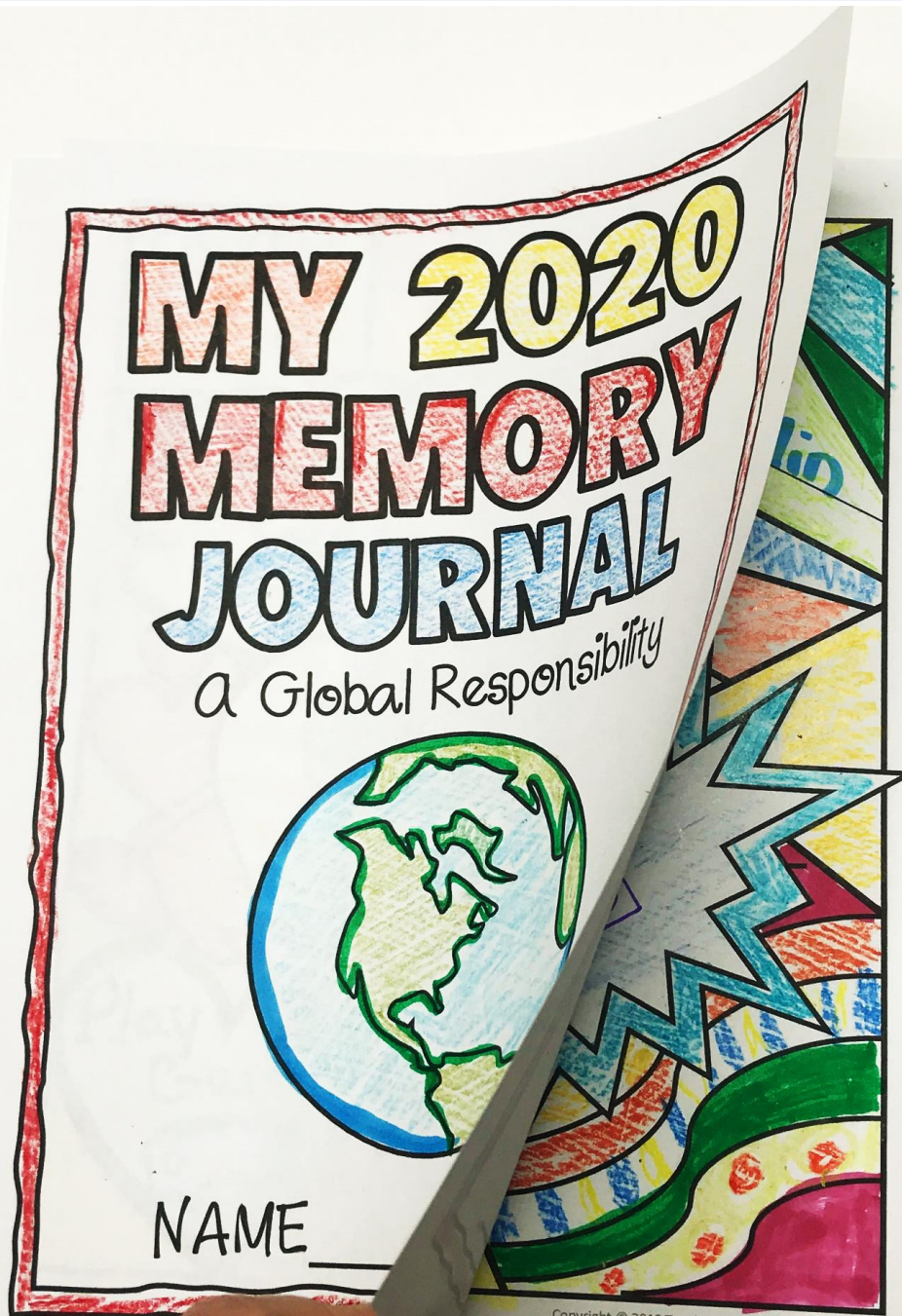


# CORONAVIRUS LIVING HISTORY JOURNAL



# How to use this journal...

Students are living history right now with the Coronavirus of 2020. It is a difficult time for students because of all the major changes in their life. Students can take responsibility to help protect the world by washing their hands, staying home when they are sick or using social distancing. This journal was made to help them document their experience and focus on things they can control.

This journal will help them understand their feelings, share their thoughts and think about their thinking by organizing them on paper. They can look back and see what life was like and share with future generations.

Print page 3 out as a cover for your journal. Add the pages you would like to use in the journal or print page 3- 36 and just staple.

There are calendar pages at the end for students to track how many days they have been home and what activities they are doing each day.

