

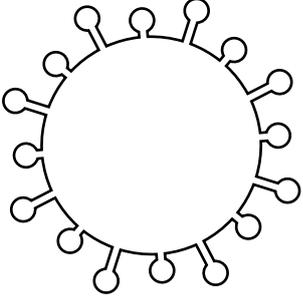
My

# CORONA VIRUS

Story

2020

By: .....



# A moment in time...

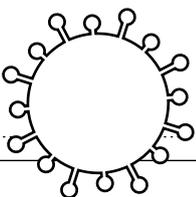
2020 will forever be remembered as the year the world experienced a health pandemic caused by the COVID-19 coronavirus.

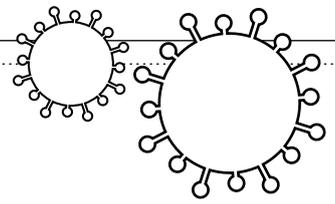
Life has changed dramatically for families and children as governments ask us to remain in our homes and limit our movements to prevent the spread of the disease. Social distancing is a new way of life.

Experiencing such times is a rare thing. It is worth recording.

This document is intended to help children remember how they lived through COVID-19 and how it impacted their everyday lives and activities. Families can print out the PDF to allow children to write in it and add photographs and artwork. If you have more photos or your child wants to write more on any given page, simply print more of that page and add it to the story.

*The Kids News team*





# Once upon a time...

**During the pandemic, I was living here:**

.....

.....

.....

\*Mark on the map where you are living and places where other family members are living, too.



# Who am I?

**I am...**

YEARS OLD

**I am...**

CENTIMETRES TALL

**I weigh...**

KILOGRAMS

**My sports...**

*Stick a current photo  
or drawing of yourself here*

**My friends...**

.....  
**Your signature:**

.....  
**Date:**

# What I love...

## Favourite things...

SONG

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FOOD

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TV SHOW

.....

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MOVIES

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PLACES

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## Hobbies...

PHYSICAL ACTIVITIES

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ART/CRAFTS

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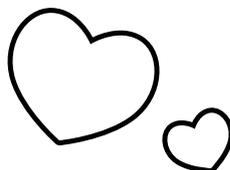
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GAMES

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# School life

Did you continue to learn at school or at home in the lockdown?  
Write down what your school experience was like.

