

Workbook prepared by



# MY COVID-19 JOURNAL

MY NAME IS

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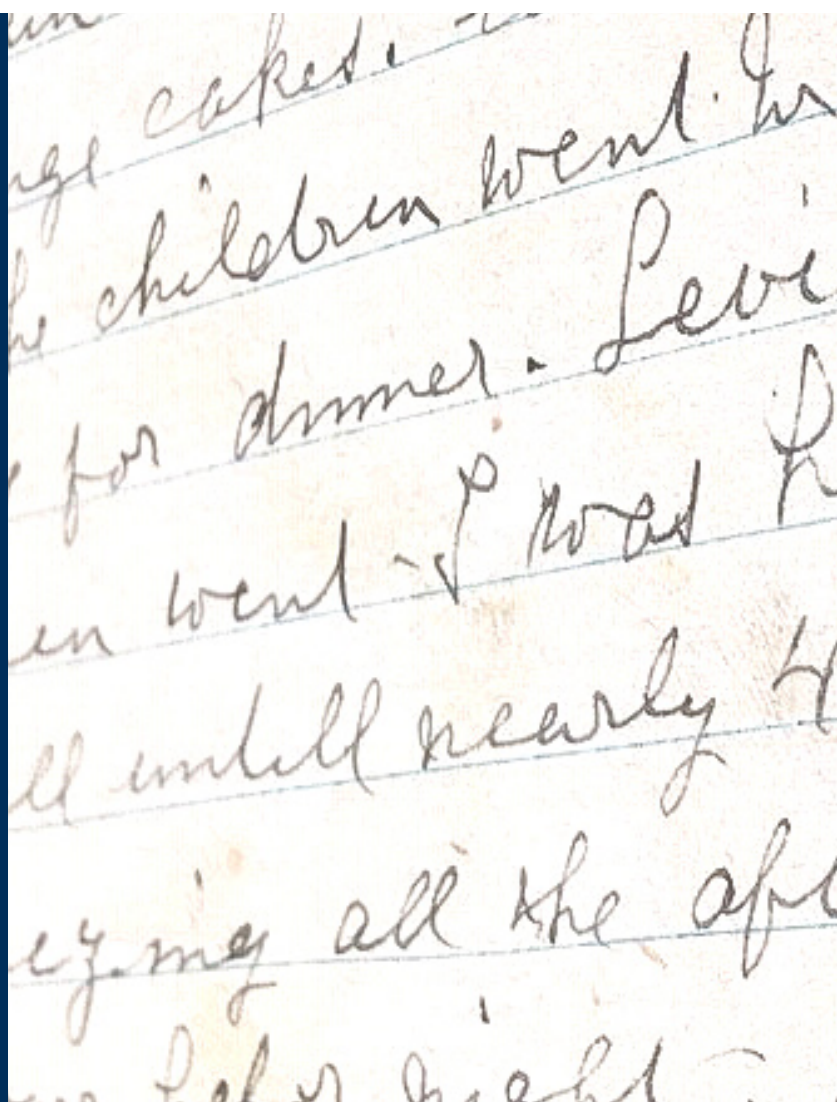
I AM 

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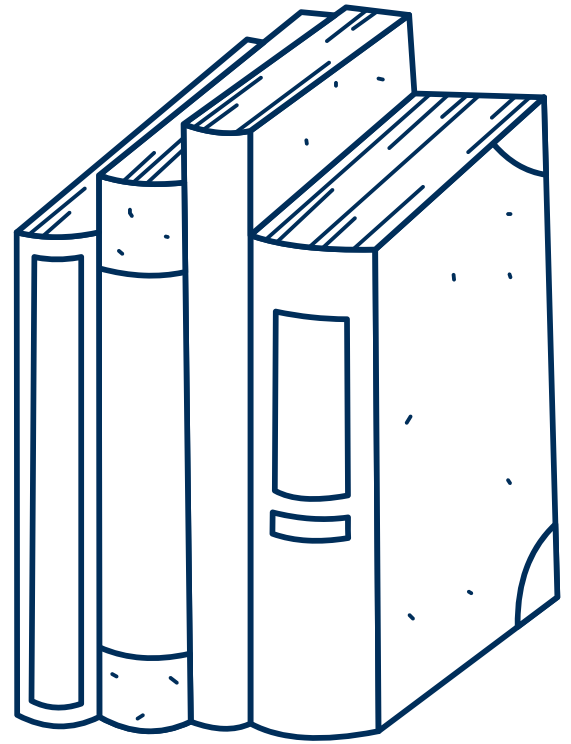
 YEARS OLD

In 2020 we are living through unique times due to COVID-19. The NOTL Museum needs YOUR help to document history because we are living through a future history class! Crazy right?!