# MY 2020 MEMORY JOURNAL

A Global Responsibility



NAME \_\_\_\_\_

Name \_\_\_\_\_

## Organizing Information

My Birthday is

\_\_\_\_\_  
Today's Date is  
\_\_\_\_\_

**What is different today  
than last month?**

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

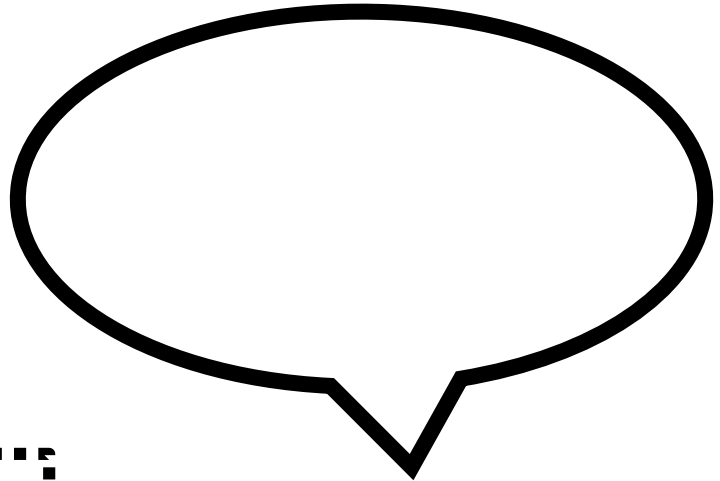
I FEEL...

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

My FAMILY Members

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

**QUOTE SOMETHING YOU HEARD TODAY**



Interesting Facts Today

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

LIST OF MY FRIENDS

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

# 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.

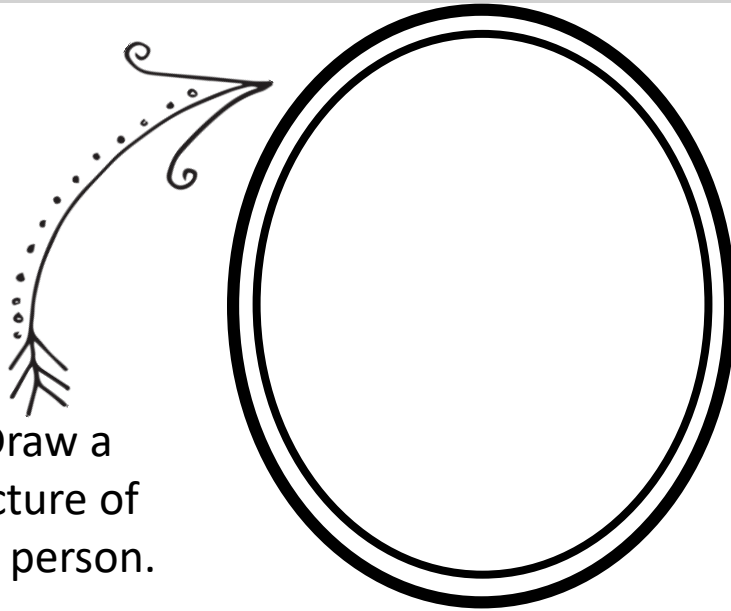
**Time:**

**Activity**

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

Name: \_\_\_\_\_

# EMAIL A FRIEND OR FAMILY MEMBER



Draw a  
picture of  
the person.

Think of a friend or family member who you can send an email to today. Make a rough draft of what you will write in the email that includes a question.

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Write the response from the person below. If they didn't write you back, write about what else you can do to reach that person.

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# 2020 Journal

Draw and explain what you did today.

