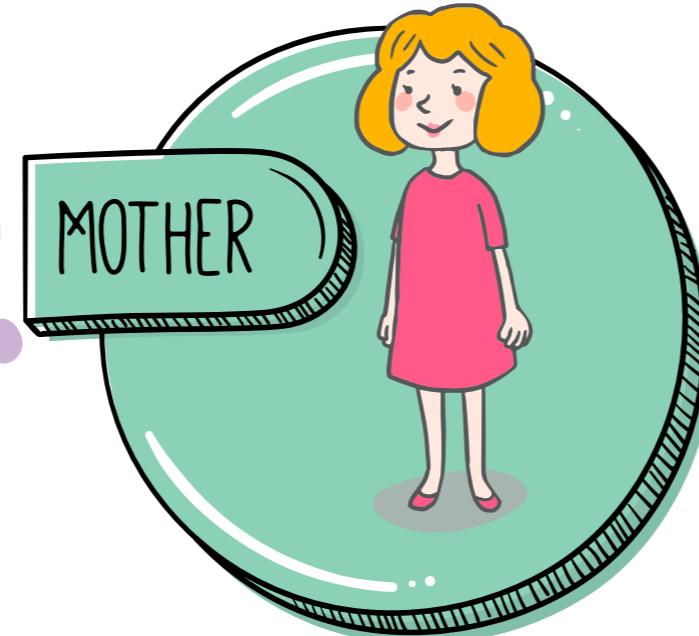
Learning habits that reform you:
What did you do not to get bored? Did you
try something new?



WHAT'S THE BEST HELP YOU OFFERED TO THE FOLLOWING PEOPLE?