**The name of my school is...**

**The devices or tools I used to learn during this time are...**

**The names of my teachers...**

**The best bit about school at this time...**

**What I am most looking forward to when this ends...**

**How my teacher delivered my school work...**

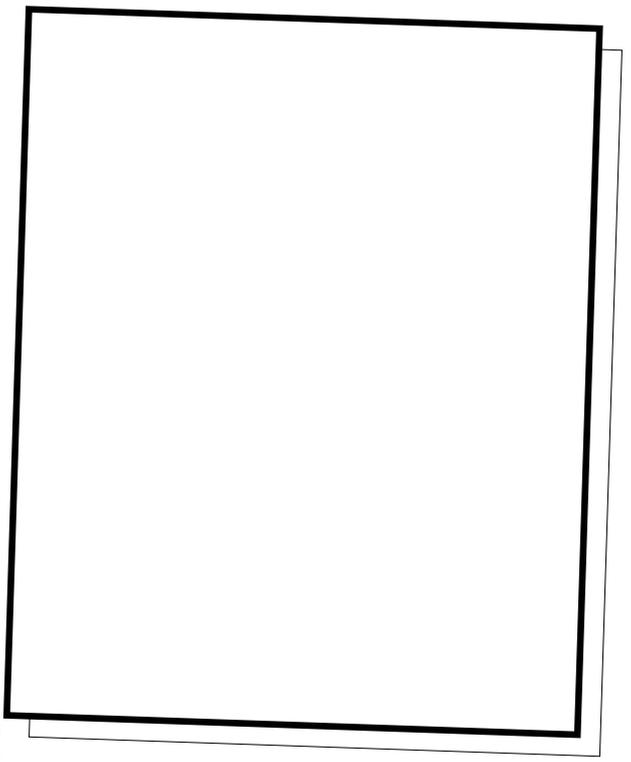
