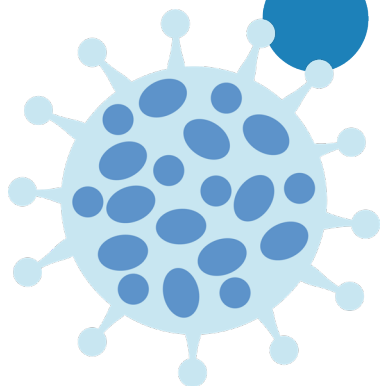
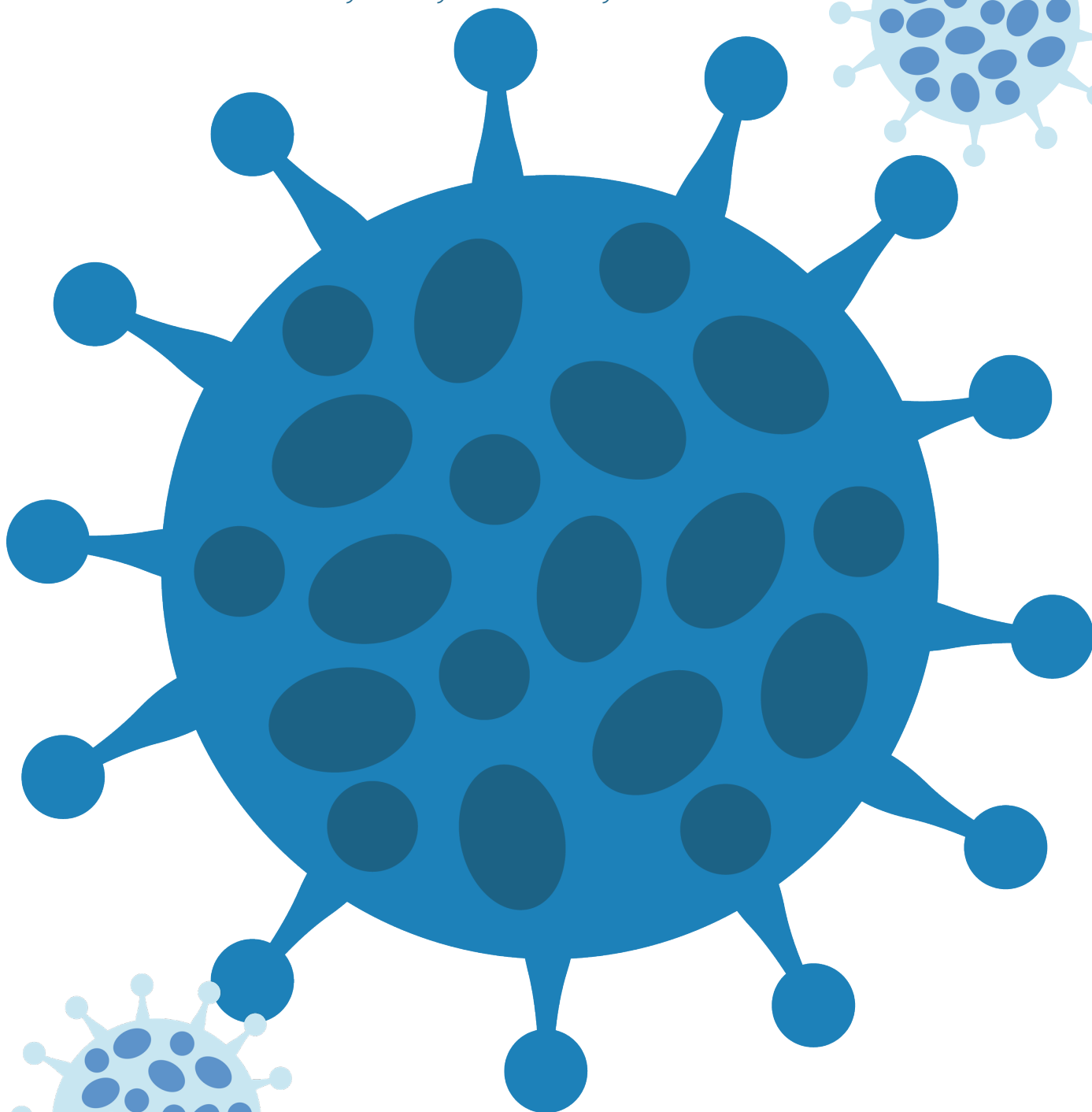
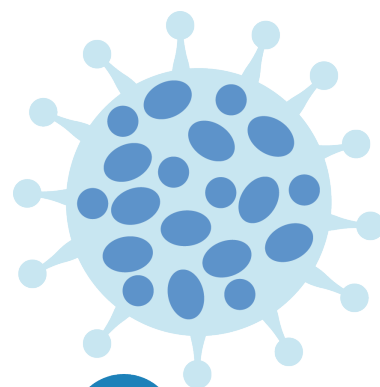


