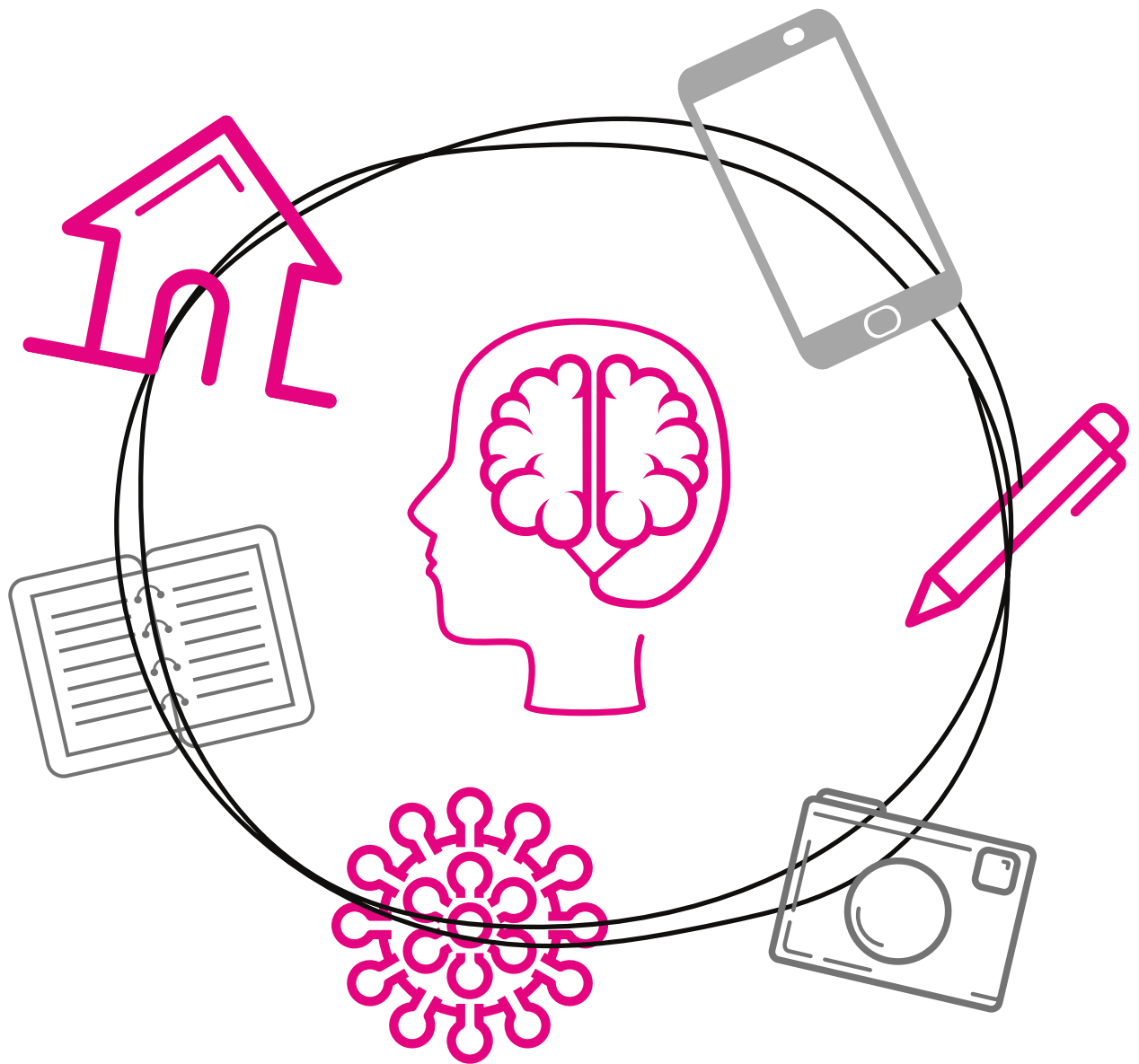


# My Life In Lockdown



# About me...

My name is

I am        years old

I live in

## Favourites

Colour

Song

Place

Person

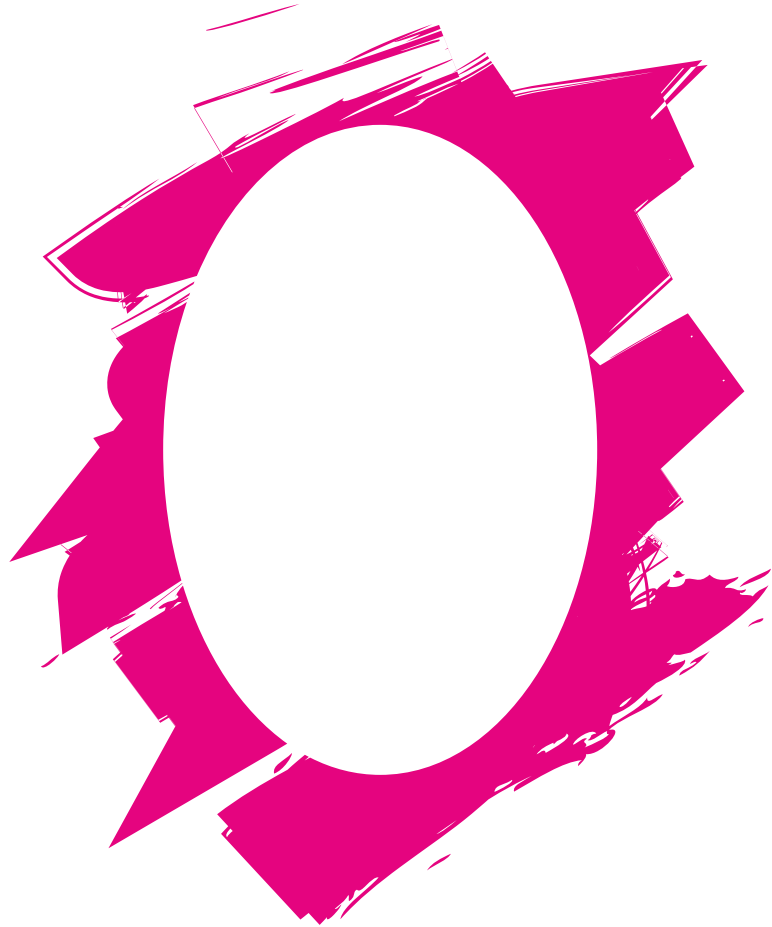
Movie

Animal

Smell

Food

Number



**My self-portrait**

# How I'm Feeling...

When things are hard  