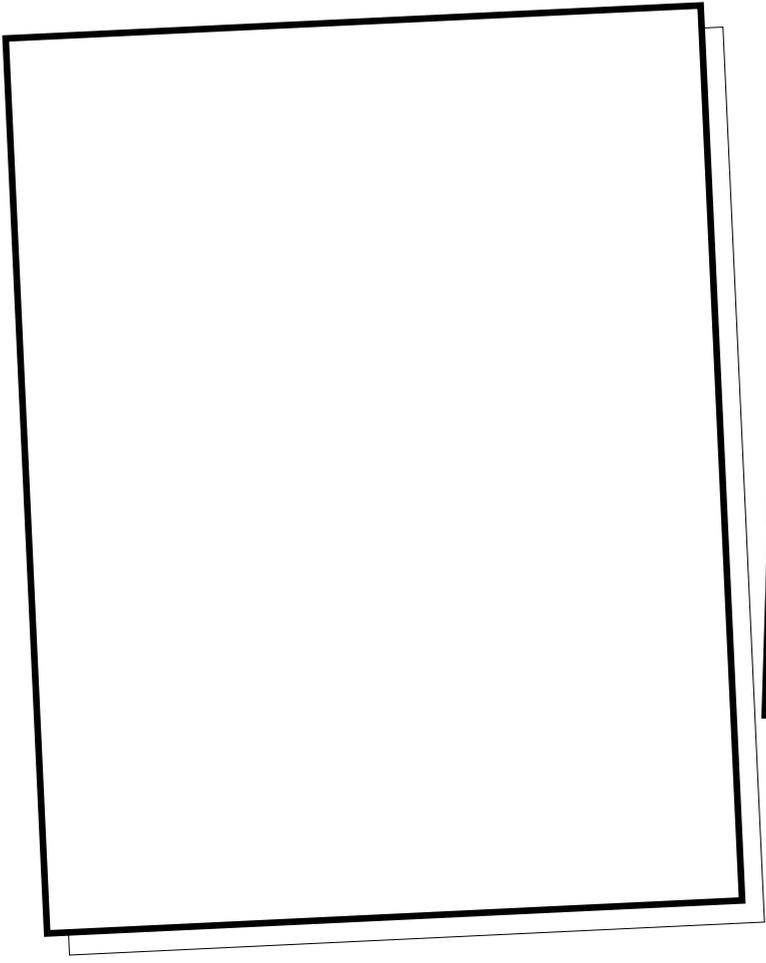
# History in the making

**Help yourself to remember what life in a pandemic is like by collecting items and documents that you can look back on later in life.**

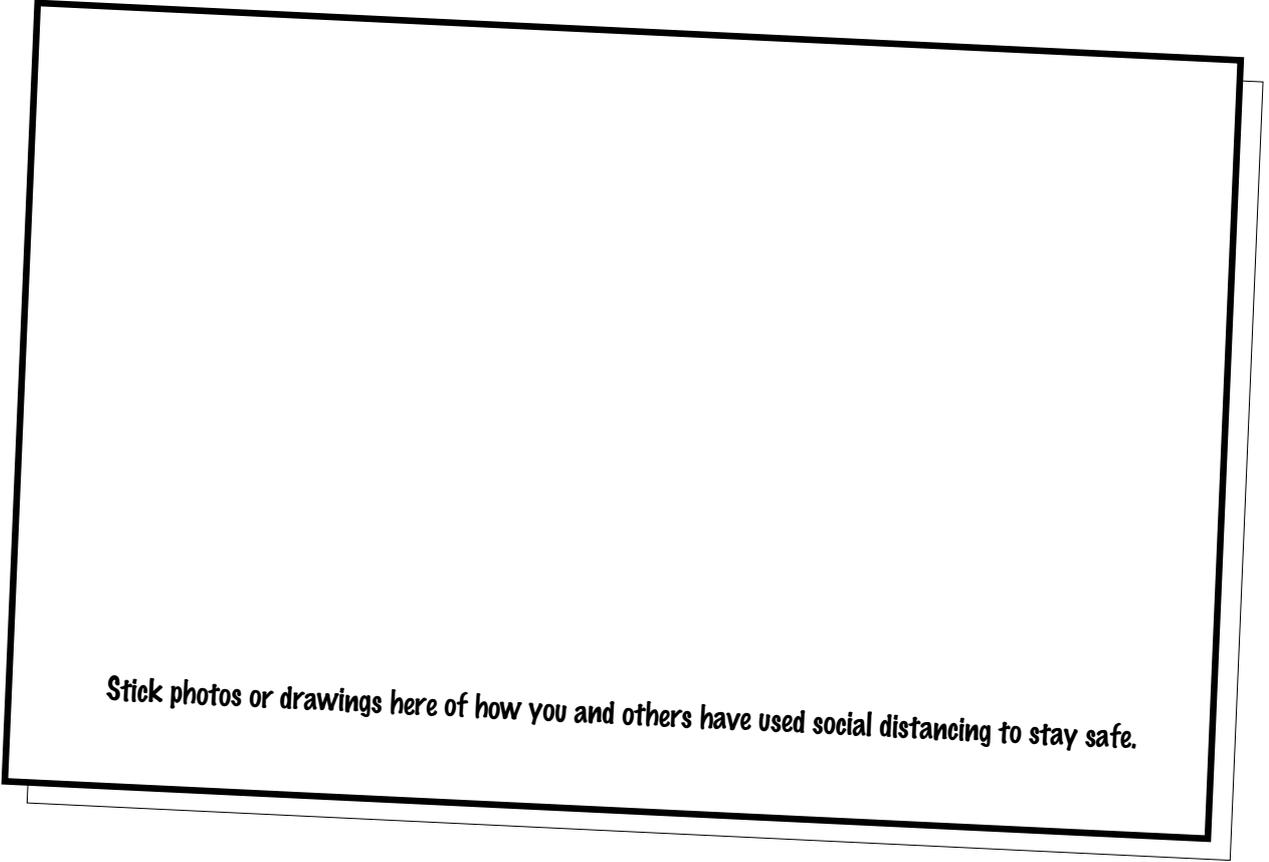
- Photos during Covid-19
- News articles
- Your artwork
- Your pet pictures

