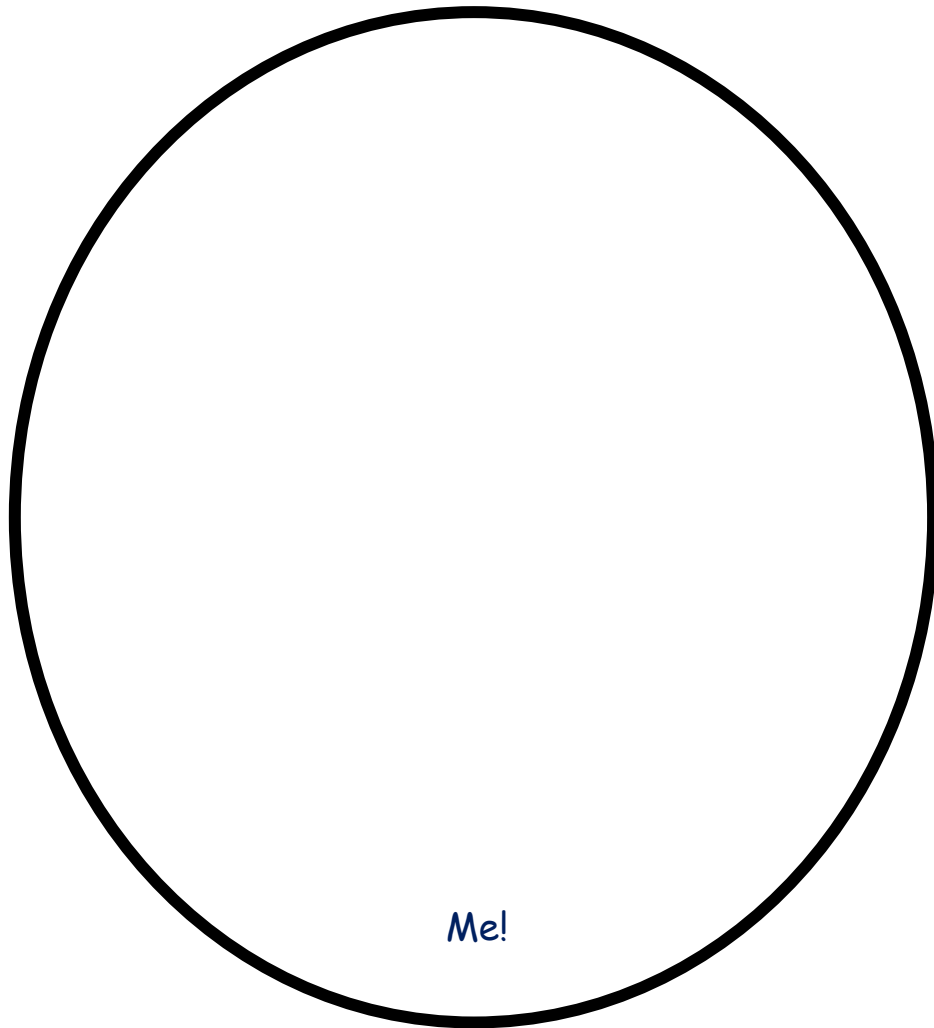
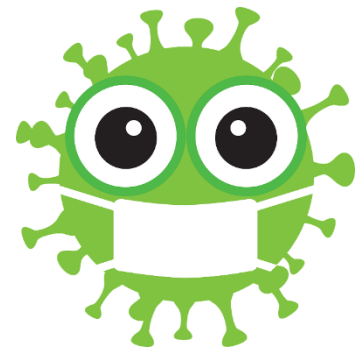


My Lock-down Journal



Start date: 5th January 2021

End Date:.....

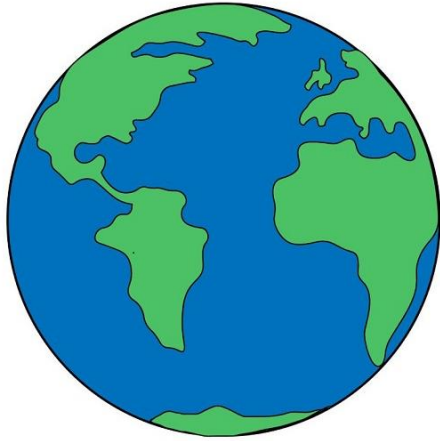


By Mrs Rebecca Hull - HSLW / ELSA

Elson Junior School

This journal can help you to keep a record of these strange times. When Covid-19 is beaten, you can look back on this period and feel proud.

You do not have to complete this journal in page order. Be as creative as you like - stick in photos, decorate the pages, have fun with it.



**We Can
Beat It
Together**
#COVID-19

Enjoy some quiet time colouring in this picture.



