

MY
ISOLATION
JOURNAL



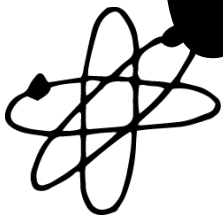
NAME: _____ **AGE:** _____

How I spent my days during a

WORLDWIDE


PANDEMIC

2020






HOW TO USE THIS JOURNAL



PRINT THE WHOLE JOURNAL
AND WORK THROUGH IT AT
YOUR OWN PACE

THERE IS NO RIGHT ORDER
NO RIGHT WAY

THEN JUST REPRINT ANY OF
YOUR FAVOURITE PAGES OVER
AND OVER ESPECIALLY THOSE
THAT CALL FOR
JOURNALING



Who am I?

GIVE A LITTLE INSIGHT INTO WHO YOU ARE AT THIS CURRENT POINT IN TIME...

what year i am in:
where i go to school:
my favourite subject:
my least favourite subject:

my age

my height

my shoe size

my favourite sandwich filling:
my favourite dinner meal:
my favourite treat/snack:
something i don't like:
my favourite drink:

what i like to read:
what i like to watch:

my favourite colour:
my favourite animal:
my favorite toy:

my friends:



sport i love to play:
games i love to play:

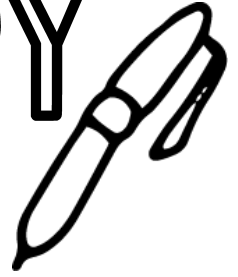


JOURNAL ENTRY

HOW ARE YOU FEELING TODAY?

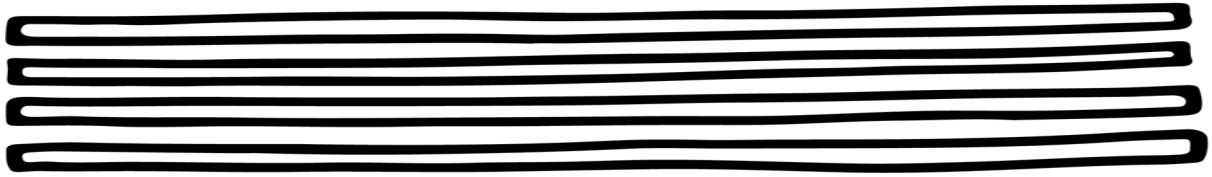


DATE: _____



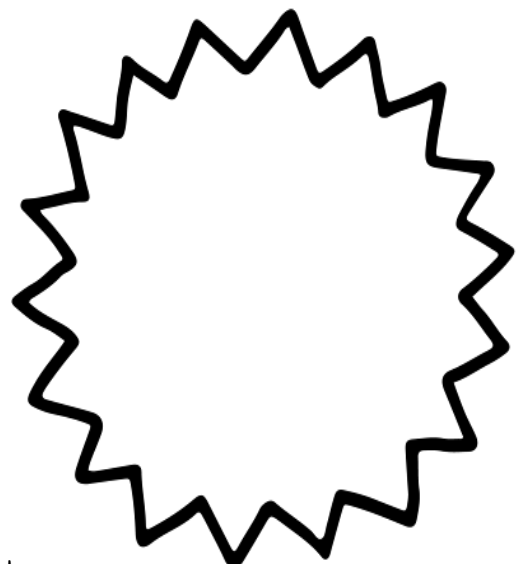
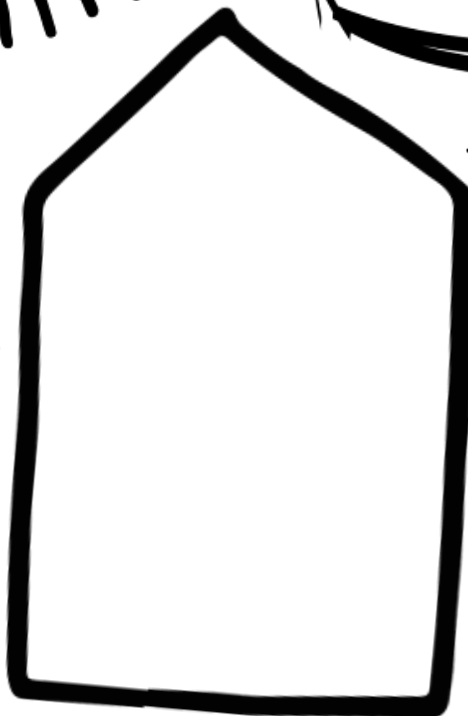
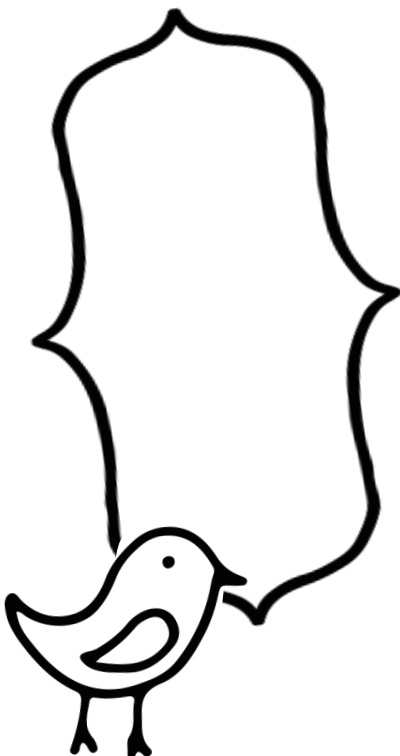
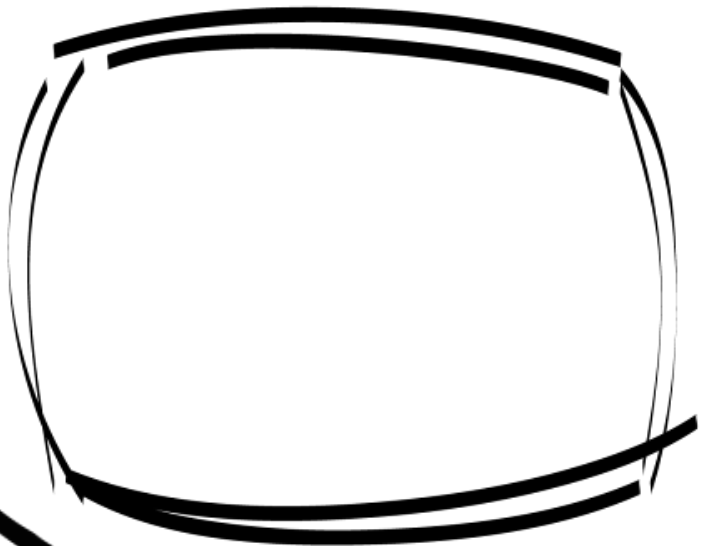
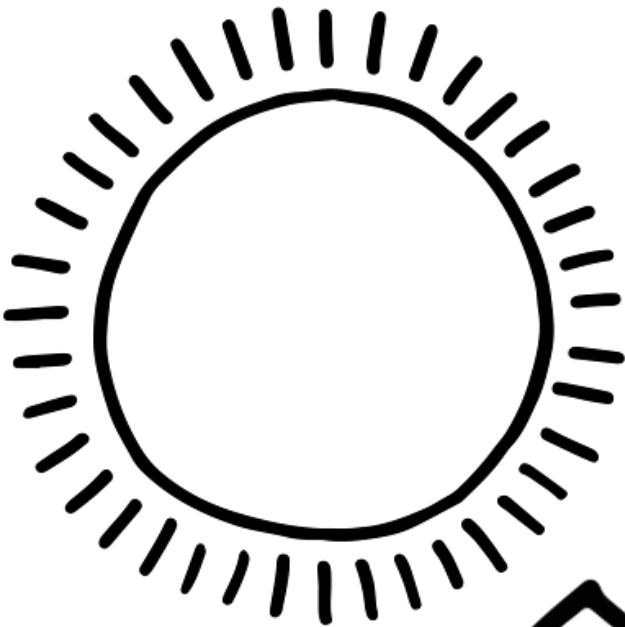
BEST PART OF TODAY

