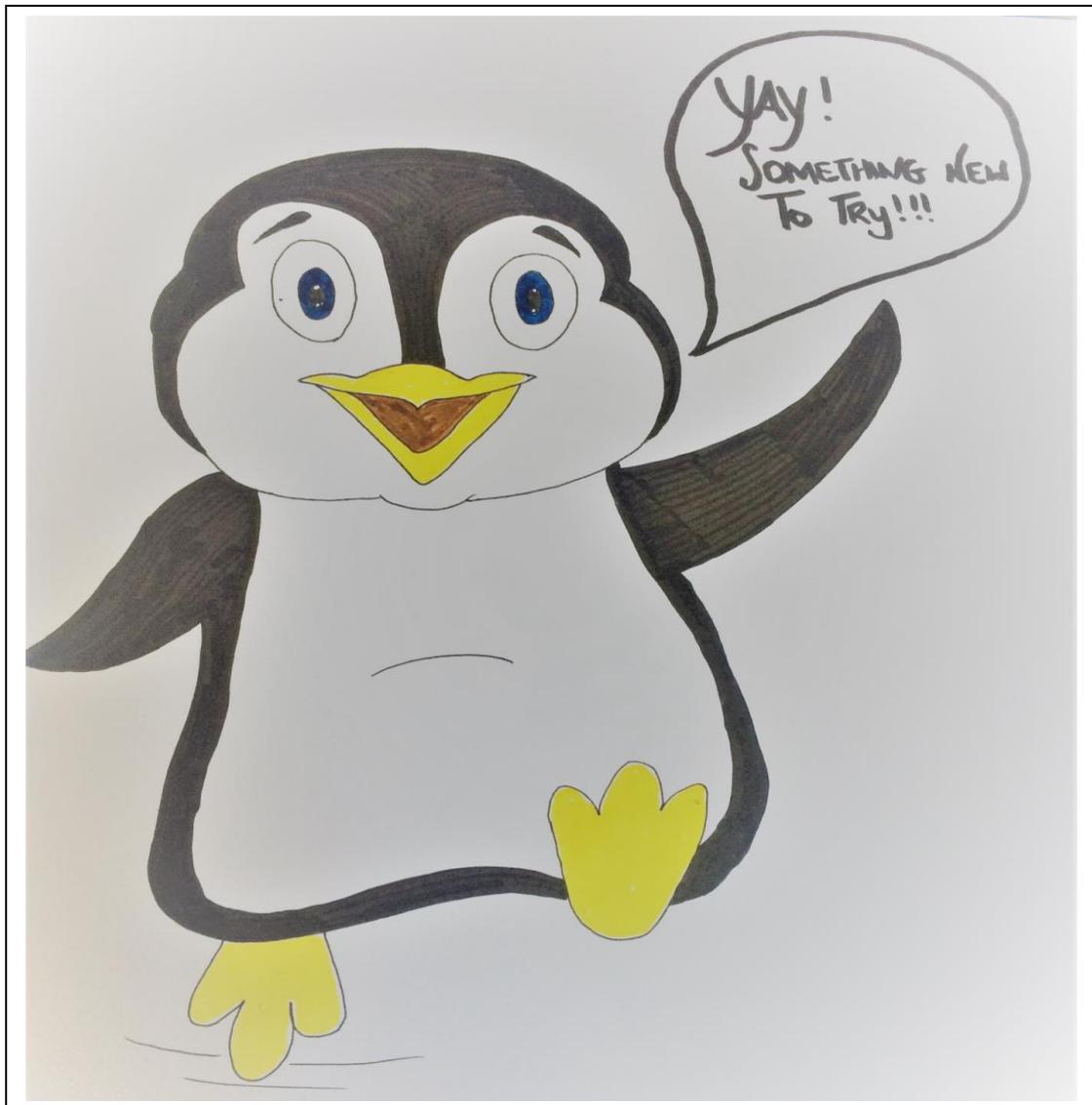


MY COVID-19 LOCKDOWN MEMORY BOOK

As the great Fresh Prince of Bel-Air once said 'this is a story all about how my life got twisted up-side down...'

This is your memory book to record these weird times. It will be nice to have to look back on when you're really old.