Helping Hand

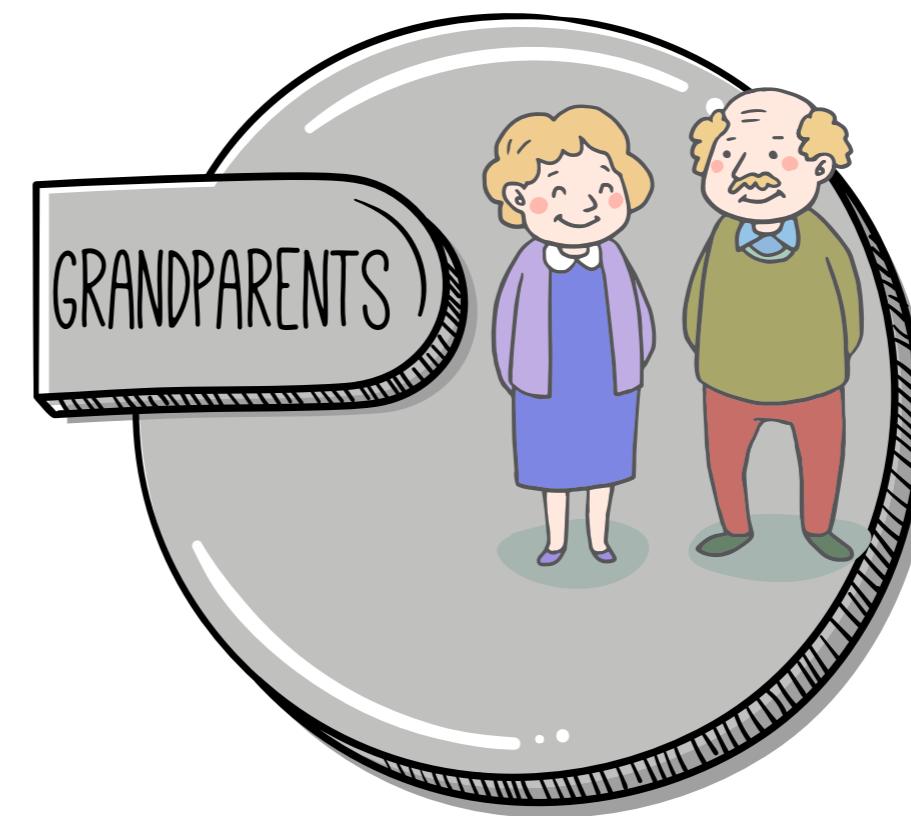
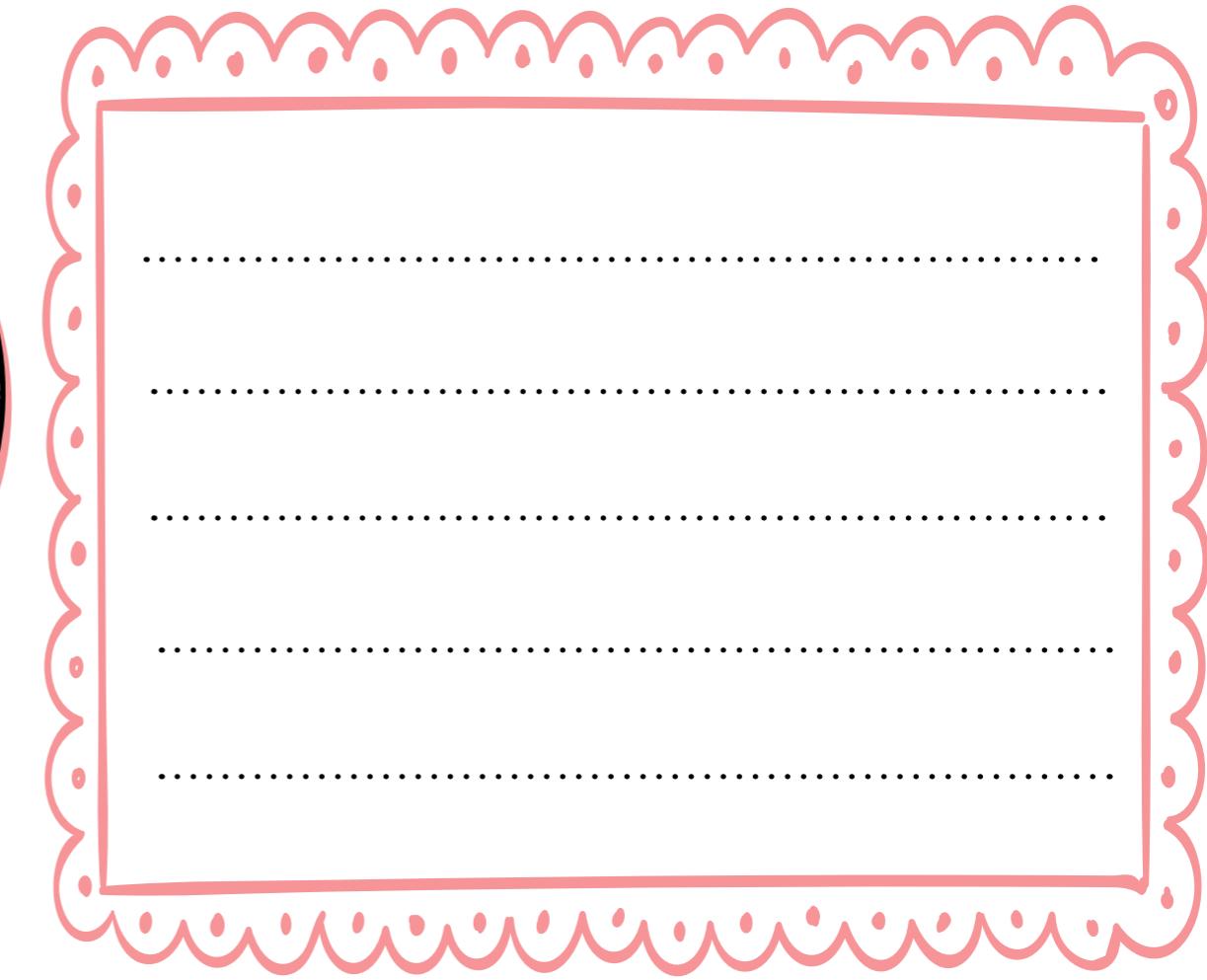
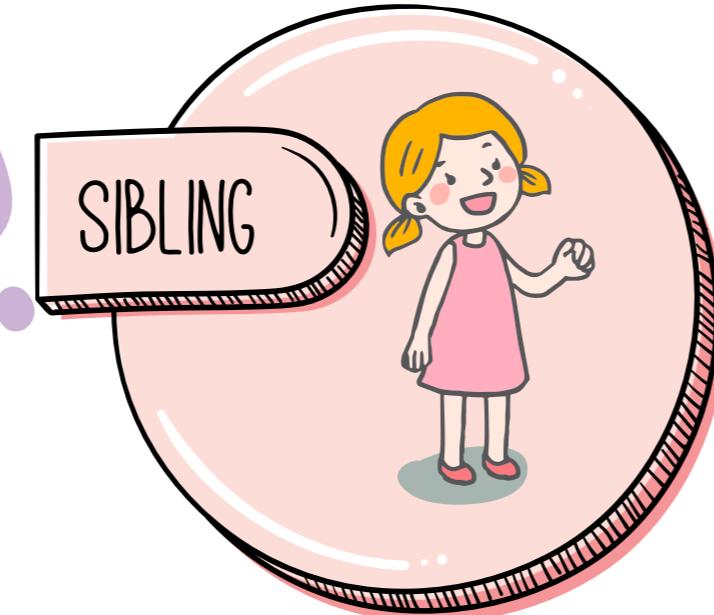
REALISING THE IMPORTANCE OF HELPING SOMEONE