MY ISO TEAM



WHO I AM SPENDING MY SELF-ISOLATION WITH EACH DAY

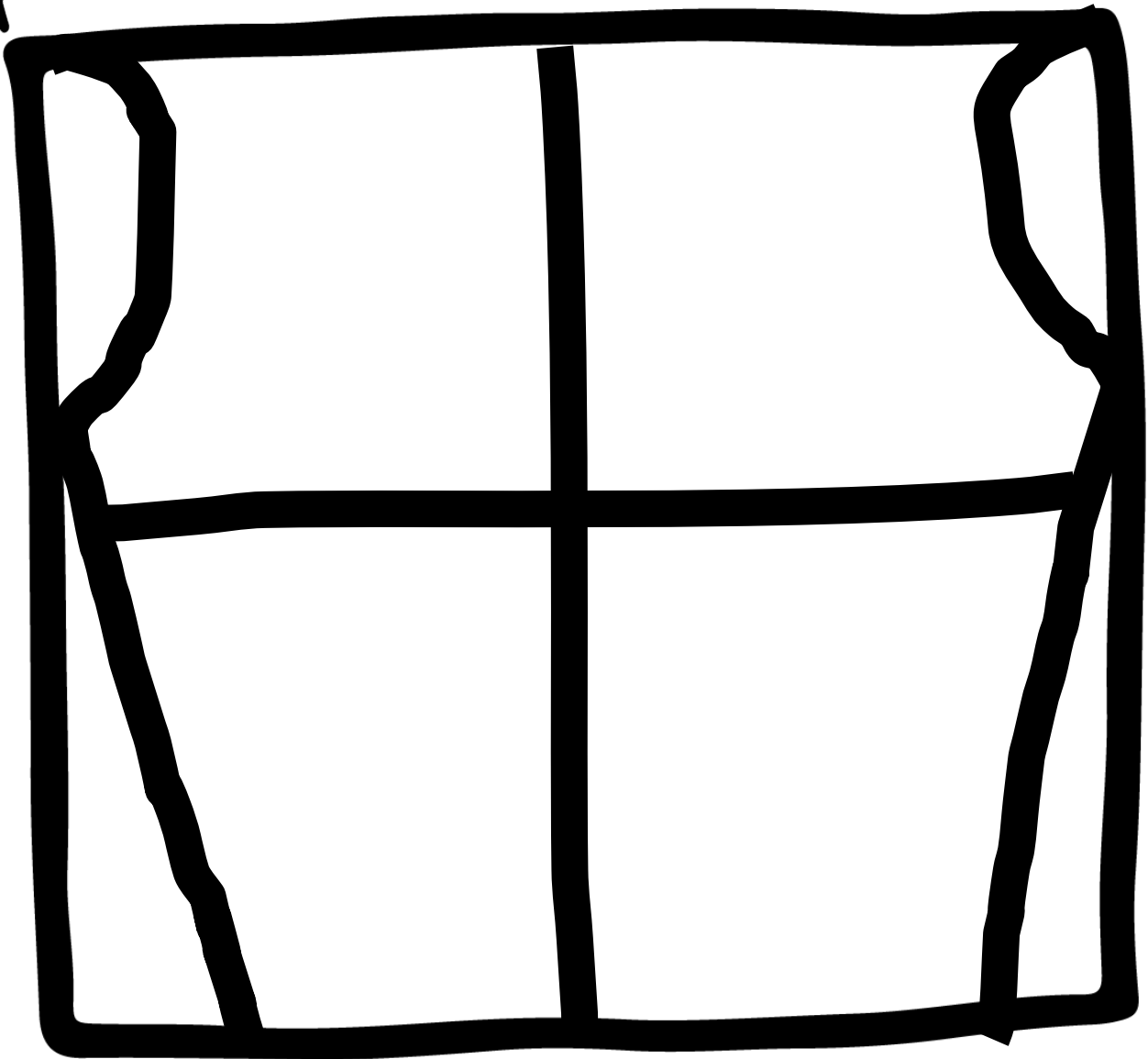
FILL EACH FRAME WITH A NAME AND PICTURE OF THE PEOPLE IN YOUR HOME



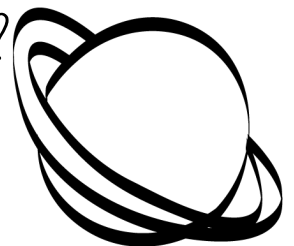
WHAT'S OUT MY FRONT

★ window?