DATE \_\_\_\_\_

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Name: \_\_\_\_\_

**RATE YOUR DAY by circling one.**

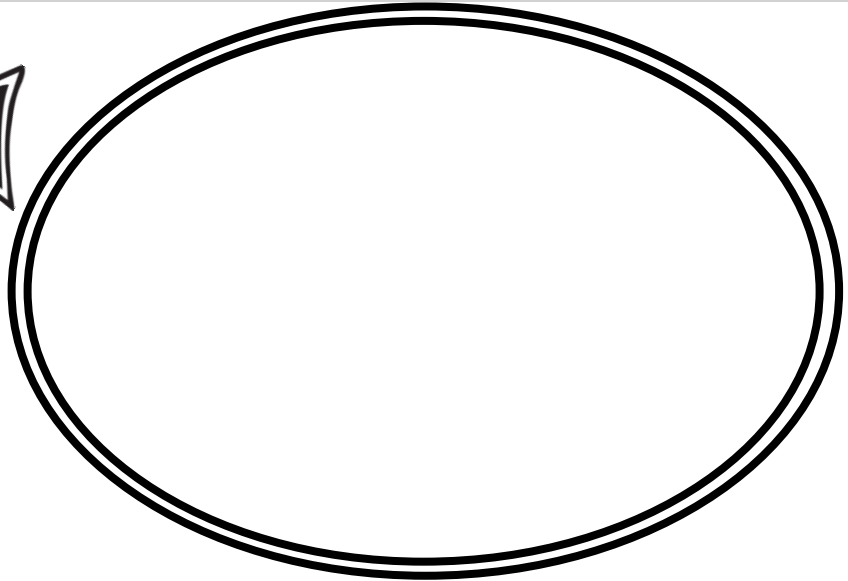


Name: \_\_\_\_\_

# 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.

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

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





# 2020 Journal

DATE \_\_\_\_\_

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

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Name: \_\_\_\_\_


**RATE YOUR DAY by circling one.**



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

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 \_\_\_\_\_

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Name: \_\_\_\_\_

**RATE YOUR DAY by circling one.**



Write the adjective and  
draw a picture.

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

**ADJECTIVES  
TO DESCRIBE  
MY FEELINGS  
TODAY**



# 2020 Journal

Draw and write about what you see your family is doing today.

DATE \_\_\_\_\_

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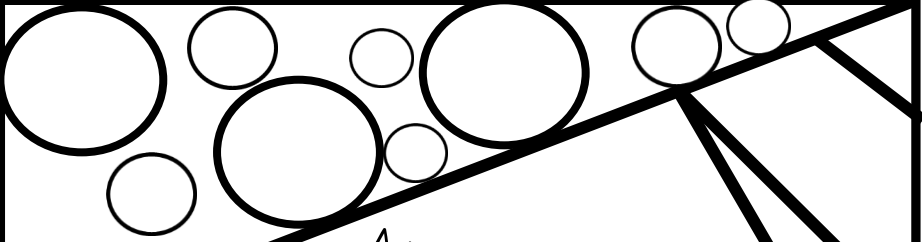
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Name: \_\_\_\_\_

**RATE YOUR DAY by circling one.**







Name: \_\_\_\_\_

Write or draw things you can control  
in the areas you see an arrow.



Name: \_\_\_\_\_

DATE \_\_\_\_\_

# STOCK MARKET 2020

The events that happen all over the world changes the way people spend money. A stock is a share in the ownership of a company that people buy. Companies use the money from the people to grow their business. People buy a part of the company to earn money when the company grows. On your mobile device, search the word "DOW." This will show you numbers, an arrow and a graph. Everyday for 7 days, log the number and direction of the arrow. This will show you the daily average of 30 large American companies. If you own stock in these companies, you want to see the arrow pointed up in order to make money.

Number

Arrow (Circle the direction it is today.)

1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



Look at your data. If you had stock in those companies, would you be making money? YES NO NOT SURE

Explain your answer:

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# 2020 JOURNAL

**Write about something you miss right now.**

DATE \_\_\_\_\_

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Name: \_\_\_\_\_

**RATE YOUR DAY by circling one.**



Name: \_\_\_\_\_

DATE \_\_\_\_\_

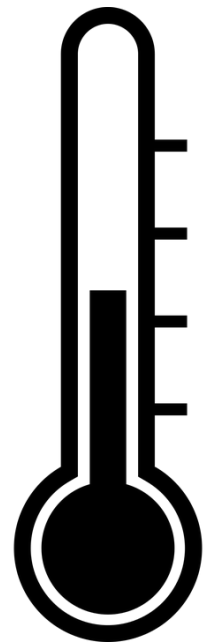
# 2020 Journal

When people are sick, they sometimes will have a fever. Temperature is a degree of hotness or coldness that can be measured using a thermometer. Temperature is measured in degrees on Fahrenheit, Celsius, and Kelvin scales. Human body temperature is normal at 97.7-99.5. Anything above 100 is considered a fever. It is important to take your temperature when you feel sick. Even though you might feel bad during a fever, it is your bodies way to fight germs off. Temperatures over 103 or fevers lasting 3 days or more should indicate you having to go to the doctor. Take your temperature each day with a thermometer. Write the number on the line. Circle the arrow to indicate if it is higher or lower each day.