I can reach out to...

1

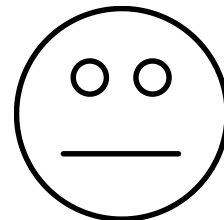
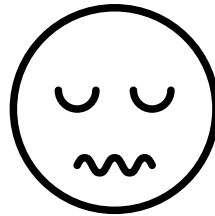
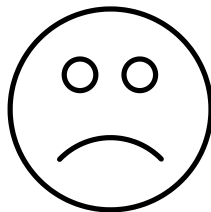
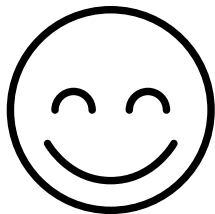
2

3

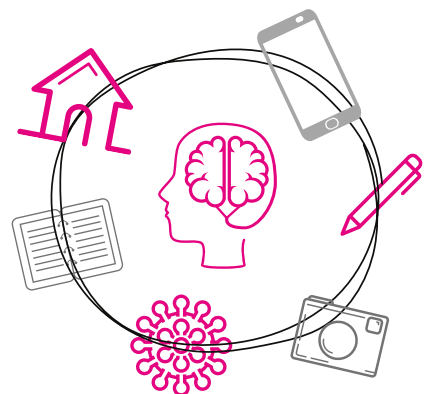
Three words that sum up  
lockdown so far...