My Coronavirus Journal

A place to explore my feelings and help me overcome my worry and anxiety



Because of the Coronavirus, I must:

Handwriting practice lines consisting of five horizontal dashed lines.

This makes me feel:

Handwriting practice lines consisting of five horizontal dashed lines.

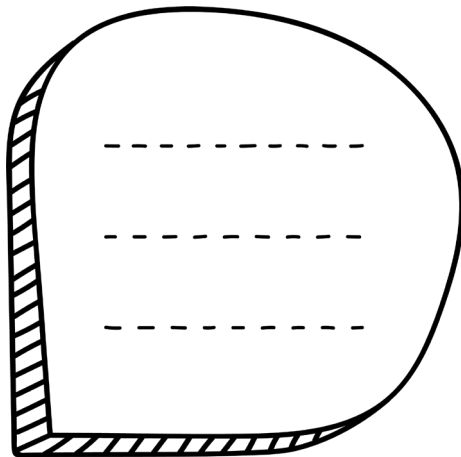
Emergencies can feel scary because I am not in control. Here are three things that I can control during this time:

1 - - - - -
- - - - -
- - - - -

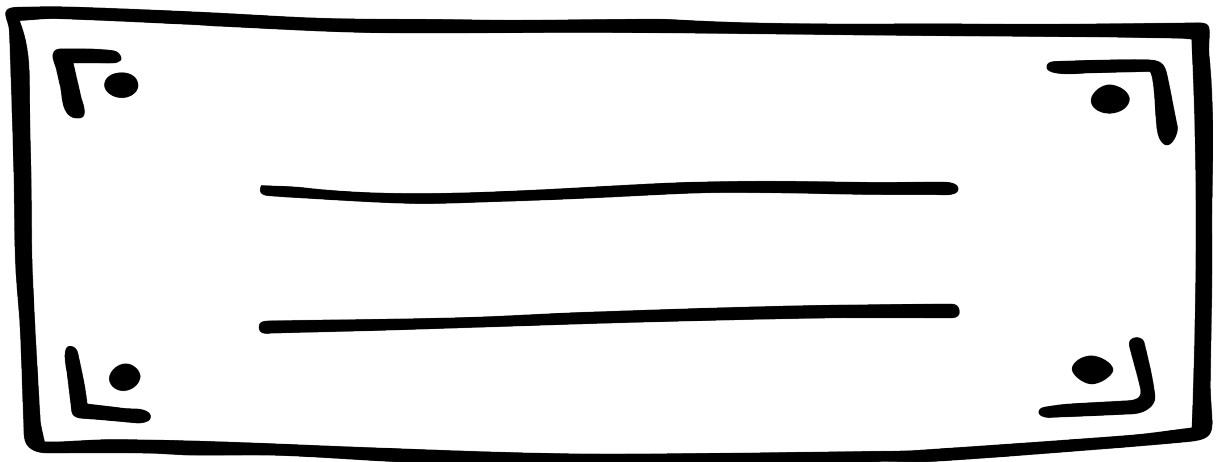
2 - - - - -
- - - - -
- - - - -

3 - - - - -
- - - - -
- - - - -

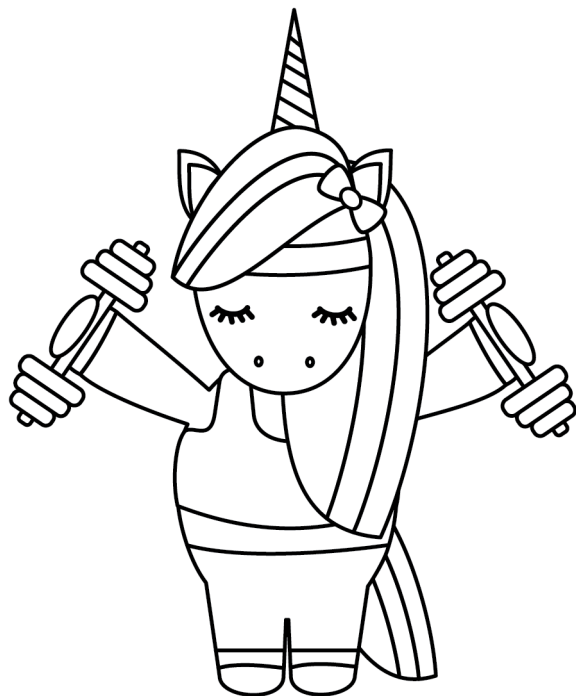
Something that always makes me feel better when I am scared is:



Focusing on my physical health will be very important. Some ways I will get exercise during this time include:



A large rectangular box with rounded corners, containing two horizontal lines for writing. The box is outlined with a thick black border. At each of the four corners, there is a small black L-shaped icon with a dot at the vertex, indicating where to place the corners of the box.



Fill in the Blanks

Today's date is _____

On a scale of 1 to 10, today my mental health is _____ because

If today was an animal, it would be a _____

The best part of today was _____

I showed courage today by _____

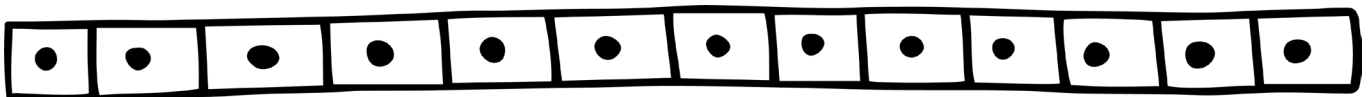
If today had a theme song, it would be _____