WHAT'S THE BEST HELP YOU OFFERED TO THE FOLLOWING PEOPLE?

Helping Hand

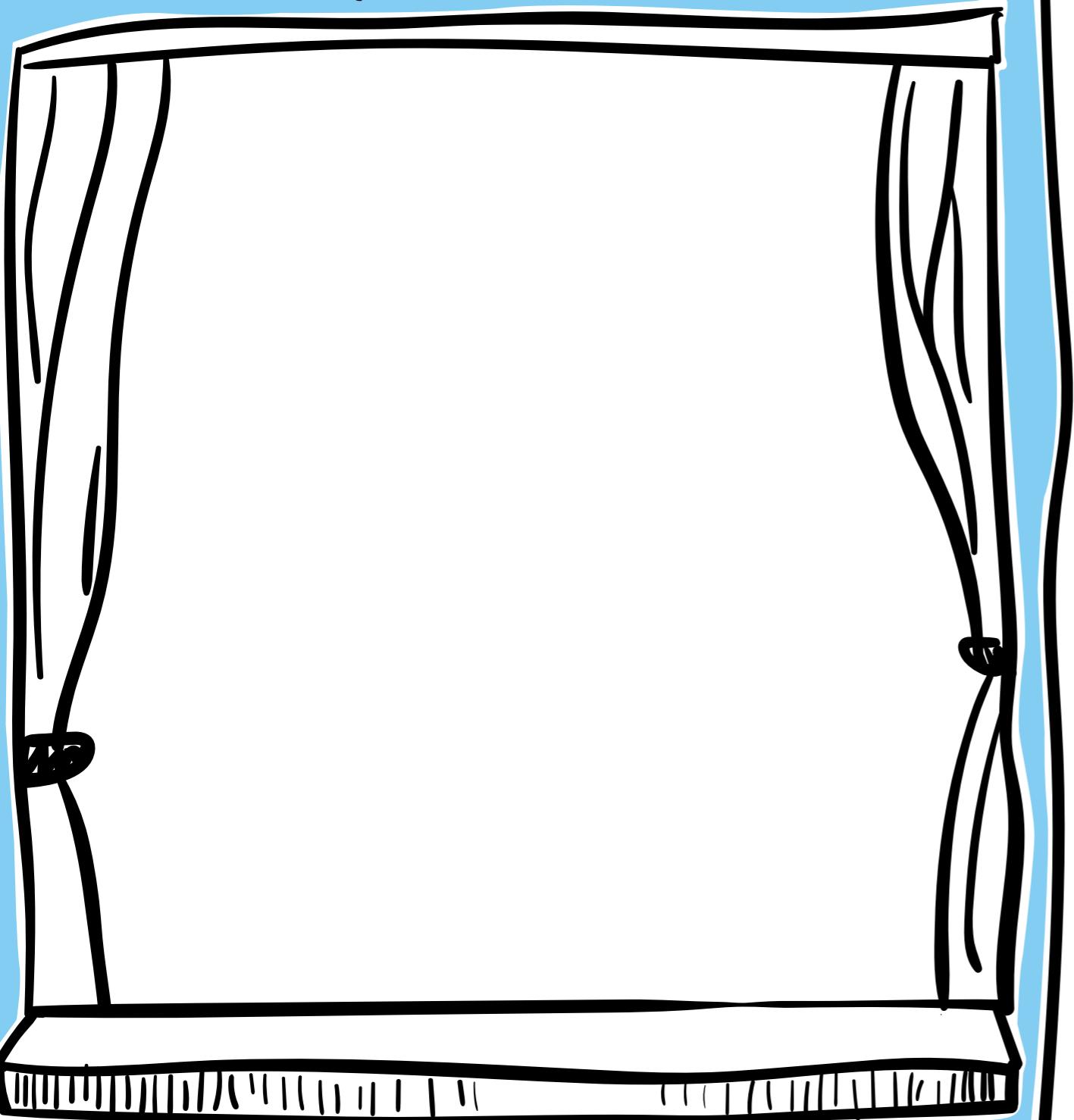
REALISING THE IMPORTANCE OF HELPING SOMEONE