\*Remember, you can add as many pages as you like for this section!

Stick a current photo or drawing here of you and the people you are living with during the isolation period.

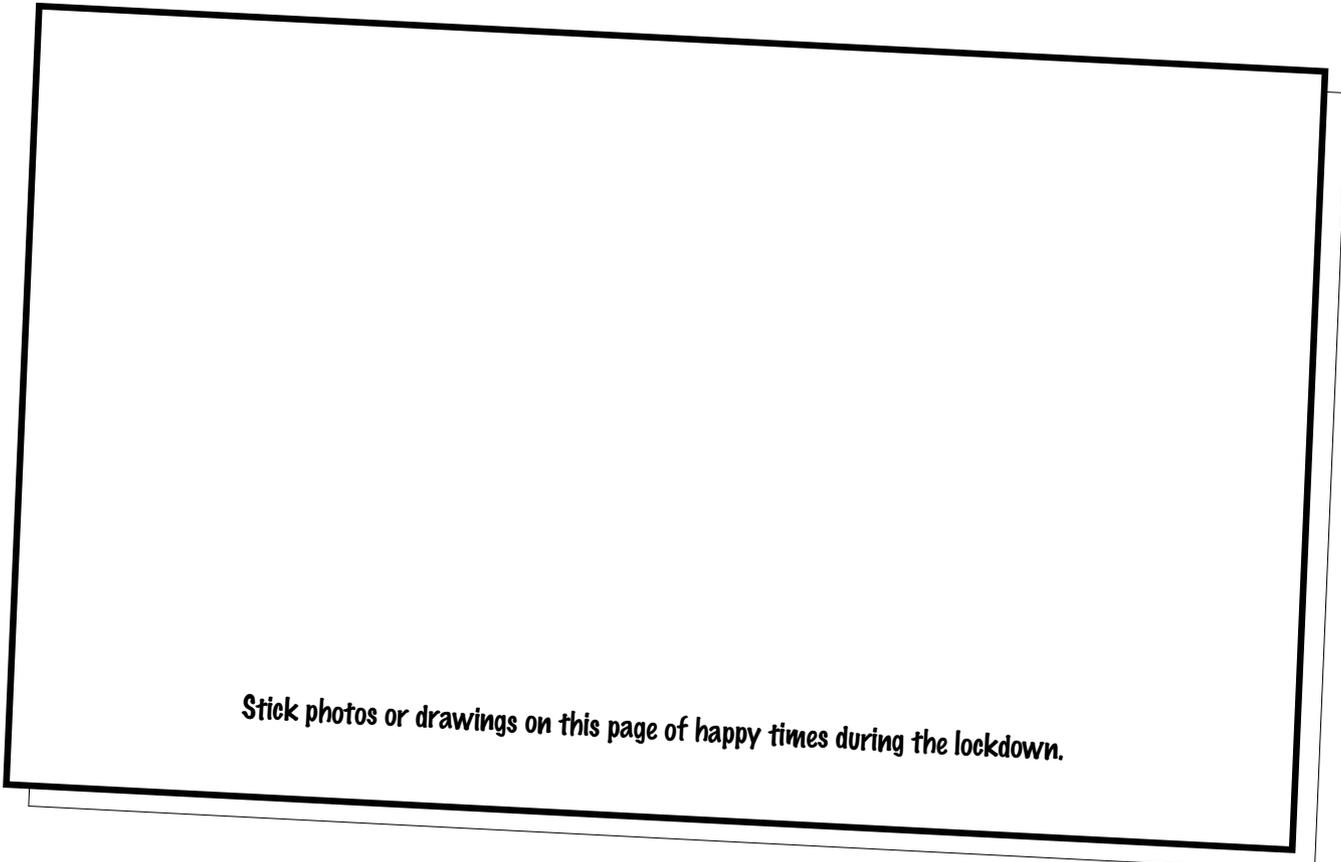


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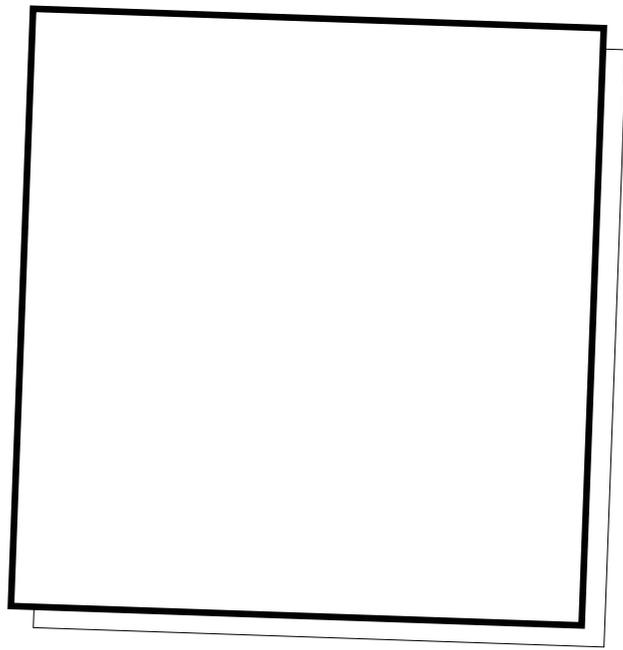
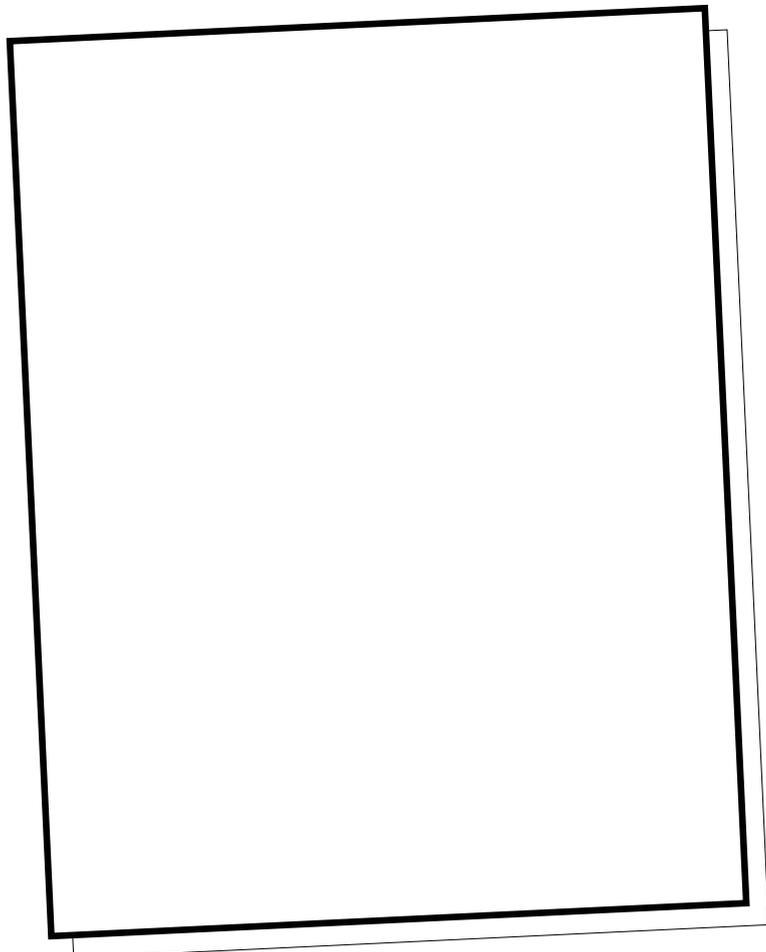
*Stick photos or drawings here of how you and others have used social distancing to stay safe.*