★ SIT AT YOUR WINDOW AND DRAW WHAT YOU SEE



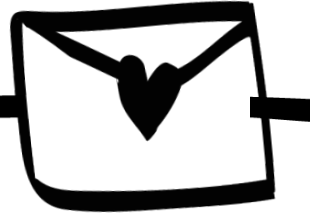
IS THERE ANYTHING YOU HAVEN'T NOTICED BEFORE?



I MISS YOU

♡ MY LETTER TO YOU, BECAUSE I MISS YOU ♡

TO:



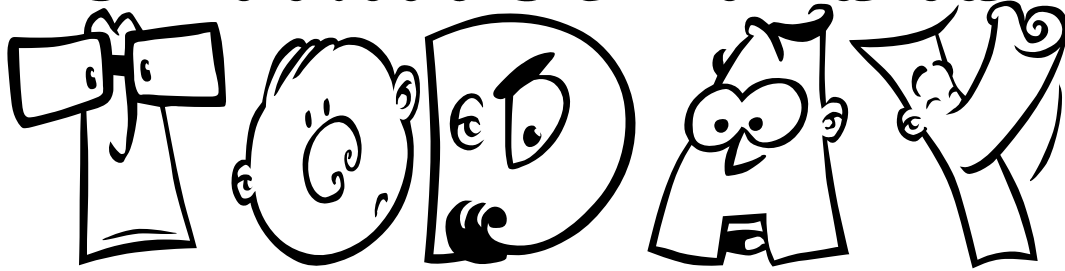
Hand-drawn horizontal lines for writing the recipient's name and address.

**WHEN I SEE
YOU AGAIN, I
CAN'T WAIT TO...**

FROM:

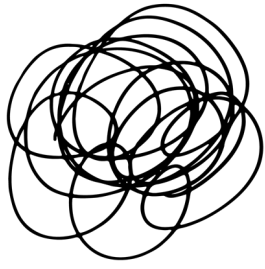
Hand-drawn horizontal lines for writing the sender's name and address.

6 THINGS I DID



DATE:



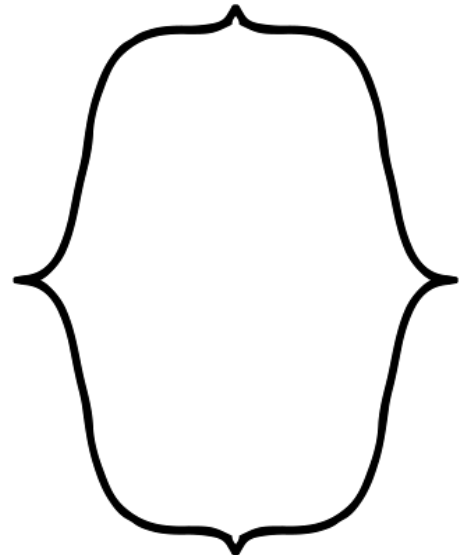
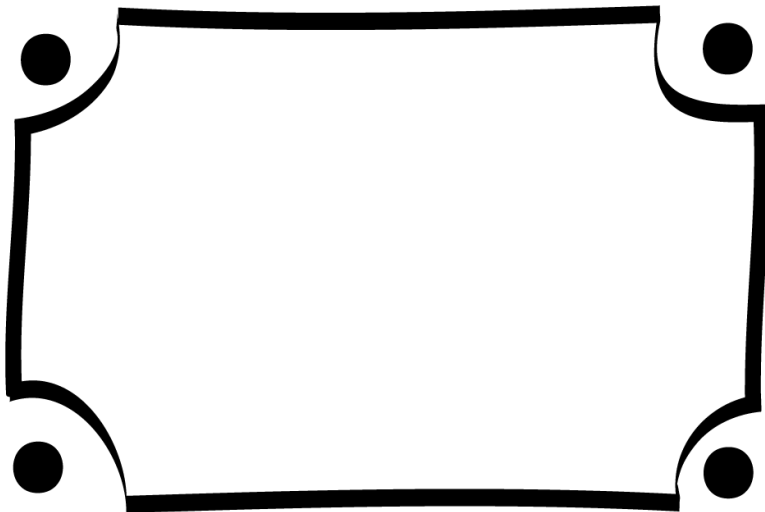
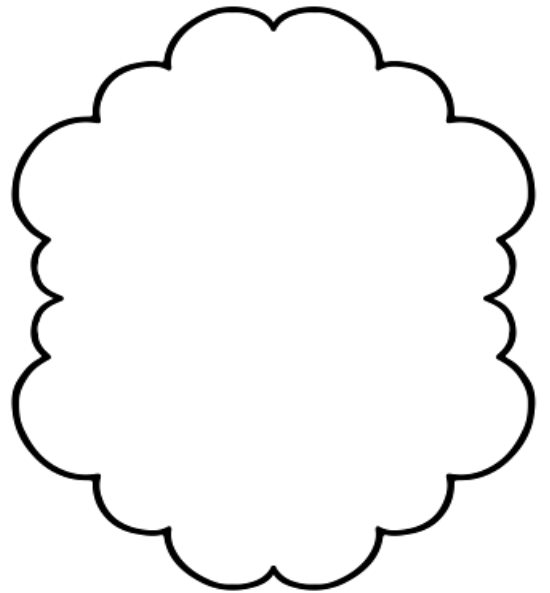
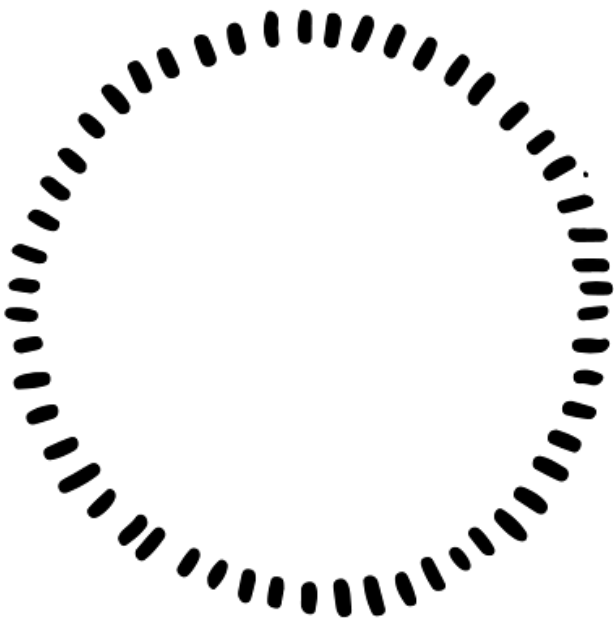