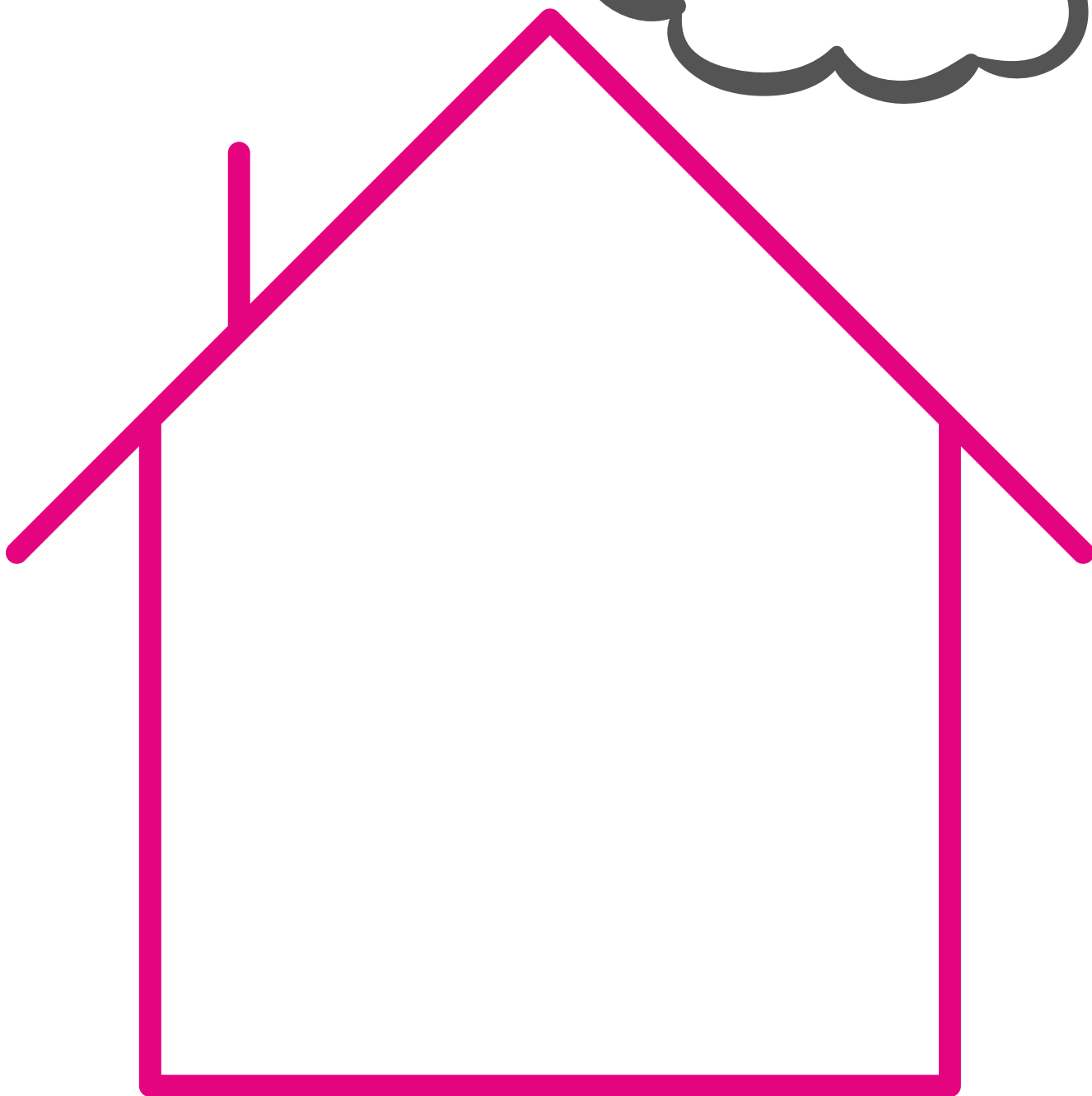
Most days I feel...



Something positive I'm doing for  
my mental health is...