My favorite sight today was _____

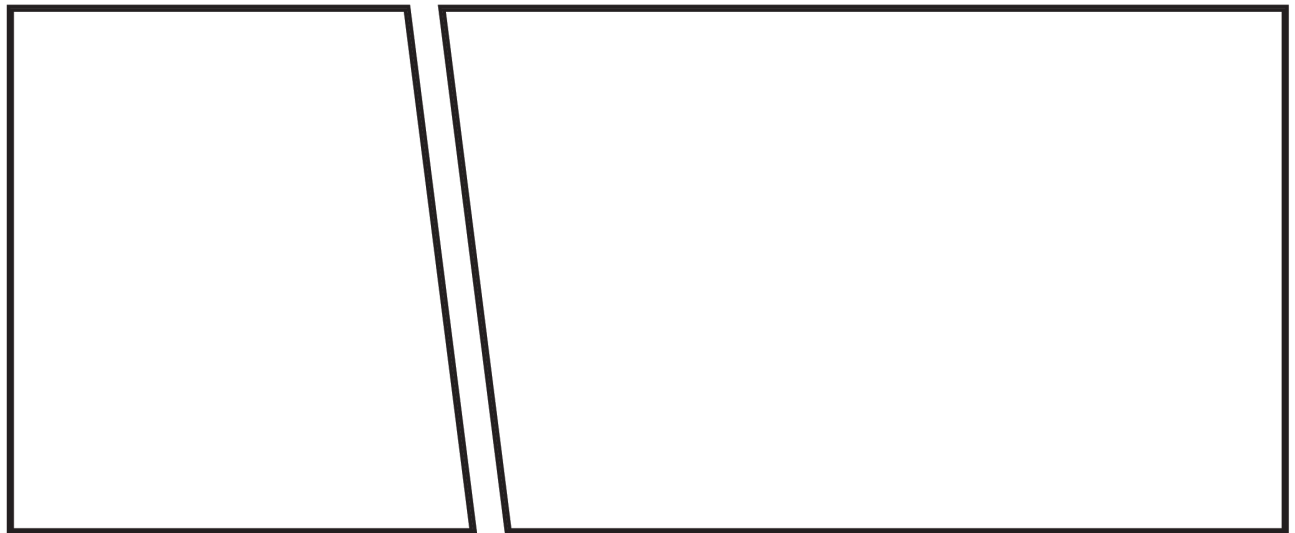
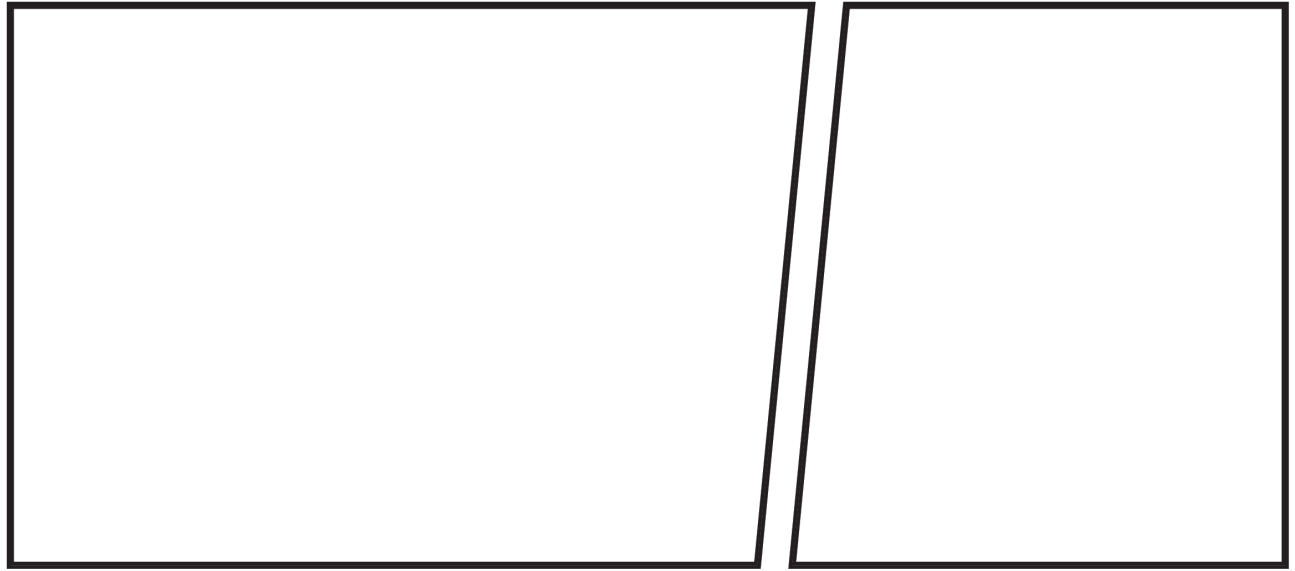
My favorite sound today was _____