Observation



THE
WORLD
OUTSIDE



Draw what you see outside your house, on the street.

1. What do you notice around your house?

2. How do you feel about the Surroundings now?

3. What about the world outside makes you happy?

4. What about the world outside makes you sad?

thank
YOU
so
much

POSTCARD

Being grateful to people for their efforts

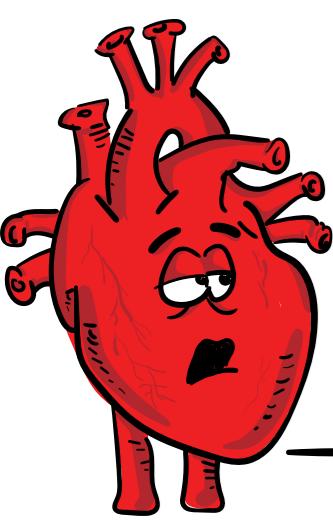
Message you want to convey to healthcare workers, doctors, nurses, policemen, sanitary workers and the many other hundreds of people who put their lives at risk for our wellbeing.

PLACE
STAMP
HERE

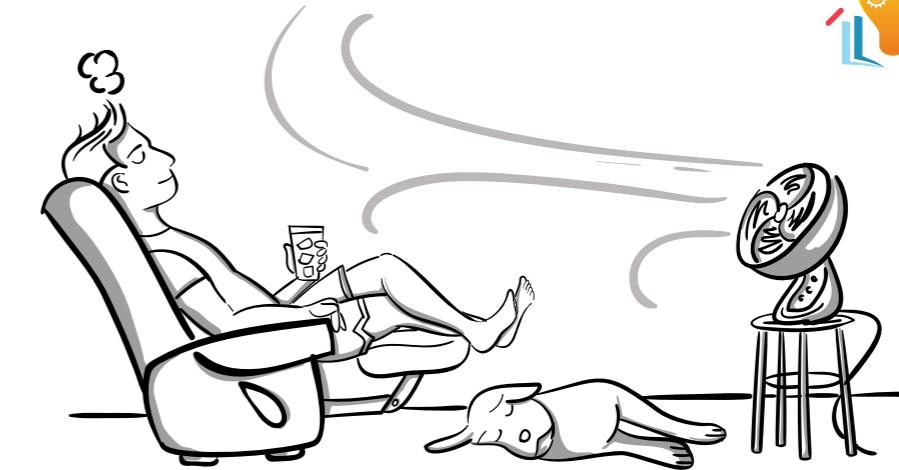


FROM:

TO:



THE FOLLOWING PAGES ARE FOR
YOU AND YOUR HEART TO CONVERSE.
MAKE A NOTE OF EVERYTHING YOU
FEEL DURING THIS LOCKDOWN.



ORCHIDS
The International School

Bengaluru: 2nd floor, No. 70, 9th Main, HMT Main, Road, Opposite to SBM Bank,
Mathikere, Bengaluru, Karnataka - 560054.

Mumbai: Prince house 51/3, 2nd floor, Marol Co-op, Industrial Estate, M.V. Road,
Andheri East, Mumbai - 400059.



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