THINGS

THAT ARE A BIT

DIFFERENT

IN OUR WORLD AT THE MOMENT

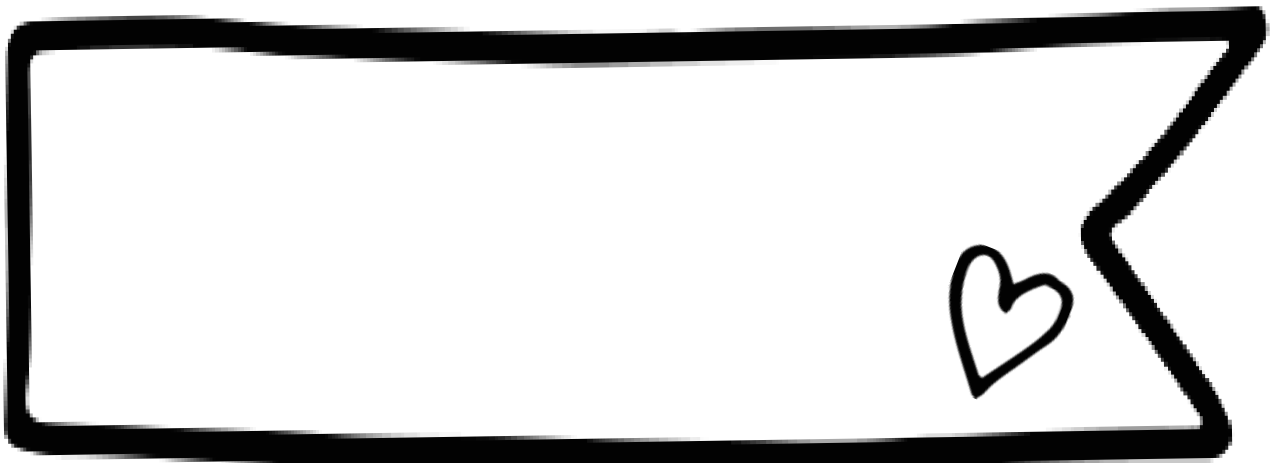


what i have
been WATCHING
during iso



TITLE:
FAVE CHARACTERS:
RATING:
★ ★ ★ ★ ★

MUSIC THAT I AM