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*Stick photos or drawings on this page of happy times during the lockdown.*

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# Your Hand



**Place your hand on this page and carefully draw around it.  
You can decorate it by colouring or pasting.  
It will be interesting to look back on this page and see how  
small your hand was during the Coronavirus.**

# Your Foot

**Place your foot on this page  
and carefully draw around it  
You can decorate it by  
colouring or pasting.**







# My feelings

**Words to describe how I am feeling:**

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**I am grateful for...**

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**How does my face look?**

Do you feel happy, sad or somewhere inbetween?  
Finish off this picture by making it more like you.

# My community

**I am staying in touch with the people I care about by...**

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## Acts of kindness

Lots of people are doing kind things for their communities. Have you done any nice things for others or seen kind acts in your community?  
Write them here

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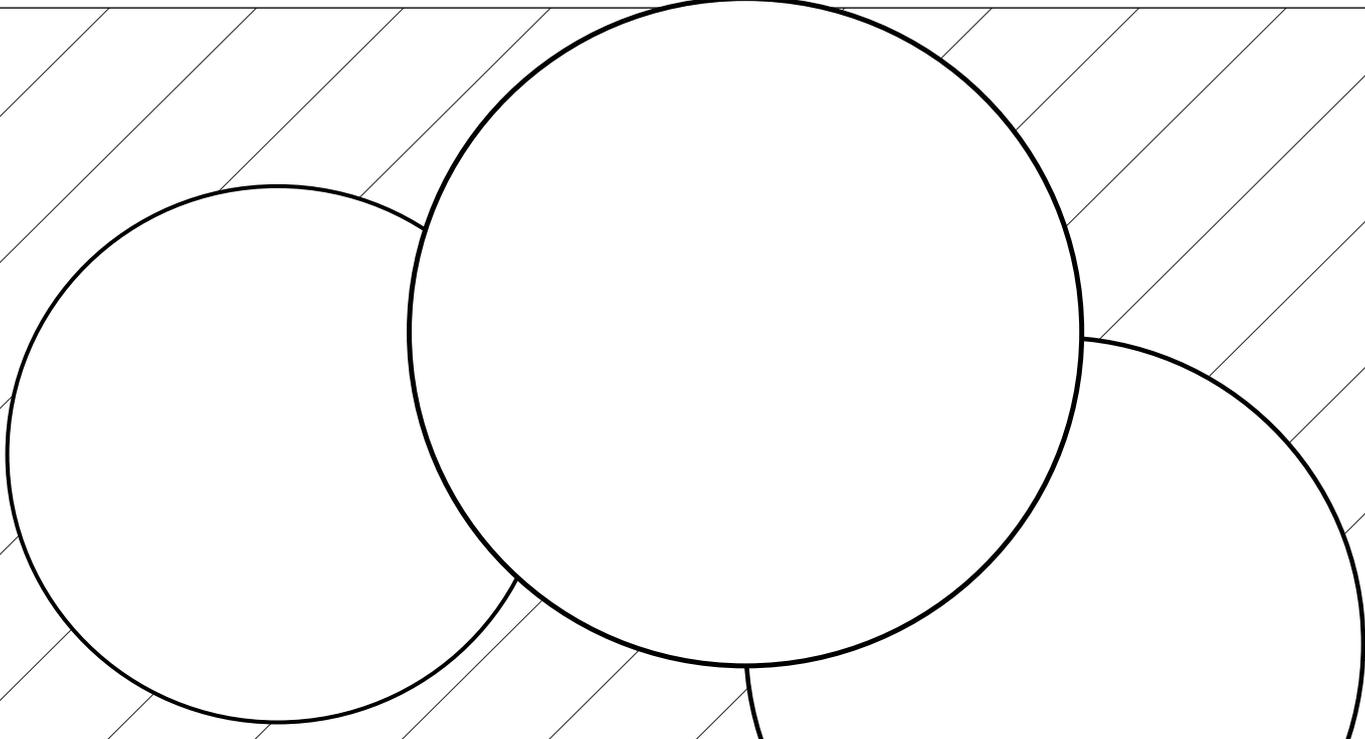