TEMPERATURE

Arrow (Circle the direction it is today.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



Was your temperature normal each day? YES NO

Name \_\_\_\_\_

## Organizing Information

My Favorite Activity

Today's Date is

**What is different today  
than last week?**

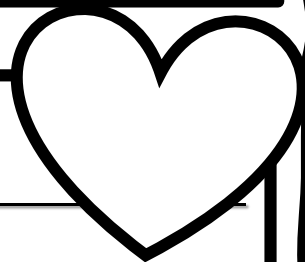
How I feel today...

**QUOTE SOMETHING YOU HEARD TODAY**

I wish...

Interesting Facts Today

LIST OF Positives



# 2020 Journal

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

**DATE** \_\_\_\_\_

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**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.

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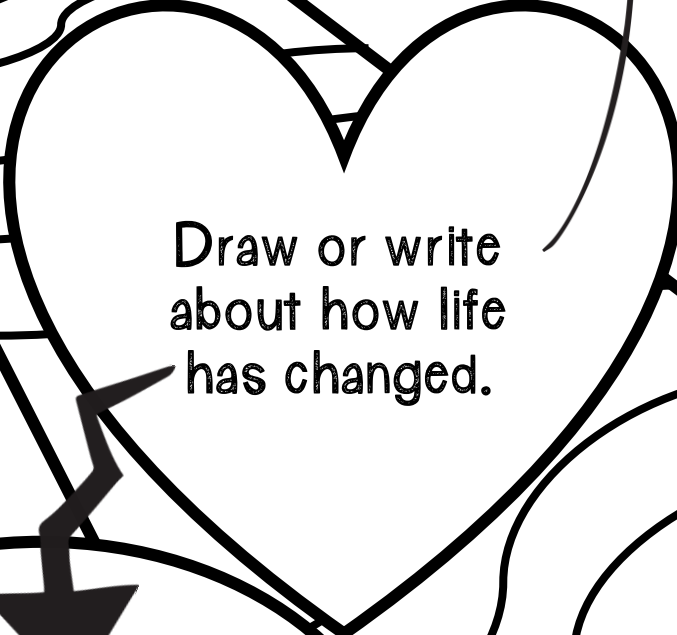
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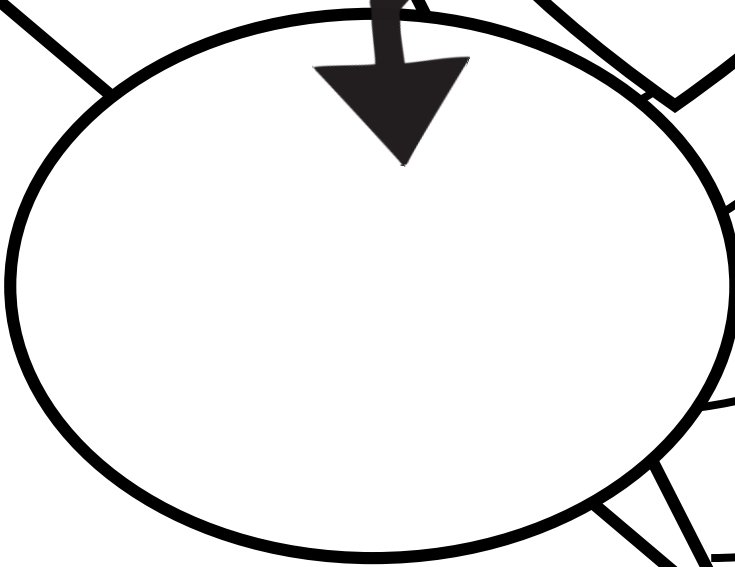
Name: \_\_\_\_\_