LOVING RIGHT NOW

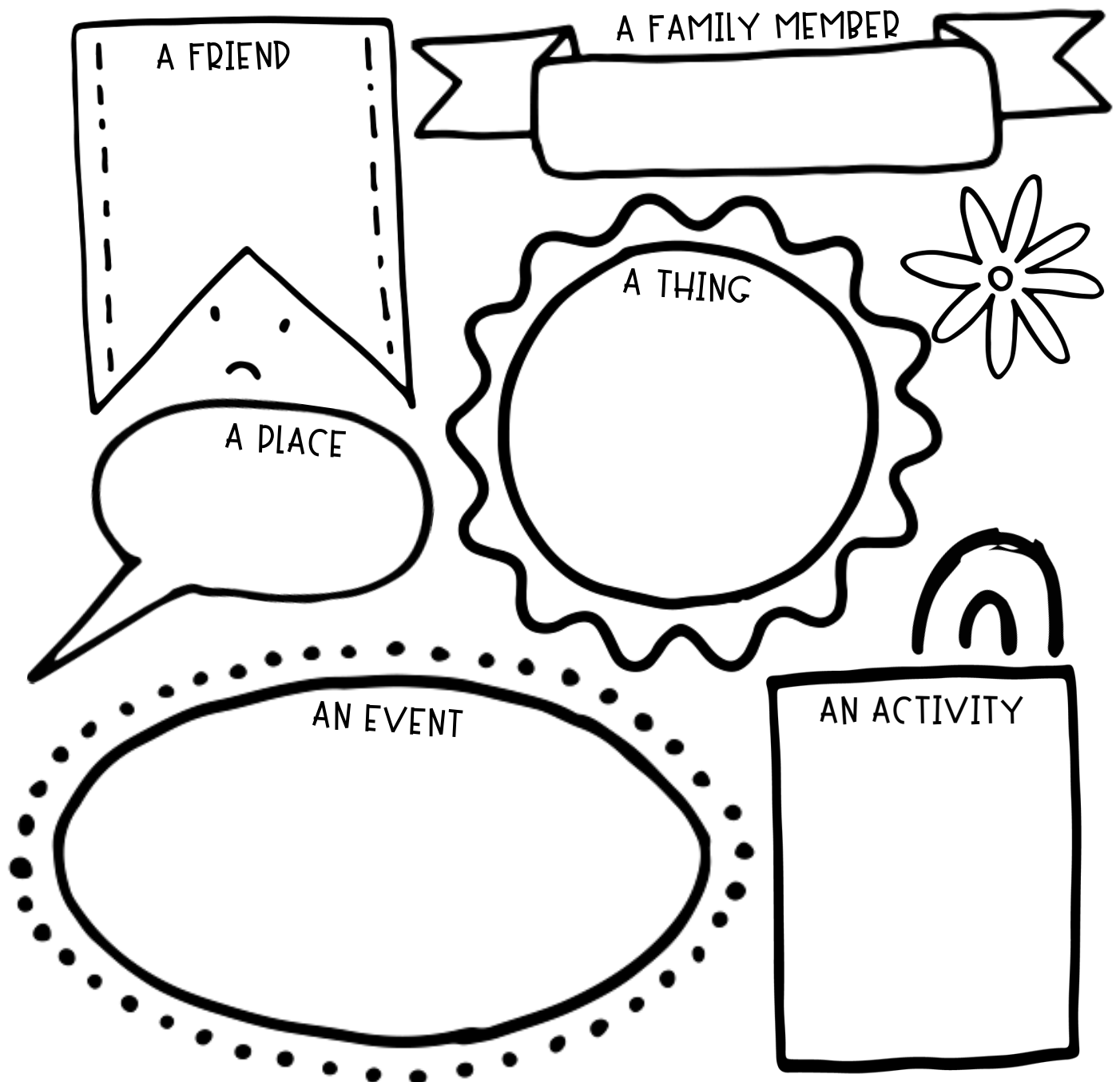


ALL THE THINGS

that I am currently

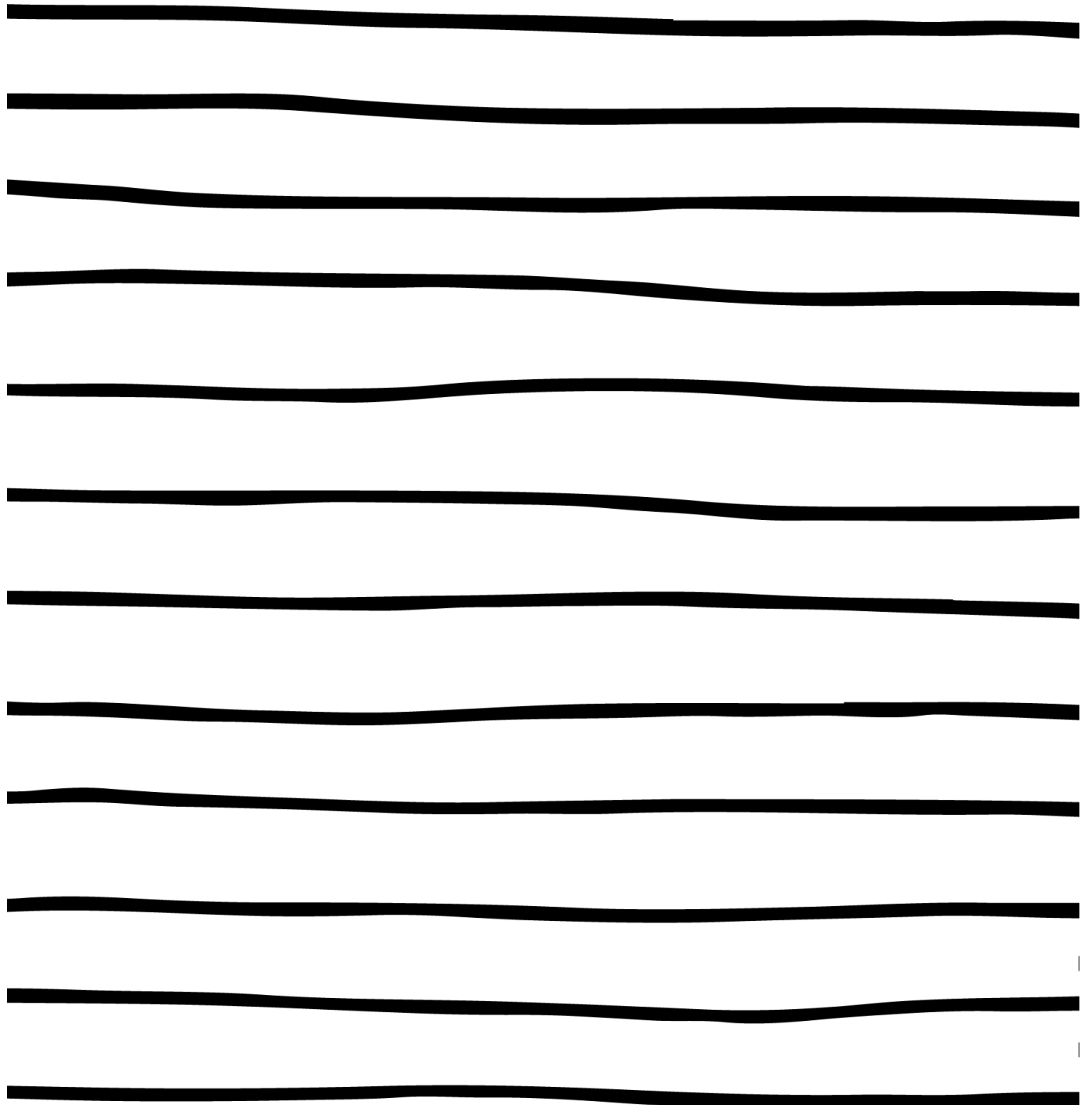
MISSING

YOU WON'T HAVE TO MISS THESE THINGS FOREVER



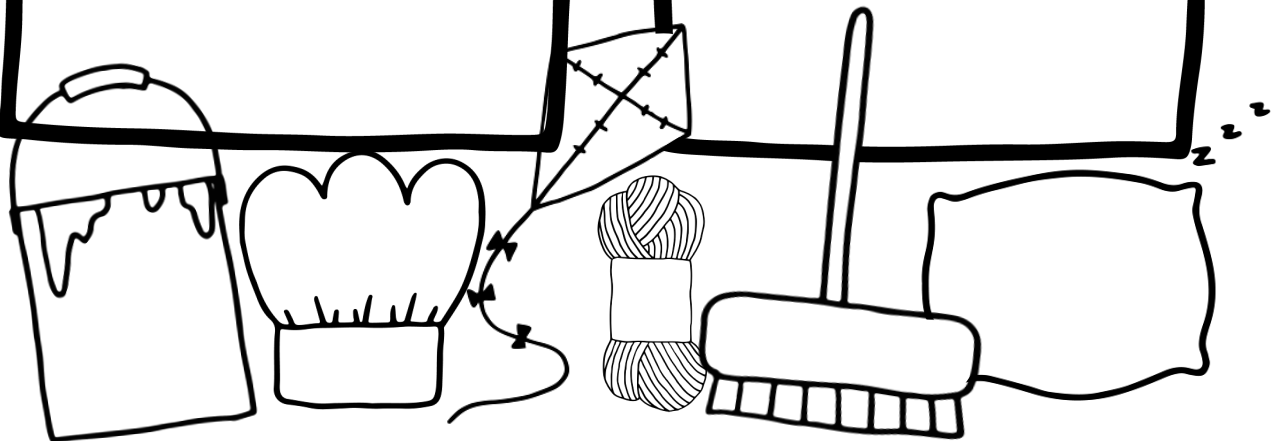