**I am doing these fun things outside...**

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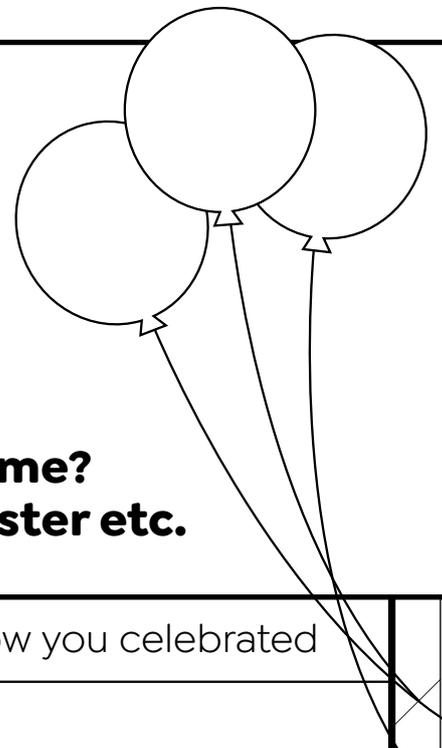
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**Keeping  
busy**

**Things I am doing to  
entertain myself at home**

# Special Occasions

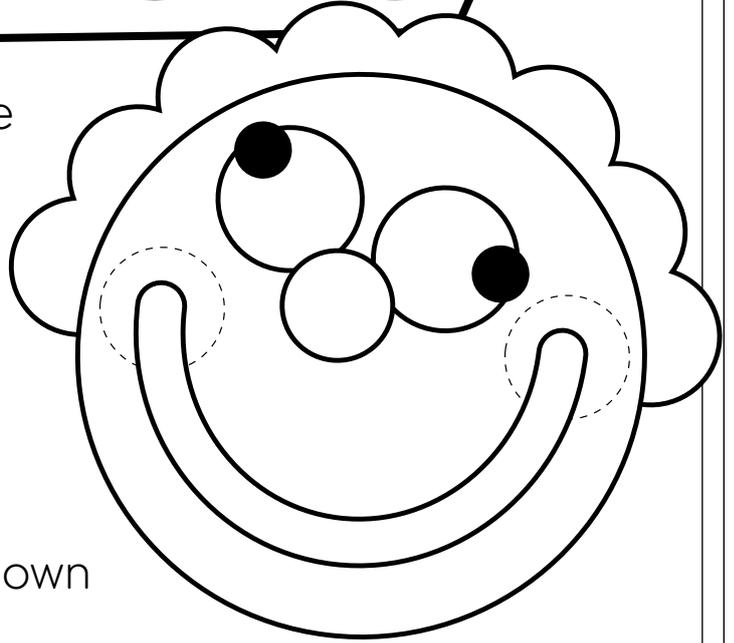


**What did you celebrate during this time?  
Record the list here Eg. Birthdays, Easter etc.**

Date	Event	Describe how you celebrated

# Silly Moments

Being restricted to one place for a long time can bring out the silly side in people. List some of the silly or fun things that happened in your house. It could be creating your own theatre, dressing the dog in different costumes, putting on a ballgown to take out the rubbish etc.



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# Letter to you from those living with you

**Date:**

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**Dear**

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**Love from,**

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# The end of Isolation

**Total days at home...**

**Number of days remote learning...**

*Stick a current photo or drawing of yourself after isolation*

**How my family celebrated the end of isolation...**

**Things I am most grateful for now that it's over...**

**The first person I hugged after a long time was...**