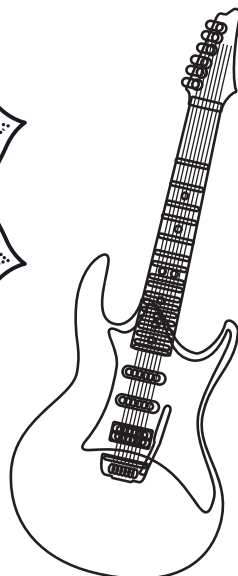
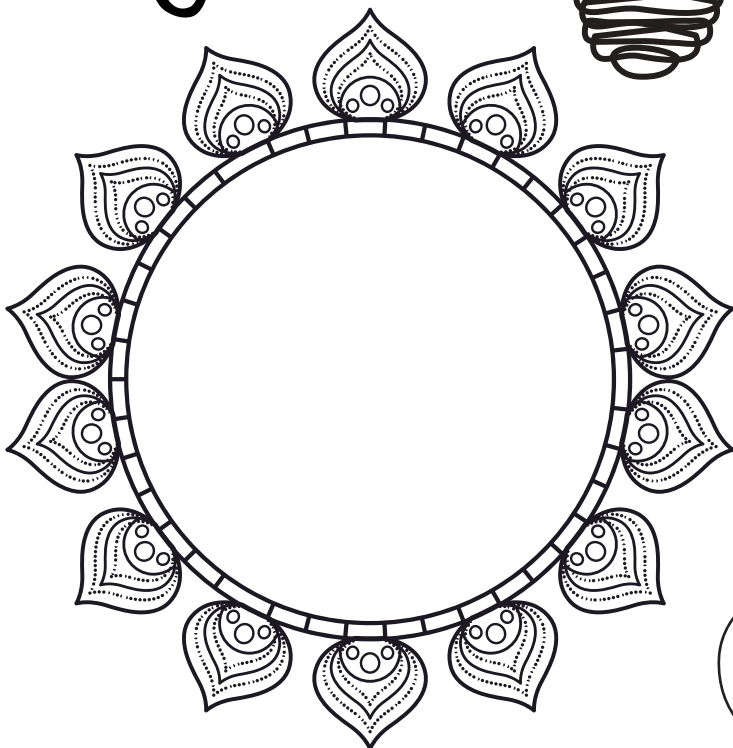
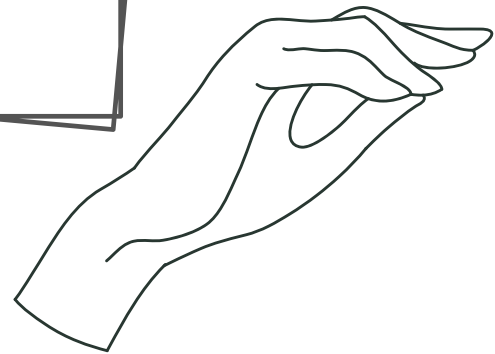
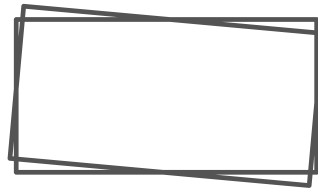
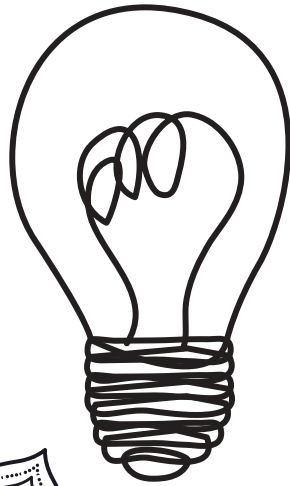
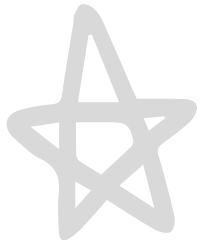
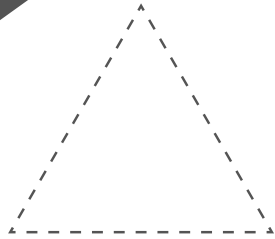
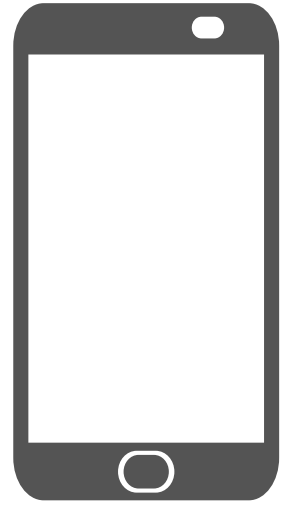
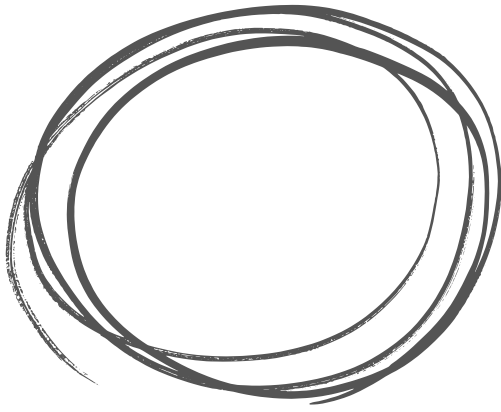


# What I'm doing to keep busy



Fill this page up with doodles or words

Colour me in



# Life After Lockdown

**Three places I want to go  
when lockdown is over**

1

2

3

Something I am  
grateful for is...



Something I want to do  
more of in life after  
lockdown is...



**Something I learnt from  
this experience is...**