Happy New Year 2021



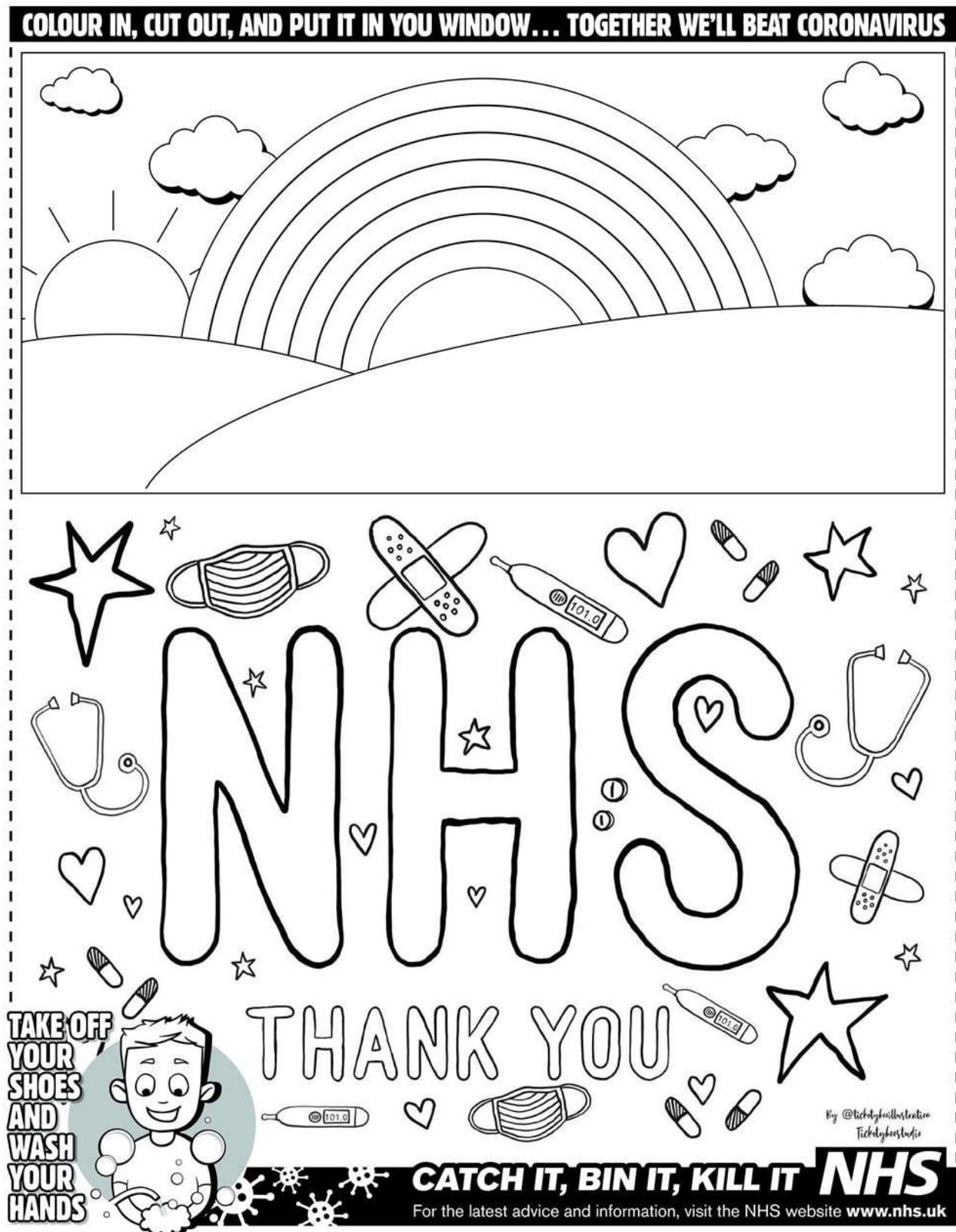
This is a year unlike any other. Can you make some New Year's Resolutions? They can be goals you would like to achieve, things you might want to learn or improve, new things you would like to try or places you would like to go.

Have a mixture of small achievable goals and dreams.

My New Year's Resolutions 2021

A large, empty rectangular box with rounded corners and a decorative scroll-like border, intended for writing New Year's Resolutions.

Colour in this poster for your window.



Decorate this page with how you and your family are keeping safe?



Decorate this page with your family's favourite lock-down activities.





Lock-down is a great time to enjoy some movie nights together.
Make a list of the best films you have watched during this lock-down.

Looking After my Physical Health

It is important to still try and be active. How are you looking after yourself physically during lock-down?





Looking After My Mental Health

Good mental health helps us feel happy and cope with challenges. It can feel harder to look after our mental health but there are lots of easy ways we can do it.

1. Spend some time every day doing something we really enjoy.
2. Have a few minutes of mindfulness - this means concentrating on something simple so all other thoughts go out of our head. Maybe doing some colouring, putting our hands round a hot drink or reading.
3. Keeping in touch with our friends and family by text, phonecall, Zoom, letter.
4. Spending some time outside in nature.
5. Keeping a daily routine of getting up, having regular breaks from work during the day and getting a good night's sleep.

How are you looking after your mental health?



Winter Wonderland



At the moment it is winter. What are your favourite things about the season of winter?



Signs of Spring



Spring is a time of new life and growth.

Can you spot any signs of spring in your garden or when you are out for a walk?



Nature

Nature is always there for us and in lock-down we have more time to notice and appreciate it. Being out in nature helps us feel calmer, happier and healthier.

How have you enjoyed nature during lock-down?



Find out something new



Using the internet or a book can you find out some amazing facts that you didn't already know?

1.

2.

3.

4.

5.

AMAZING![®]



We all dream about our next holiday at the moment. Plan your dream holiday. Do some research about your destination.



Where would you go?

Why?

What would you like to do and see when you are there?



The Top 5 Things About Lock-down



Well done. You have made it!

Certificate of achievement

Congratulations to

For staying at home, raising our spirits and making us smile

