

TODAY IS A NEW DAY.

I am feeling:

Name: _____

Date: _____

Describe your emotions in a few short sentences below:

Design Your Face
on The Figure Above:

Today I am:

The Coronavirus Pandemic has taught me:

Write a person, place or activity you miss:

Once quarantine is lifted, I am excited to:

I am grateful for:



Days in Quarantine

INTERVIEW YOUR PARENTS

What has changed the most for you? _____

Three new things I have learned during this time are:

1. _____
2. _____
3. _____

What TV show have you binge watched?

What is a new recipe you have tried?

What is a new hobby you have developed?

What are your 2020 post-quarantine goals?



Once you finish "Interviewing Your Parents", be sure to write a letter to your future self! Don't forget to include the completed activities in your time capsule to reflect back on in the years to come.

LETTER TO MY FUTURE SELF

Take some time to reflect back on the Coronavirus Pandemic and then write a letter to your future self. Be sure to mention things you have learned, hobbies you have developed, and how you have felt.

Dear Future Me,

Handwriting practice area with ten sets of horizontal lines (solid top and bottom lines with a dashed midline) for writing the letter.

From,
Your Past Self