Today I accomplished _____

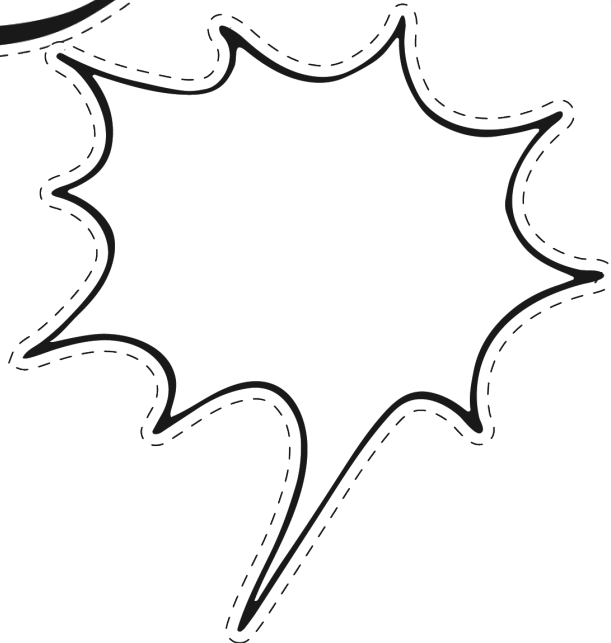
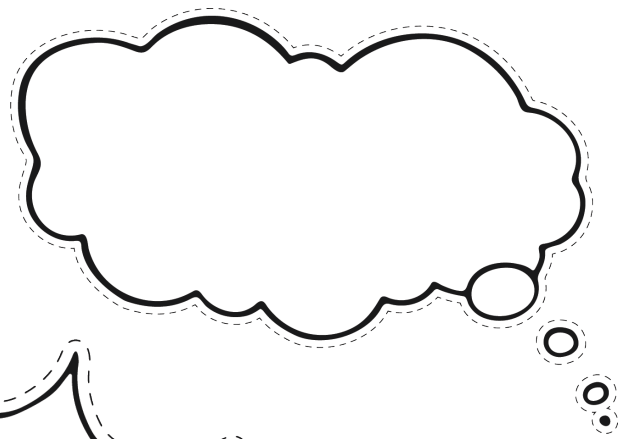