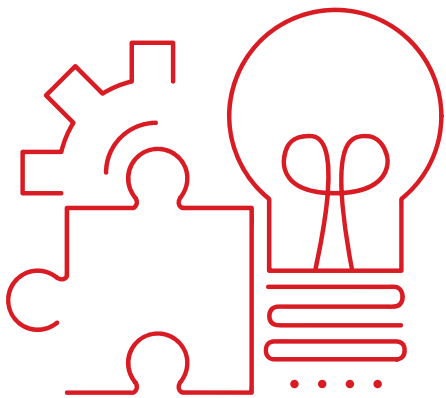
This is a workbook that will help you to document your COVID-19 experiences so that future historians and museums can learn about how our community was affected by COVID-19.



# Write and illustrate a book!



You are the star of your own book, so tell us what you are doing while staying home!



## Topics to think about

- Who are the people in your book?
- What is it like to go to school?
- What kind of activities or games do you play?
- How do you feel about the virus?

Brainstorm more ideas below!

# Create a Comic Strip about COVID-19



Or answer the questions below based on the comic strip on the next page.

What does the coronavirus look like under a microscope? Draw it in this box!

List 4 people working to protect you from the virus?

Draw the three ways you can protect yourself and your family from the virus.

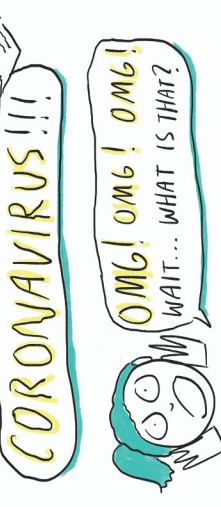


Most people who have gotten sick with this coronavirus have had a mild case.

And there aren't a lot of cases in kids. If kids do get the virus, it tends to be very mild.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.



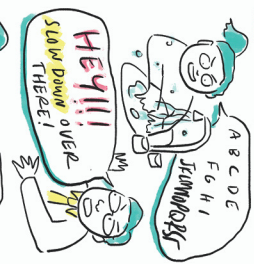
It's a word you might have heard at school or online or on T.V.



There are some things you can do to protect yourself, family and friends from getting sick.

### 1 WASH YOUR HANDS OFTEN

- \* USE SOAP AND WATER
- \* WASH FOR AT LEAST 20 SECONDS.
- IF IT HELPS, SING THE ABC'S WHILE YOU DO IT - THAT'S ABOUT 20 SECONDS.
- \* WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR PLAYGROUND).



### 2 SNEEZE INTO YOUR ELBOWS

- \* CORONAVIRUS IS BELIEVED TO SPREAD THROUGH LITTLE DROPLETS OF FLUID FROM YOUR LUNGS.
- \* IF YOU SNEEZE INTO YOUR ELBOWS, YOU CAN PREVENT GERMS FROM GOING INTO THE AIR AND ONTO YOUR HANDS.



### 3 AVOID TOUCHING YOUR FACE

- \* DON'T PICK YOUR NOSE, DON'T TOUCH YOUR MOUTH, DON'T RUB YOUR EYES.
- \* THESE ARE THE PLACES WHERE GERMS ENTER OUR BODIES.

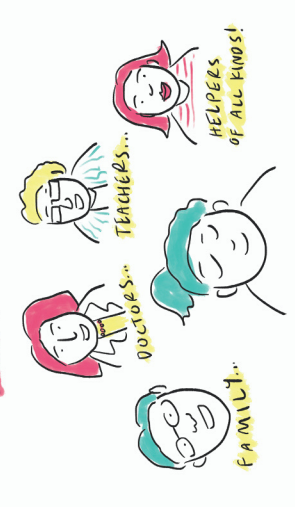


# Exploring the New CORONAVIRUS

A Comic Just for Kids

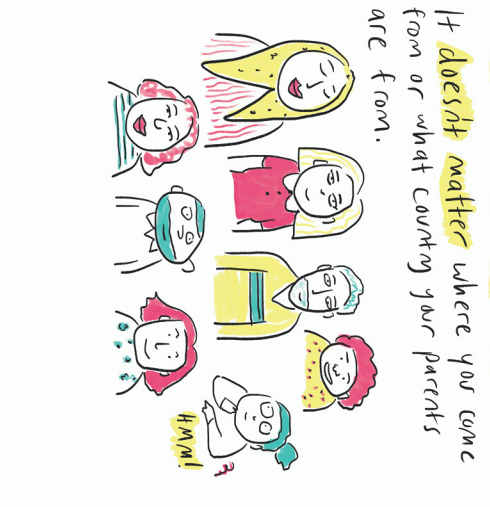
By Malaka Yharib

AND DON'T FORGET! There are a LOT of helpers out there who are working to protect you. It is NOT your job to worry.