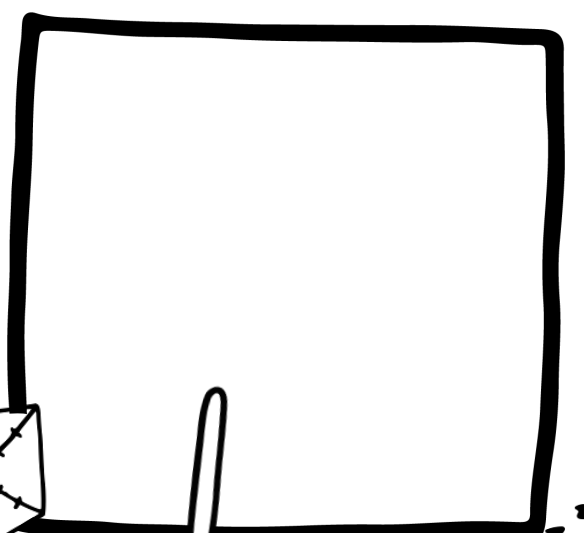
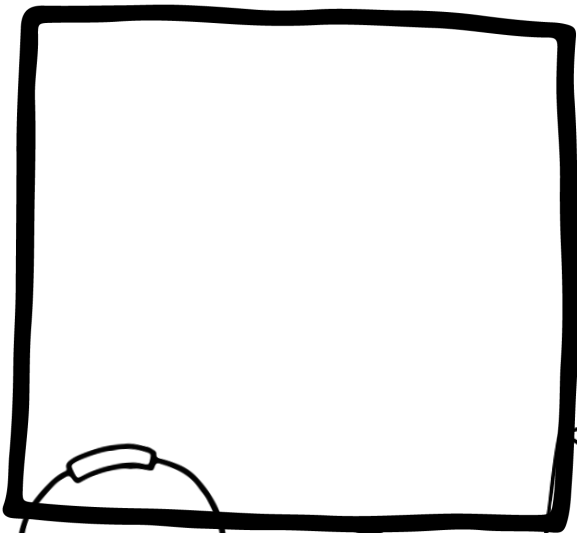
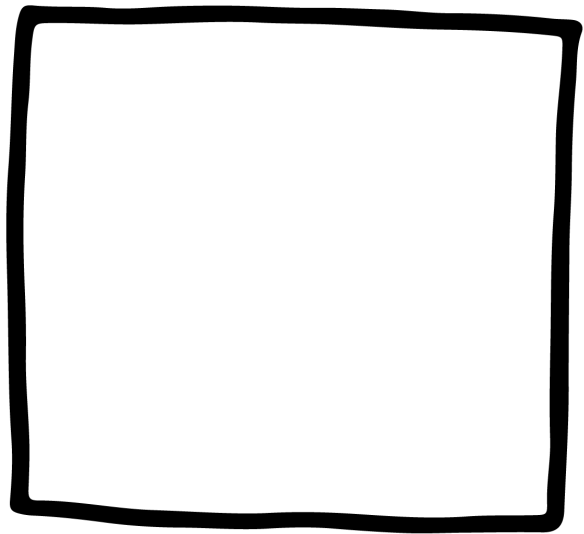
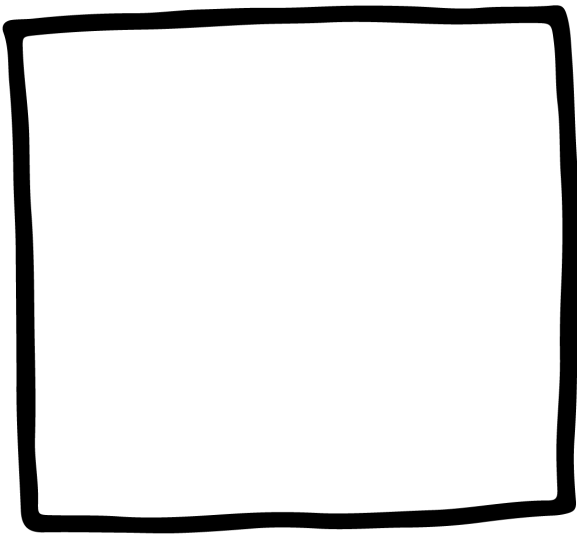
A LETTER TO *my future self*