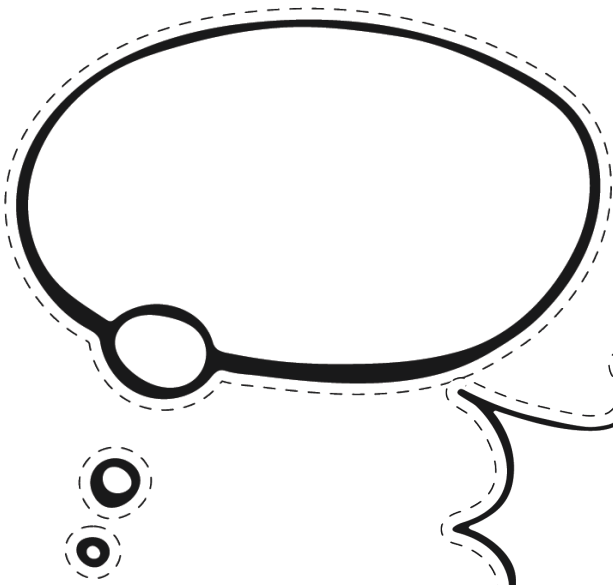
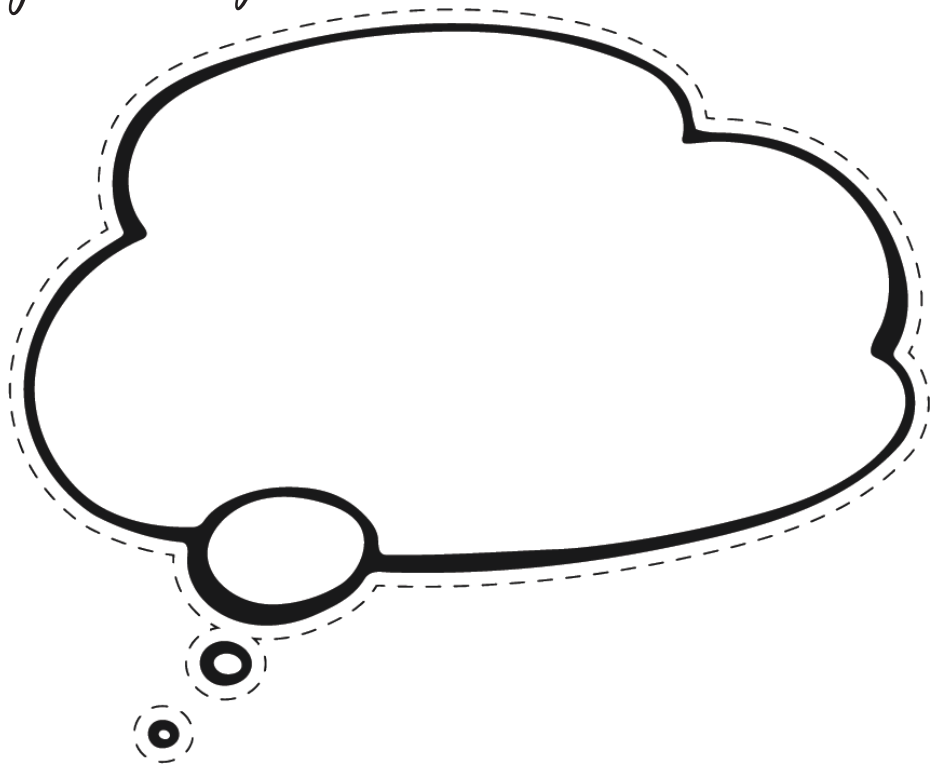
Tomorrow I hope _____