THIS MEMORY BOOK BELONGS TO:

This booklet has been designed to give Young People something a little different to do while you are at home due to COVID-19. It has been created collaboratively with Young People and is here to purely be used if, and when, you feel you want to. It has not been designed to be another thing you 'have to do' but more so something you decide you 'want to do'. These are challenging times and everybody is doing their best. This may provide a brief reprieve from the boredom 😊

MY STATISTICS:



AGE:

MY ADDRESS:

HAIR COLOUR:

EYE COLOUR:

SHOE SIZE:

HEIGHT:

*THESE ARE A FEW OF MY
FAVOURITE THINGS IN WORDS
AND PICTURES...*

- *FAVOURITE FOOD:*
- *FAVOURITE SPORT/ EXERCISE:*
- *FAVOURITE SOCIAL MEDIA:*
- *FAVOURITE THING TO WATCH:*
- *FAVOURITE CONSOLE/ COMPUTER GAME:*
- *FAVOURITE MUSIC/ BOOK:*

You might have some other favourite things that have not been asked on the previous page, feel free to put them in here or add some pictures...

A bit about my current situation:

(You may want to mention who is living with you, what you are doing with your time, what are the best things/worst things about this time...)



AN INTERVIEW WITH....

Now that you've answered some questions why don't you ask the other people living in the same house as you what their experience of lockdown has been like so far. You can ask them the same or different questions.



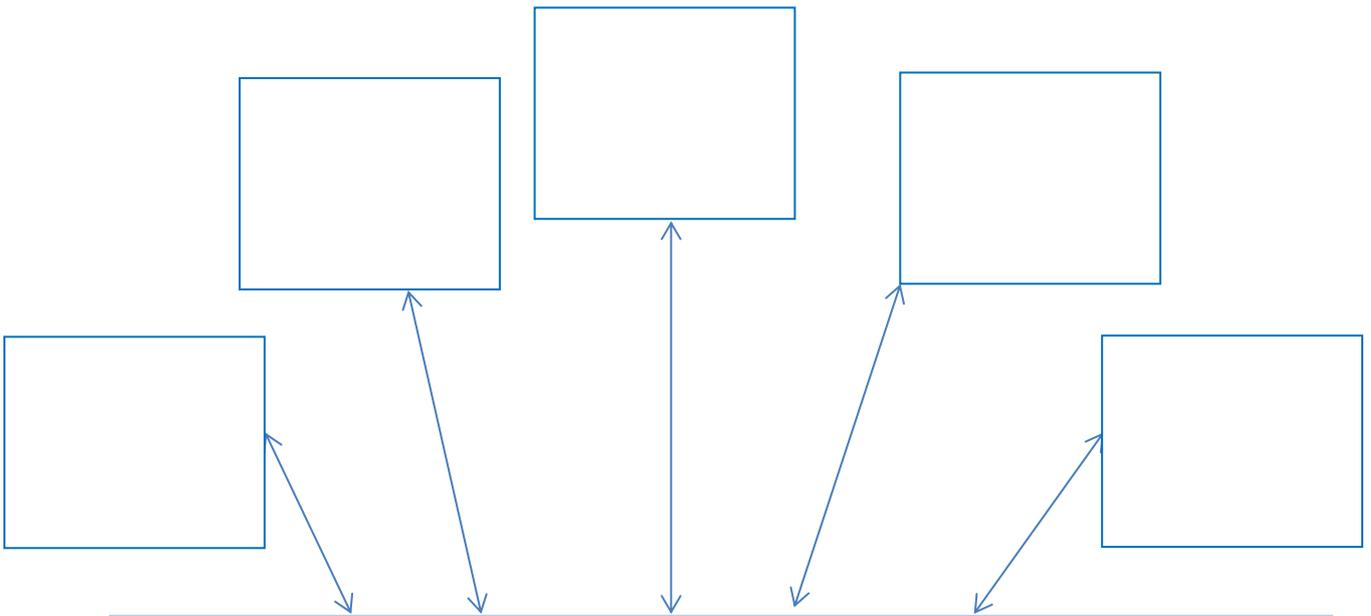
Interview 1:

Interview 2:

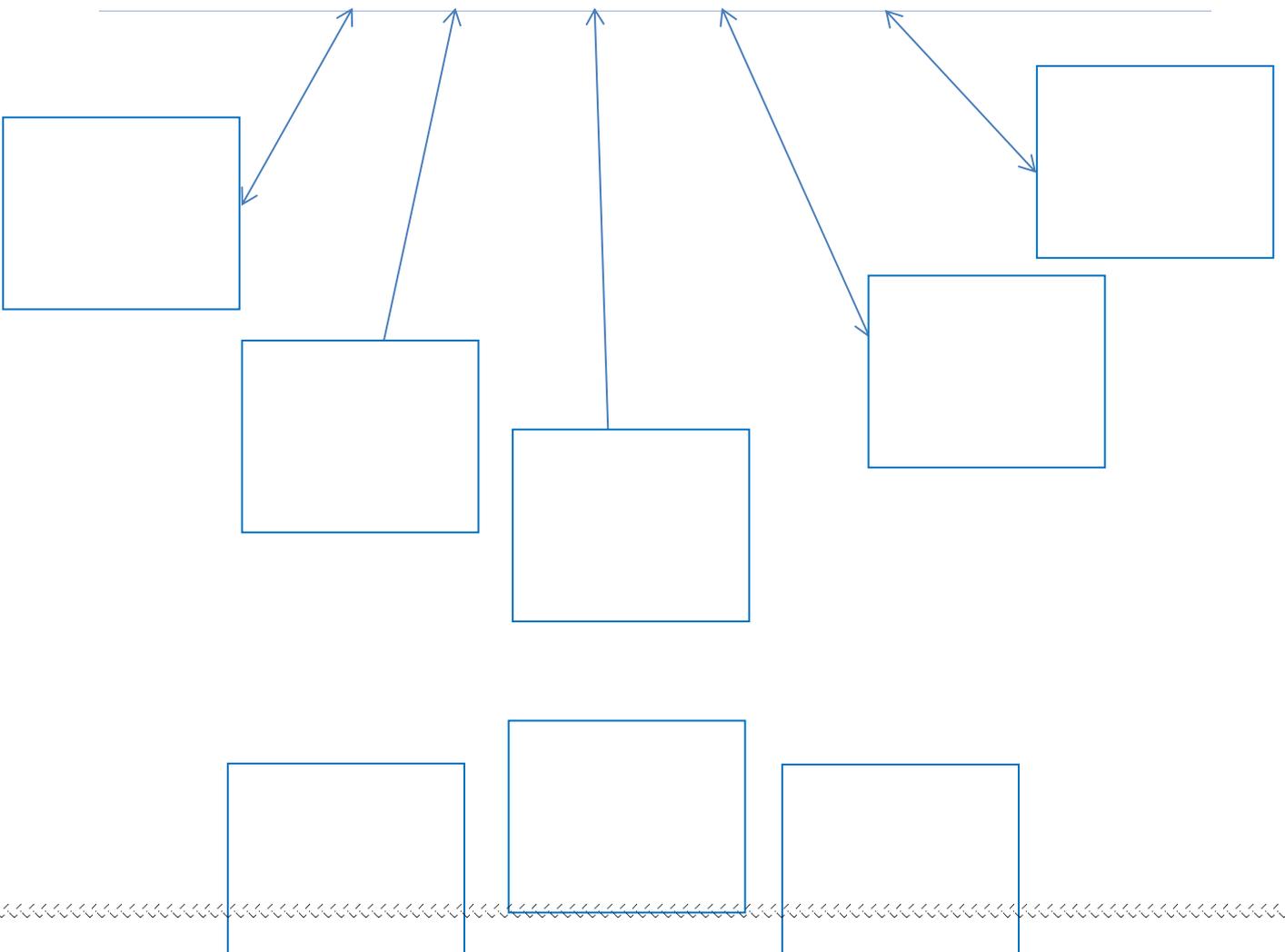
Interview 3:

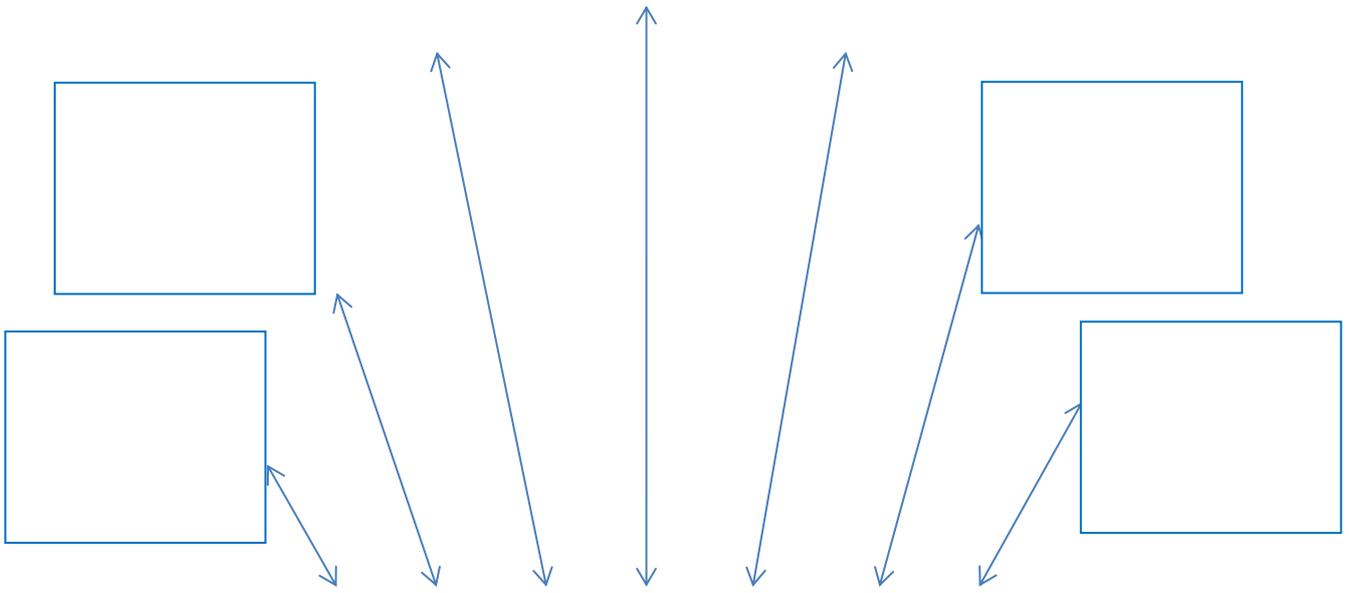
Interview 4:

Interview 5:

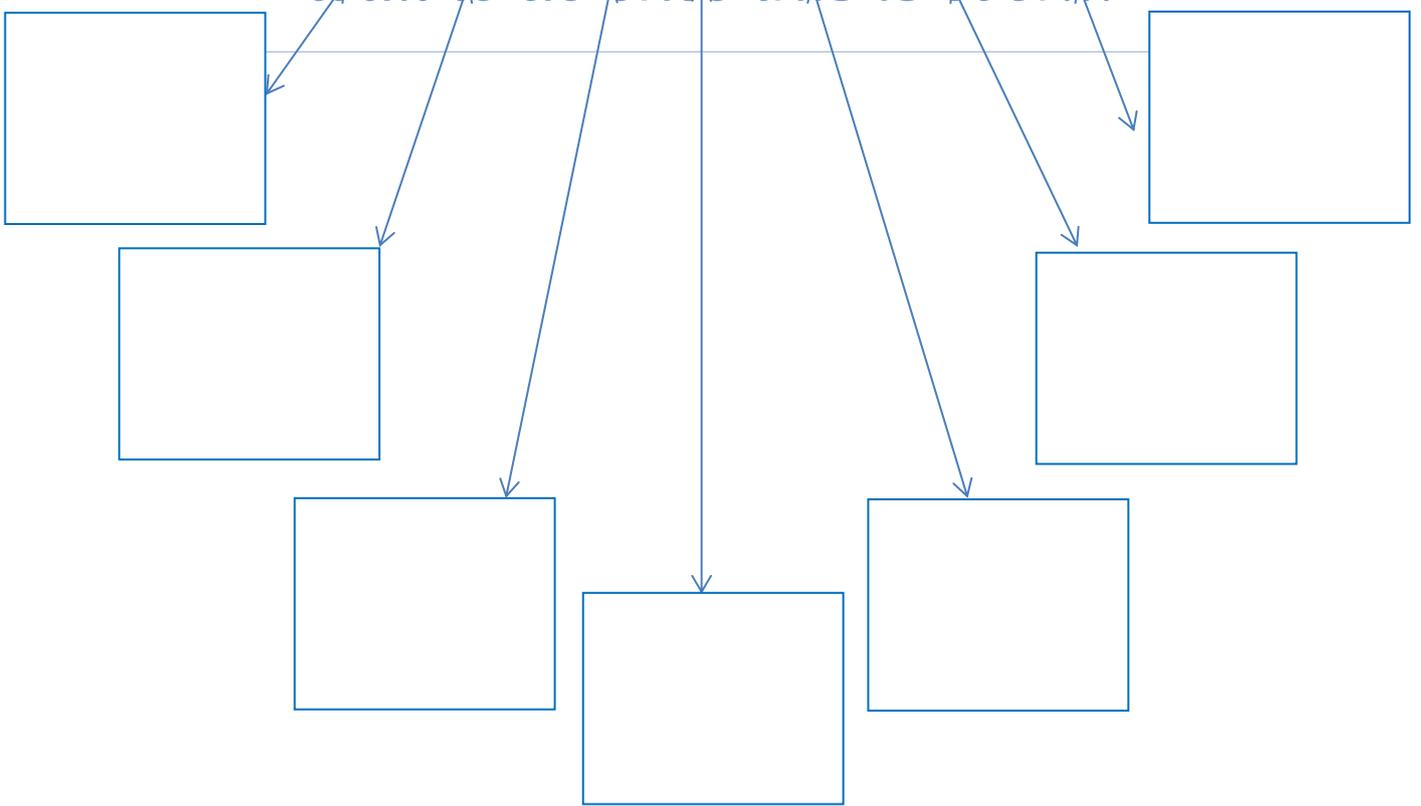


It's been 6 weeks since most places closed their doors... what things have you been doing to keep yourself occupied





We are all looking forward to things going back to normal... on this page write down all the things you can't wait to do once this is over..



Until things go back to normal here is a list of things you can do to keep yourself feeling okay.

- Firstly getting, and keeping, a routine going is really important. Getting up at the same time each morning and going to bed at the same time each night will help you sleep.
- Try to have three good meals each day and drink plenty of water.
- Put some structure on your day, if you have things to do inside/outside the house designate a period of time to it. This is for two reasons, so that you get the job done but that also you feel like you have more of a routine
- Try to get some activity in each day. This doesn't mean that you have to run 10km each day but movement is always good. If you're gaming or studying for long periods of time make sure to get up every forty minutes for a movement break. Joe Wicks has loads of quick exercise videos up on YouTube for times like these.
- Many of us are relying on our phones at the moment to keep in touch. Just try to remember to come off your phone when your parents ask you to because it will be better for you trying to fall asleep. You need to be away from screens at least an hour before you want to nod off.

- Relaxation is really important for our mental well-being. Obviously there are loads of apps you can use, e.g. Headspace, Calm, etc. but the fact is that relaxation through meditation is not for everybody. You can use other things to help you relax, such as reading a book, drawing, gardening, painting... please note that relaxation in this context does not include additional screen time 😊.
- Engage in a fun way with those in the same house as you, maybe through setting up household games, household challenges (who can hold a Wall Sit for longest), or organising themed days, e.g. people dress up as their favourite character on TV.
- Get yourself outside too, maybe keep note of things you see each day to try to keep things fresh for you. It is hard when we can only go really short distances but you never know what different things you might see when you pay attention.
- Finally try to remember that we are all in this together. Not many people will be delighted at the idea of having to stay at home and be so restricted. People may not always be in the best mood and that's okay. We need to respect one another's space and boundaries as much as possible.

Last but not least don't forget there are always good old-fashioned word searches to while away a few minutes...

The **Word Search**

 Word Search Maker
 More Puzzles
 Search

Harry Potter

W	E	A	S	L	E	Y	R	H	R	S	M	N	A	HARRY
O	H	R	P	L	T	R	A	R	R	M	E	L	S	POTTER
H	K	R	O	W	R	R	E	T	O	H	B	E	T	J.K. ROWLING
L	S	A	T	R	R	G	O	R	A	U	E	G	R	RONALD
O	E	W	T	Y	N	H	Y	M	S	A	N	D	A	WEASLEY
Y	N	Y	E	A	Y	R	O	U	E	I	N	T	K	HERMIONE
R	O	P	R	R	A	C	S	G	L	D	K	T	R	GRANGER
D	I	G	L	Y	A	R	Y	W	W	L	L	L	A	HOGWARTS
R	M	R	L	E	A	E	O	W	D	A	S	O	D	WIZARDRY
A	R	T	R	S	N	R	O	N	I	S	R	I	V	VOLDEMORT
Z	E	A	M	A	K	R	R	D	A	L	E	T	K	ALBUS
I	H	A	Y	J	E	O	O	T	O	L	N	Z	S	SCAR
W	R	O	R	K	R	H	A	G	R	I	D	W	T	HAGRID
I	A	A	A	S	E	E	T	B	G	H	Y	N	H	DARK ARTS

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