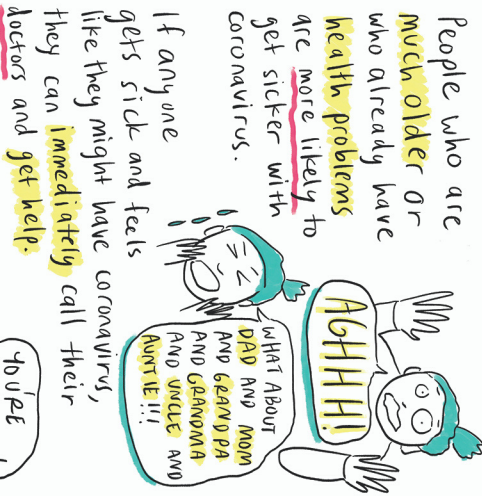
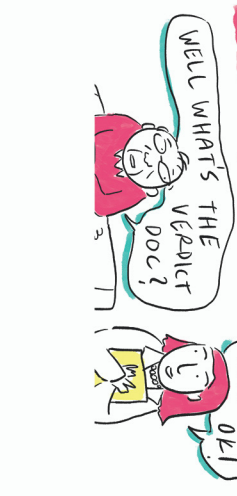
But seriously, though... PLEASE wash your hands!!!

It's very important to remember that this kind of virus can affect ANYBODY.

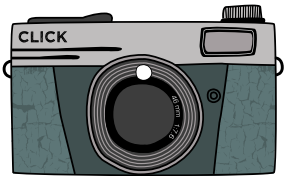


People who are much older or who already have health problems are more likely to get sicker with coronavirus.

If anyone gets sick and feels like they might have coronavirus, they can immediately call their doctors and get help.



# Start a Scrapbook



Take photographs of you at home or of your neighbourhood and tell us about them!



Clip newspaper articles and add them to your scrapbook!

# INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : \_\_\_\_\_

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: \_\_\_\_\_

FOVOURITE TIME OF DAY: \_\_\_\_\_

# THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## I AM MOST THANKFUL FOR

\_\_\_\_\_  
\_\_\_\_\_



## WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## HOW ARE YOU CONNECTING WITH OTHERS?

\_\_\_\_\_







Become pen pals with someone in your class, at your school or even a relative!

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DEAR,

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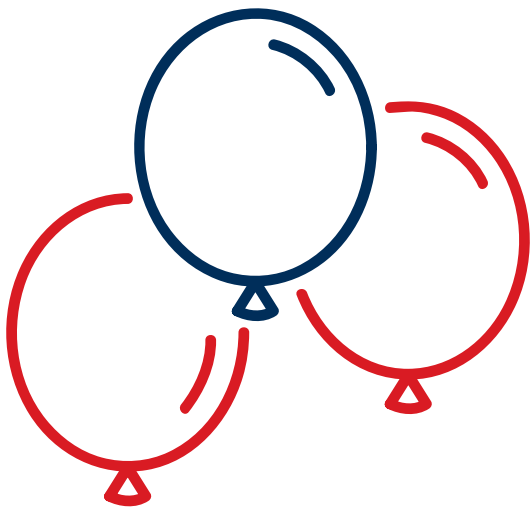
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# Events!

Write the list of events down here and what you did to celebrate (e.g. St. Patrick's Day, Easter, Birthdays, Anniversaries)!



# Say Thank

# you!

Create some artwork to thank all of our front line workers or those who are going out of their way to help members of their community! This could be a sign, a picture, thank you card, anything you want!

# Kindness Project

**There have been a number of feel good stories in the news these days. Start your own kindness project or do something to lift spirits in the community!**



Brainstorm your kindness project here!

If you need some inspiration check out "Some Good News" YouTube channel:  
[https://www.youtube.com/channel/UCOe\\_y6KKvS3PdIfb9q9pGug](https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug)

# Meme Maker

Tell us how you are feeling by making your own meme!