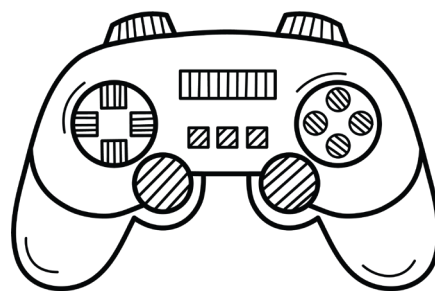
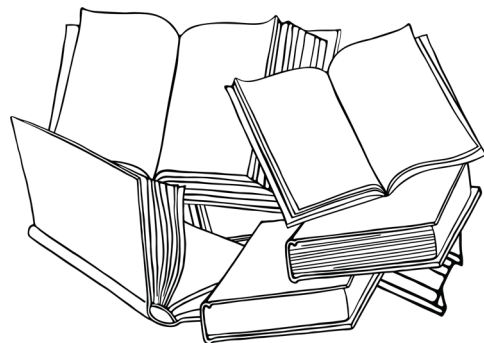


Create a Coronavirus comic strip (don't forget the superhero!):

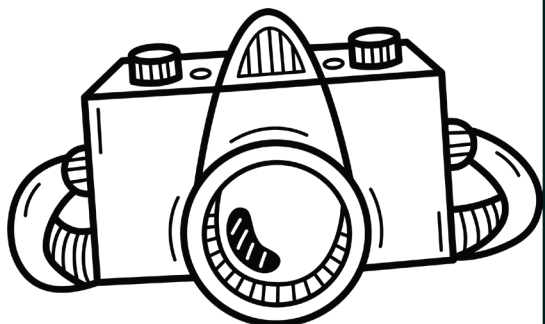
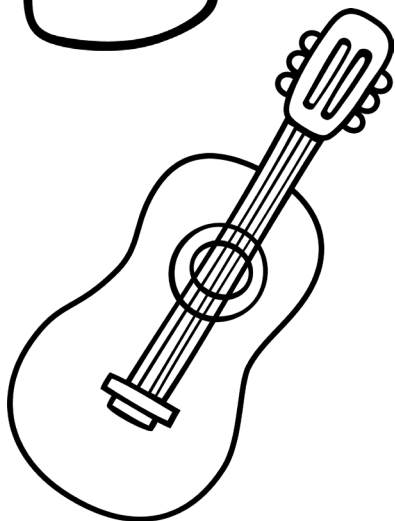


My thoughts about Coronavirus:





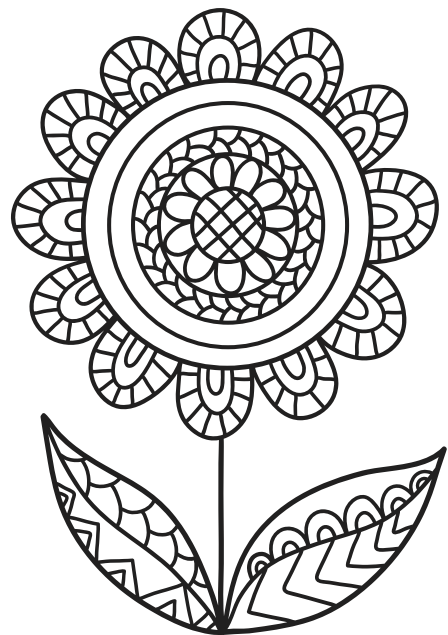
My favorite ways to reduce stress:



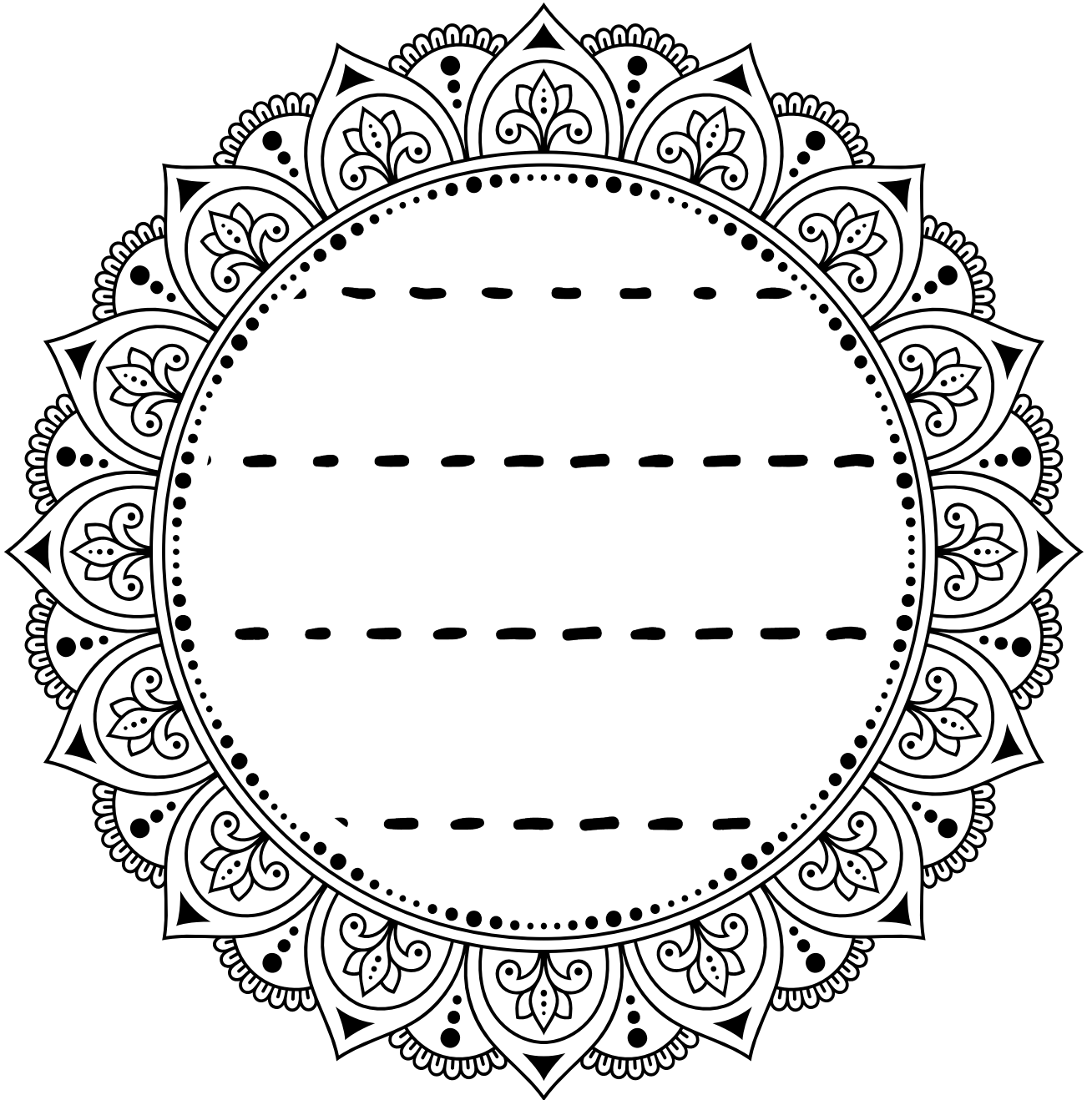
A large rectangular area with horizontal lines, intended for writing.

Getting some fresh air and enjoying sunlight is important.
Some activities I can still do outside include:

Draw your favorite
activity here:



My go-to coping strategy is



Ideas include: calling a friend, exercise, journaling, completing a project, grounding, going for a walk, meditation, eating healthy foods, cooking, singing, etc.

I am grateful for:

A vertical rectangular box with a small square column on the left side, divided into ten equal-sized squares. To the right of this column are ten horizontal dashed lines, one in each row, for writing.

I will check in with:

A square box with a spiral binding on the top edge, consisting of seven loops.

I can help someone else by:

A square box with a thick border filled with diagonal hatching. Inside the box are four horizontal dashed lines for writing.

I will remember to:

A square box with a spiral binding on the top edge, consisting of seven loops.

Right now, life is

A series of 25 horizontal, wavy black lines spanning the width of the page, intended for handwritten text.