IT'S ALL A LITTLE WEIRD RIGHT NOW — REMIND YOUR GROWN UP SELF WHY



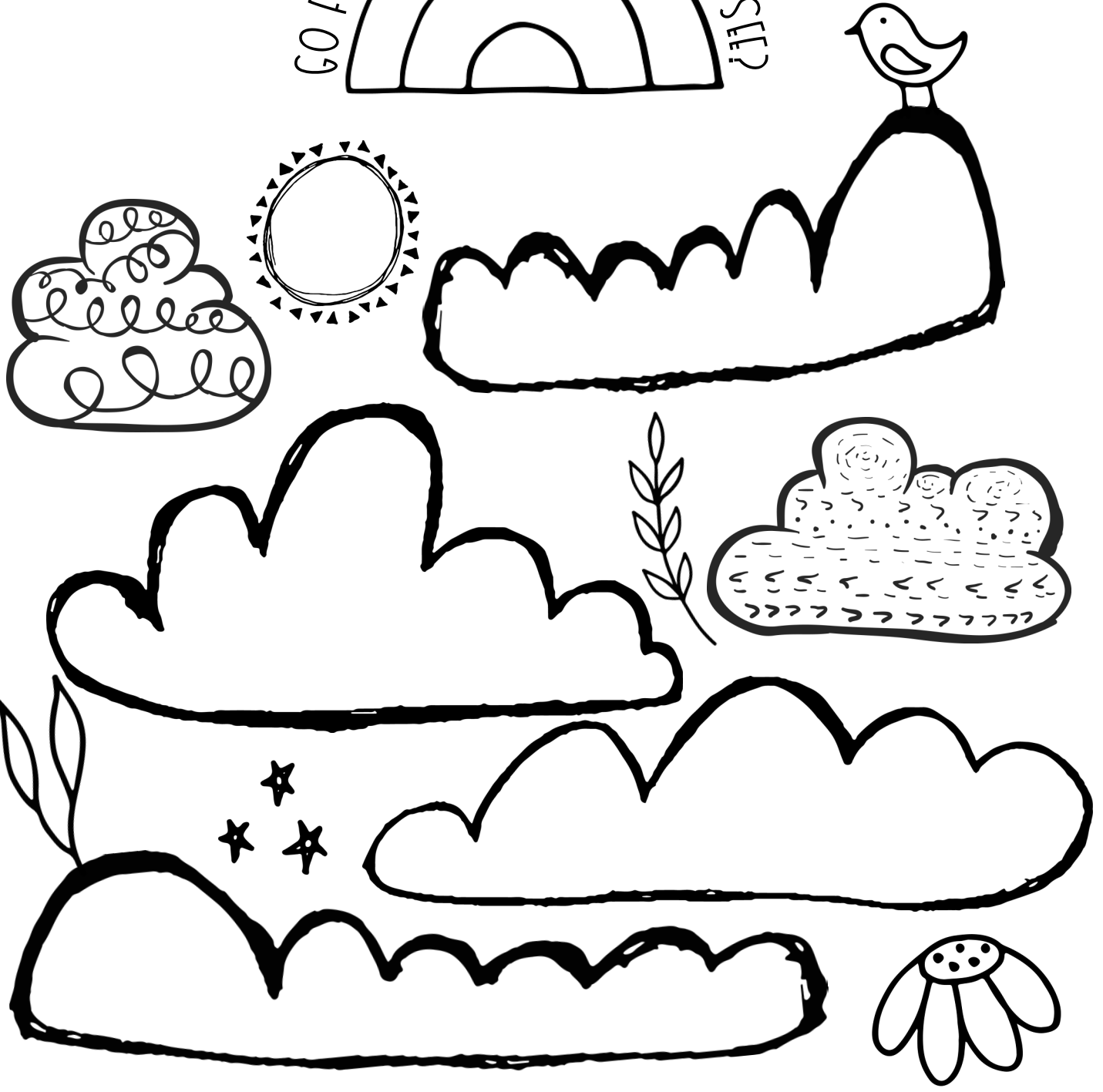
how I keep BUSY IN ISO

SHARE PICTURES PHOTOS OR LISTS OF WHAT YOU DO
FOR FUN WHEN STUCK AT HOME



APPRECIATING MY NEIGHBOURHOOD

GO FOR A WALK.. WHAT DID YOU SEE?