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.**

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Name \_\_\_\_\_



# 2020 Journal

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

DATE \_\_\_\_\_

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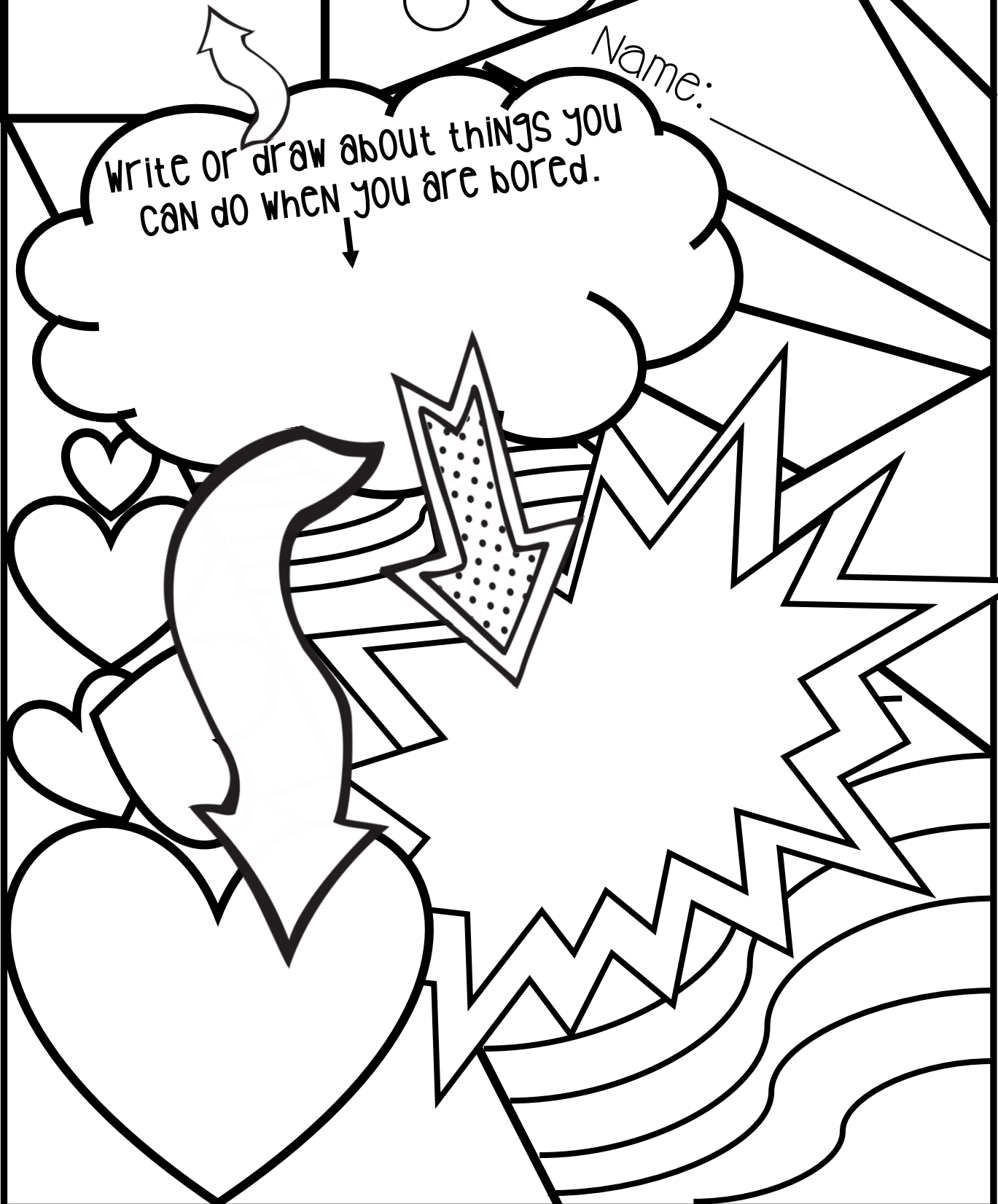
Name: \_\_\_\_\_

**RATE YOUR DAY by circling one.**



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

Name: \_\_\_\_\_



Name \_\_\_\_\_

DATE \_\_\_\_\_

# 2020 Journal

Find news articles online or in a newspaper. Cut and paste the article headlines on this paper. If you don't have a printer, just write the headlines in creative ways from different articles below.



Some things in your life might be the SAME as it was last year.

Think and write about the activities, people or things in your life that are the same.

Color the picture.

Name: \_\_\_\_\_

Draw or write about how life has stayed the same.

# 2020 JOURNAL

**Write about what you are grateful for today.**

DATE \_\_\_\_\_

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Name: \_\_\_\_\_

**RATE YOUR DAY by circling one.**



Name \_\_\_\_\_

DATE \_\_\_\_\_

**Write about what you are grateful for on each line.**



**I AM  
GRATEFUL  
FOR...**

Name \_\_\_\_\_

DATE \_\_\_\_\_

**Write about your feelings.**

Today I feel...

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I feel nervous  
when...

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I like when my  
friends...

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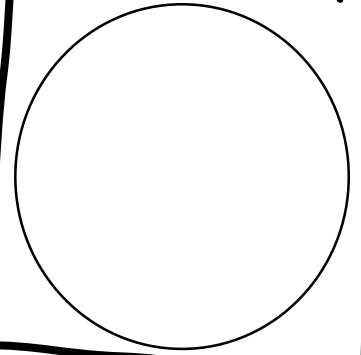
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**My Feelings**

This is how I  
feel when I  
help others:



Draw  
a face

Today I feel happy  
when...

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I am proud of...