Tracking my mood:



Monday

Tuesday

Wednesday

Thursday

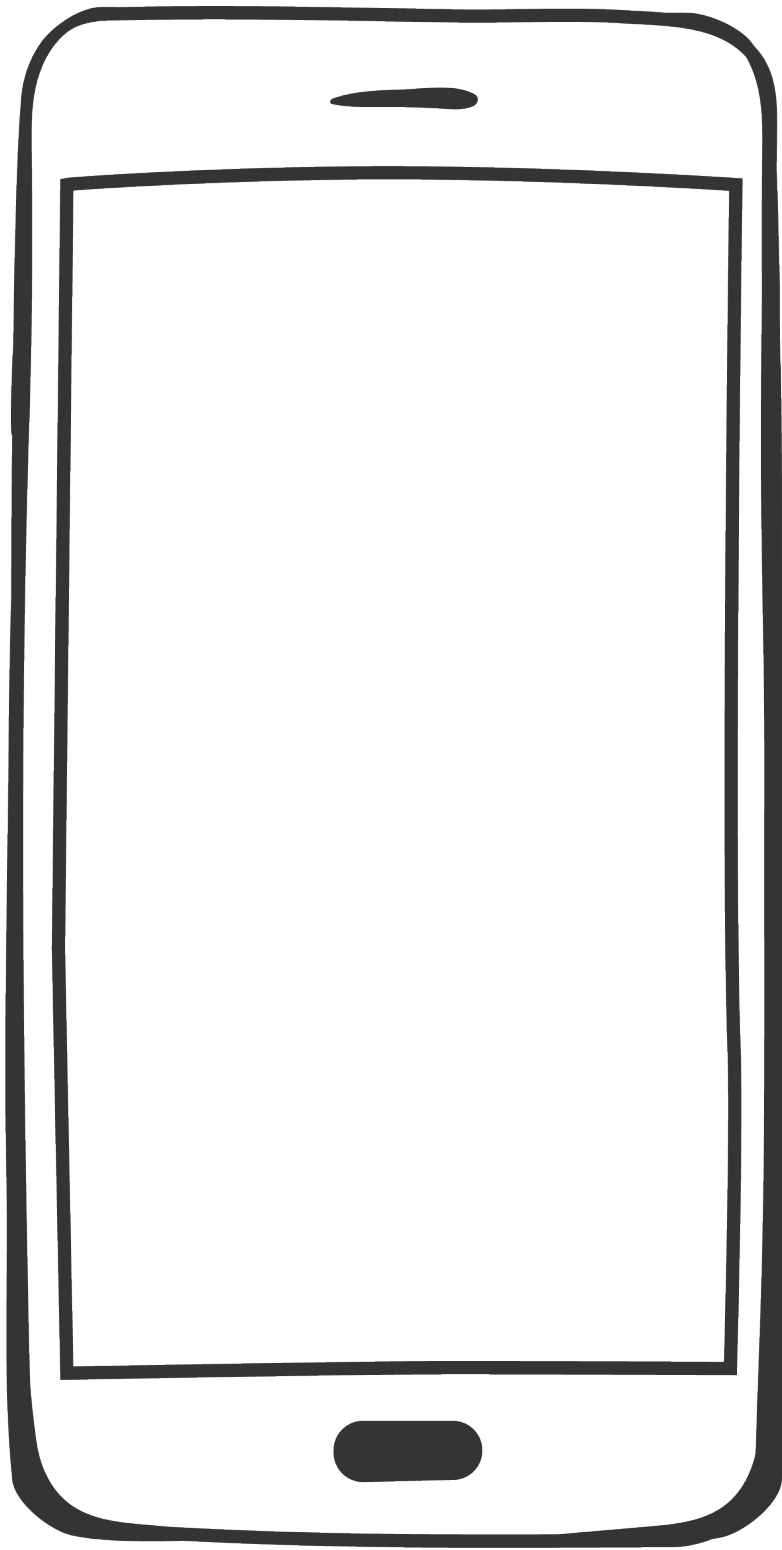
Friday

Saturday

Sunday

Things that make me smile:

A hand-drawn rectangular box with a thick black border. Inside the box, there are two horizontal lines, one above the other, creating two rows of space for writing. Each of the four corners of the box has a small black dot with a short line extending outwards, resembling a corner bracket or a decorative element.



Texts to my future self.