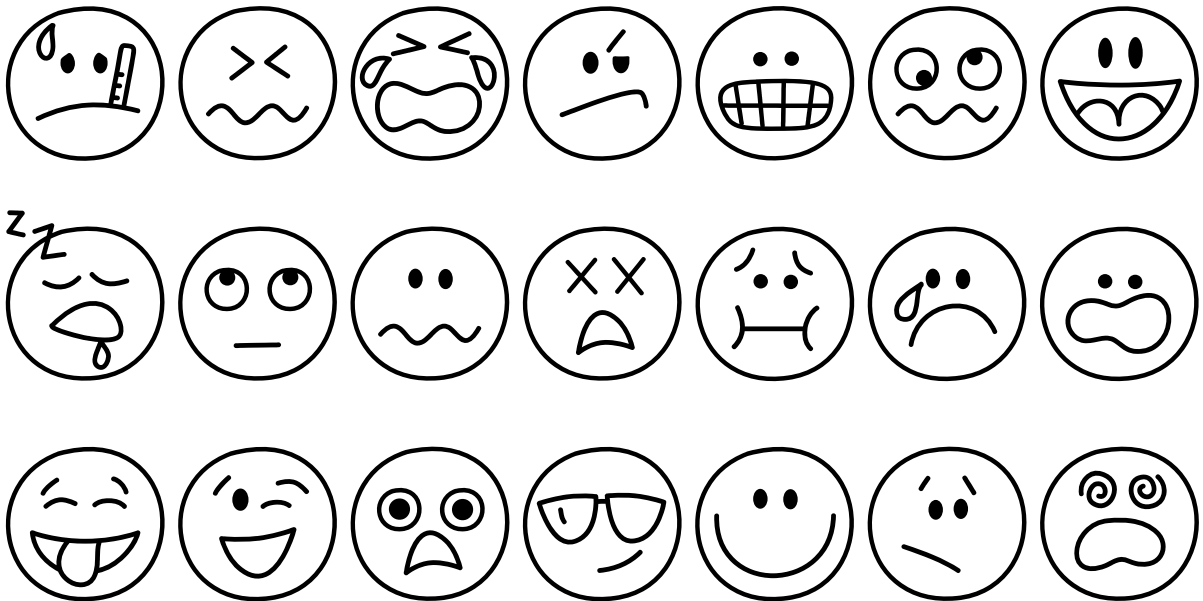


HOW COVID19

MAKES
ME

FEEL

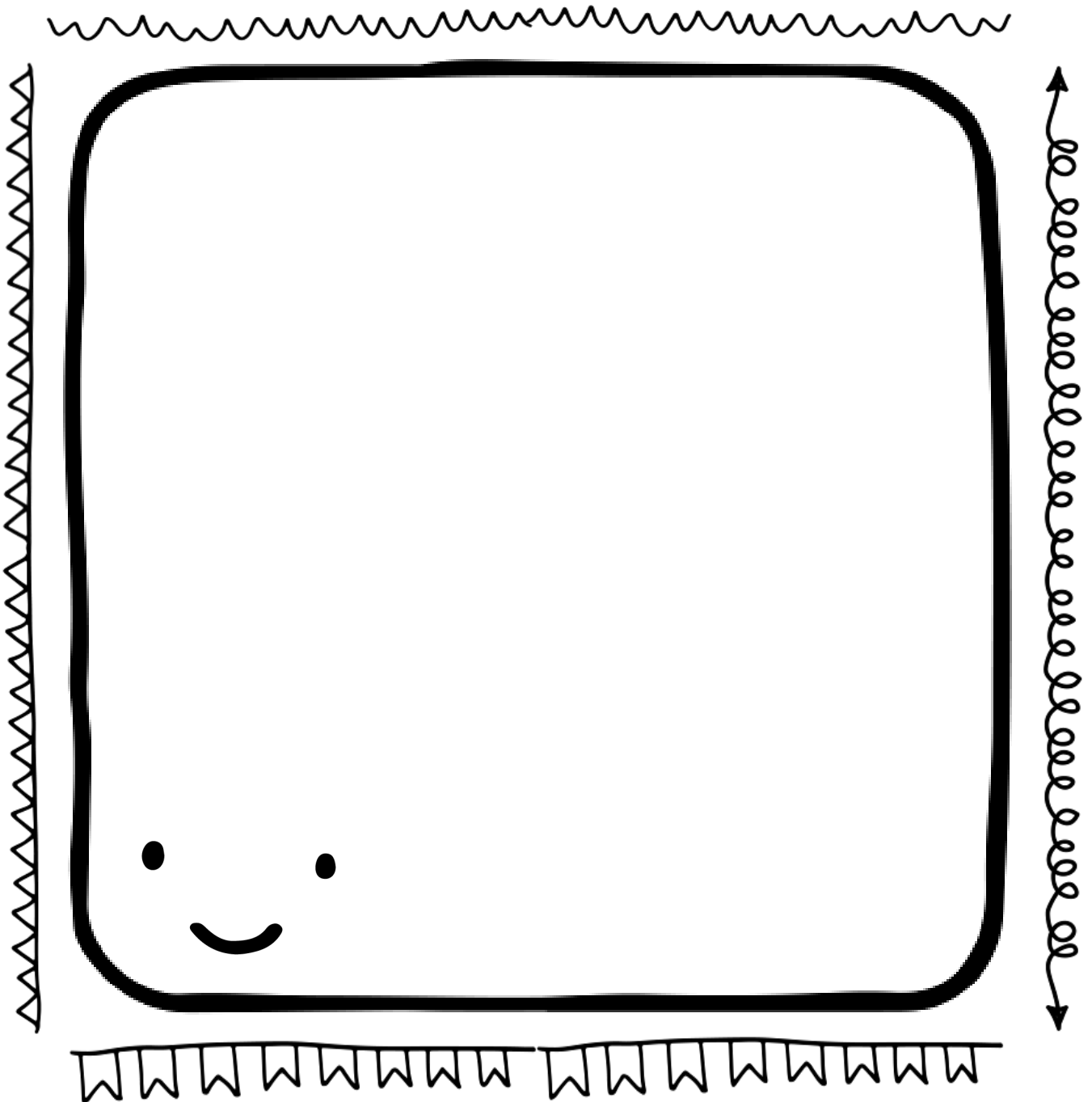
USE THE KEY TO COLOUR THE MATCHING FACES



TODAY WAS A

GOOD DAY

HERE IS WHY TODAY WAS SUCH A COOL DAY..
DRAW OR WRITE WHAT MADE TODAY SO SPECIAL



HOMESCHOOLING

WHAT OUR DAYS LOOK LIKE
LEARNING FROM HOME



A TYPICAL DAY

in covid isolation



LET'S BREAK IT DOWN — TRACK EVERY HOUR



7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

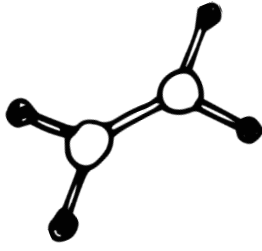
4PM

5PM

6PM

7PM

8PM



COVID19

IN REVIEW



MY REFLECTION OF SURVIVING A WORLDWIDE PANDEMIC

SOMETHING
I CAN'T WAIT TO DO



MY
FAVOURITE
ACTIVITY AT HOME



WHAT I'LL
MISS GOING BACK
TO NORMAL LIFE

HOW I
MOSTLY FELT

A PLACE
I CAN'T WAIT TO
VISIT AGAIN

SOMETHING
I HAVE LEARNT
ABOUT MYSELF

WOULD I BE
OK TO ISOLATE
AGAIN IN THE FUTURE?

THANK
you

THANK YOU FOR DOWNLOADING MY
FREE COVID ISOLATION JOURNAL

I am Janessa - a wife, mum of soon to be 3 and
a Kindergarten teacher on maternity leave.

Like you, I am navigating this crazy world as best I can.
My family of 4 (soon to be 5) is currently self-isolating,
attempting to home-school and hubby is working from home.

While we know it's important to keep some normality and
routine amidst the chaos, we are also very aware of just how
out-of-the-ordinary this whole situation is. In an attempt to
capture this weird time, I created this keepsake for my boys to
complete at their own pace, in their own time. My hope is that
it will act as a time capsule for a significant part of their history.

I hope that you and your family find some time to see the joy,
relish in the slow pace and reflect on all of your feelings at this
unreal, bizarre time.

Simply print, fill out and pop away for years to come.

Big love, J x