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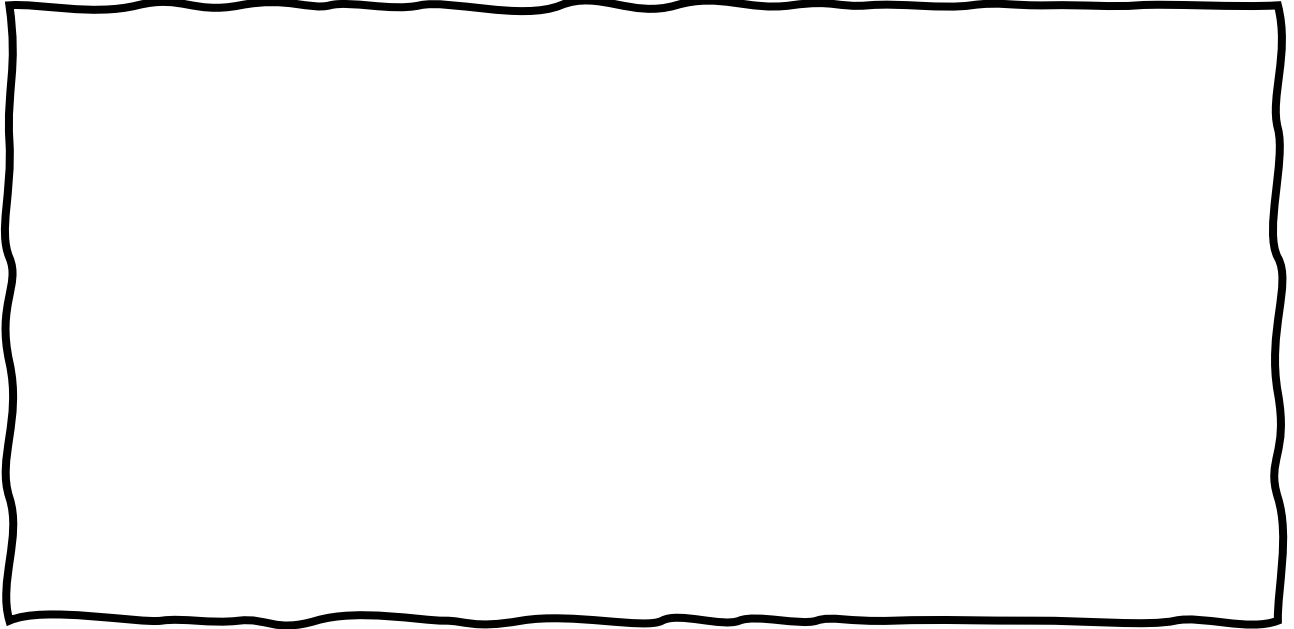
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Name \_\_\_\_\_

Track how many days you have been home and your activities.

# MARCH



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Name \_\_\_\_\_

Track how many days you have been home and your activities.

# APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Name \_\_\_\_\_

Track how many days you have been home and your activities.

# MAY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	37	28	29	30
31						

Name \_\_\_\_\_

Track how many days you have been home and your activities.

# JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Name \_\_\_\_\_

Track how many days you have been home and your activities.

# JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# MY 2020 MEMORY JOURNAL

A Global Responsibility



NAME \_\_\_\_\_

**Pick and  
choose your  
pages or print  
them all and  
staple to make  
a booklet.**

READ

Name: *Collin*

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

**Exercise**

Watch TV

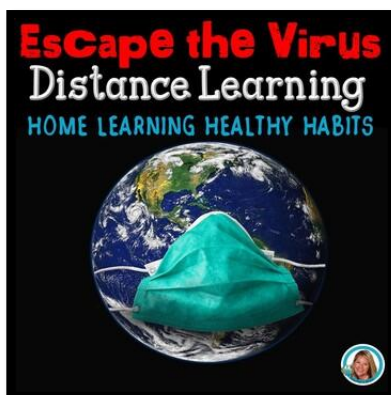
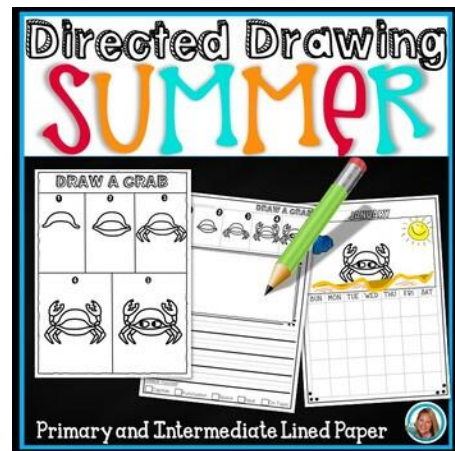
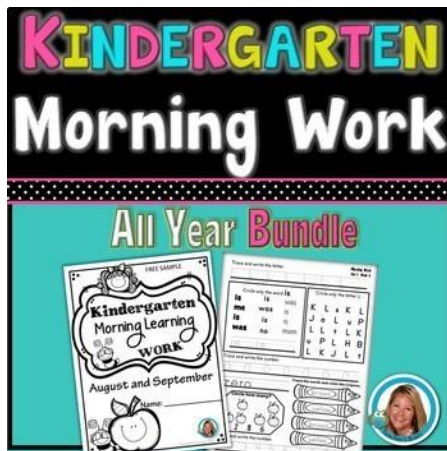
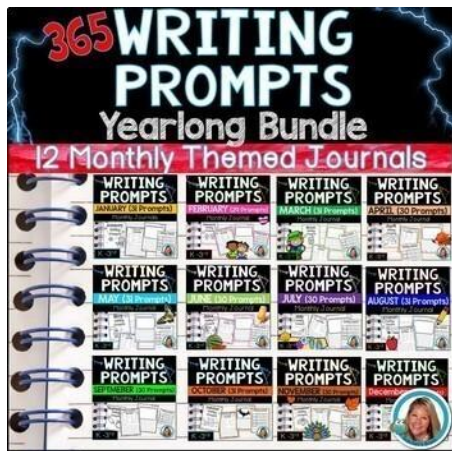
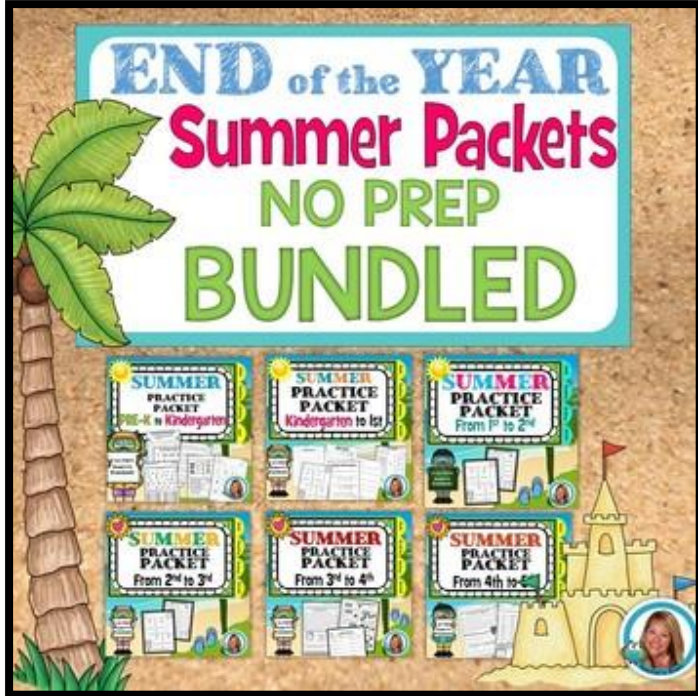
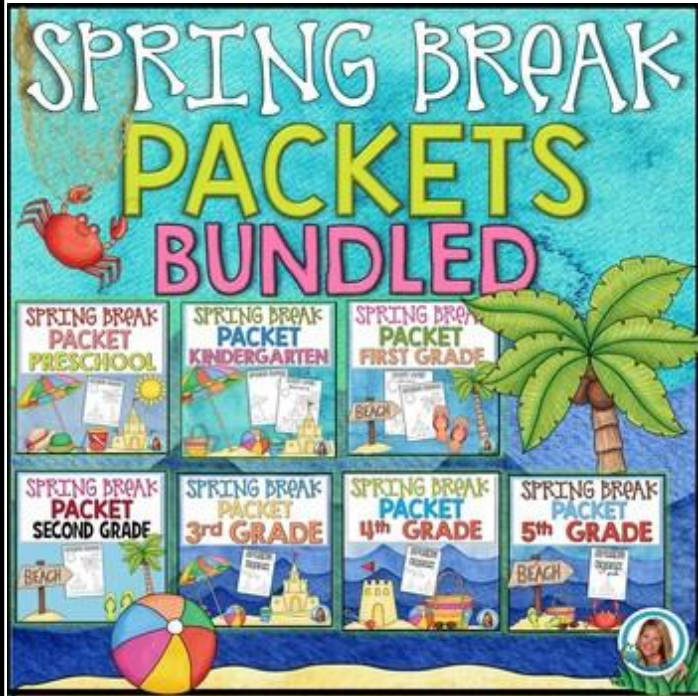
Play Games

Exercise

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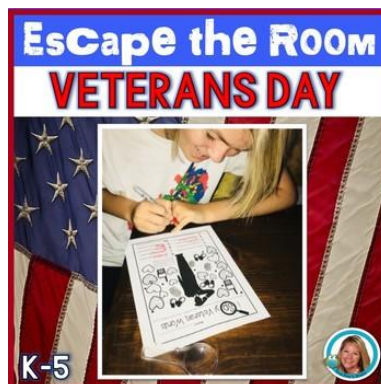
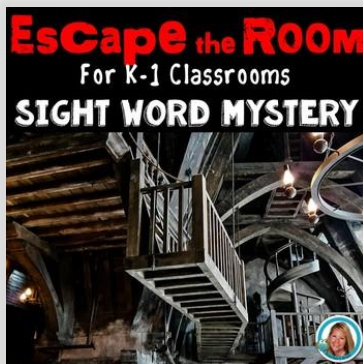
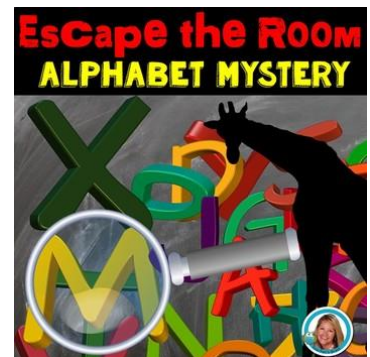
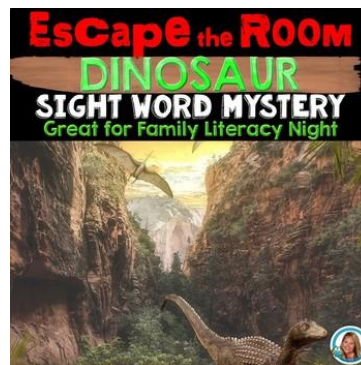
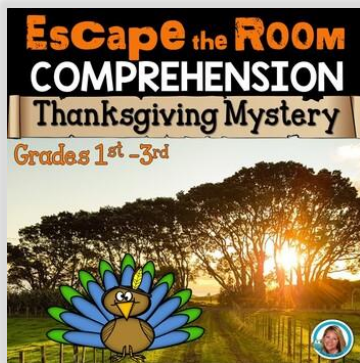
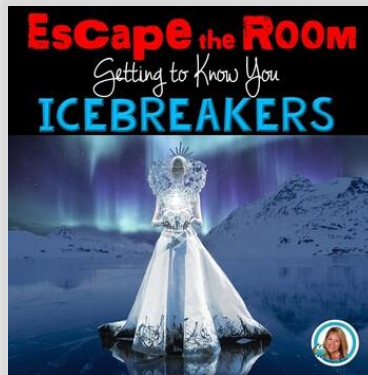
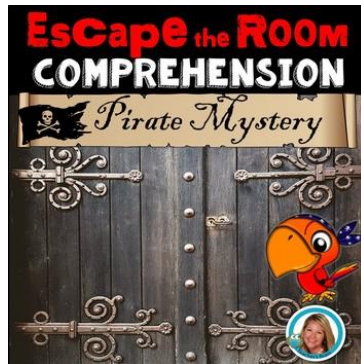
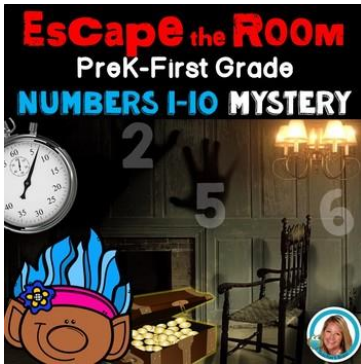
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This one is  
FREE!  
(GREAT for  
FAMILIES)



Love Escape Room Activities? Try some others for the classroom. (Just click the image.)



# Thank you for using your brain! Cindy

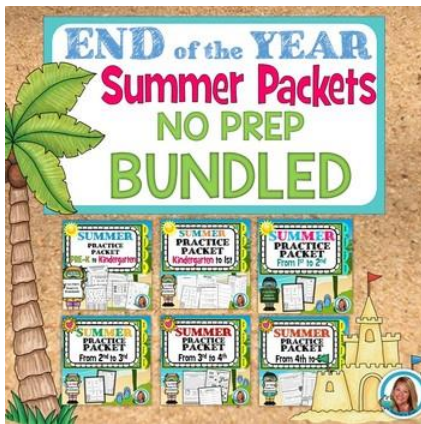
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