

**JANE CASSANO, MSW**

# **30 DAY JOURNAL FOR KIDS!**



**Write Your Thoughts and Feelings about  
YEAR 2020**

## Message for Parents

The COVID 19 pandemic has been difficult for everyone. I am certain that you have been carrying a lot of worry about your kids, especially when it comes to their wellbeing. You must be feeling concern about their mental and emotional health, their routines, their socialization and their learning. I know as parents, you always want the very best for them. The lack of control in this situation may be making you feel extra worried. That would be normal and expected. Don't beat yourself up if you haven't been the perfect parent. You are also going through a pandemic.

This journal is meant to help your child document the pandemic and work through some of their thoughts and feelings. It will be something for them to cherish in the future. Encourage creativity – let your child decorate pages as they wish. Use it at whatever time of day works for your family. Daily practice would be ideal but not mandatory. Doing it along with your child may give you insight about how they are coping.

The journal is suitable for ages 7 and up but probably not for older teens. You can do it with younger kids but you may need to simplify the questions a little and help them with writing. Adapt as you see fit! When it has been completed, roll it up into a scroll and tie it with a bow. Alternatively, you can put it in a binder. Definitely store it somewhere safe so they have it in the future.



# HEY KIDS!

What a year 2020 has been! One day, we woke up and found out about the corona virus. They called it a pandemic because the virus was spreading all around the world, not just in one place. In a flash, everything changed. You weren't allowed to go to school. You couldn't go see your family or friends. You weren't even able to go to fun birthday parties! It was super scary at first; everyone was staying home to be safe.

We learned about wearing masks, washing our hands for 20 seconds, no hugging or kissing our grandparents. We found out we shouldn't even touch our own face! We heard a lot about the ways we could help stop the spread of the virus.



As long as the pandemic is on, we all have to be really, really careful. BUT.....

**It sucks!**

I don't blame you if you are mad about it! You have a right to wish it would go away forever.

For now, we must do whatever it takes to keep everyone safe.

One helpful thing you can do right now is you can write your thoughts and feelings about the pandemic in this journal. You will be able to keep it forever. Sometime in the future, you can read it and remember what it was like for you. You can fill in the pages with your parents or you can keep it private.

What is most important is that you make it fun! Find your favourite pen, markers or crayons and draw pictures too. Use your stickers to decorate the pages. You can cut things from magazines and glue them in.

**Make it yours to keep forever.**



# GET CREATIVE!

Each day, write the answers to the questions before or after school. You don't have to worry about being perfect. You can write all over the page, there is lots of space and use the back if you write a lot!

Don't forget to fill in the date at the top of each page. You can do one page each day so it doesn't take up too much time.

Just write whatever comes to your mind!



Date:

## **DAY 1**

How old were you when COVID 19 started in  
March 2020?

Who lives with you in your house?

Do you have any pets?

Write about or draw your family.

Date:

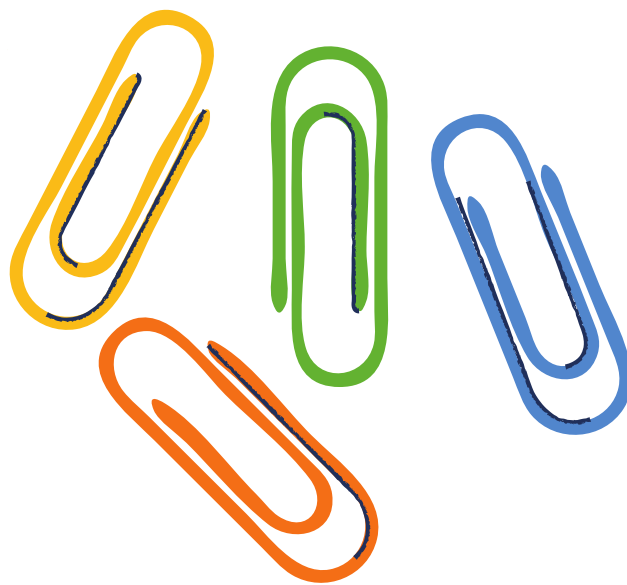
## **DAY 2**

What grade are you in?

Who is your teacher?

Are you online or at school?

What do you like or dislike  
about school right now?



Date:

### **DAY 3**

What things or activities did you enjoy when you had to stay home from school?

Write them down.





Date:

**DAY 4**

What are your favourite things?

Colour:

Show:

Food:

Activity:

Game:

Video Game:

Subject:

Toys:

YouTube Channel:

App:

Date:

## **DAY 5**

What has been the hardest thing about the pandemic? Maybe you miss playdates or being at school without a mask. Write down everything you can think of.



Date:

**DAY 6**

Circle the feelings that you feel today. Add more on the page if you need to and you can circle as many as you like!

Sad

Happy

Mad

Excited

Bored

Scared

Worried

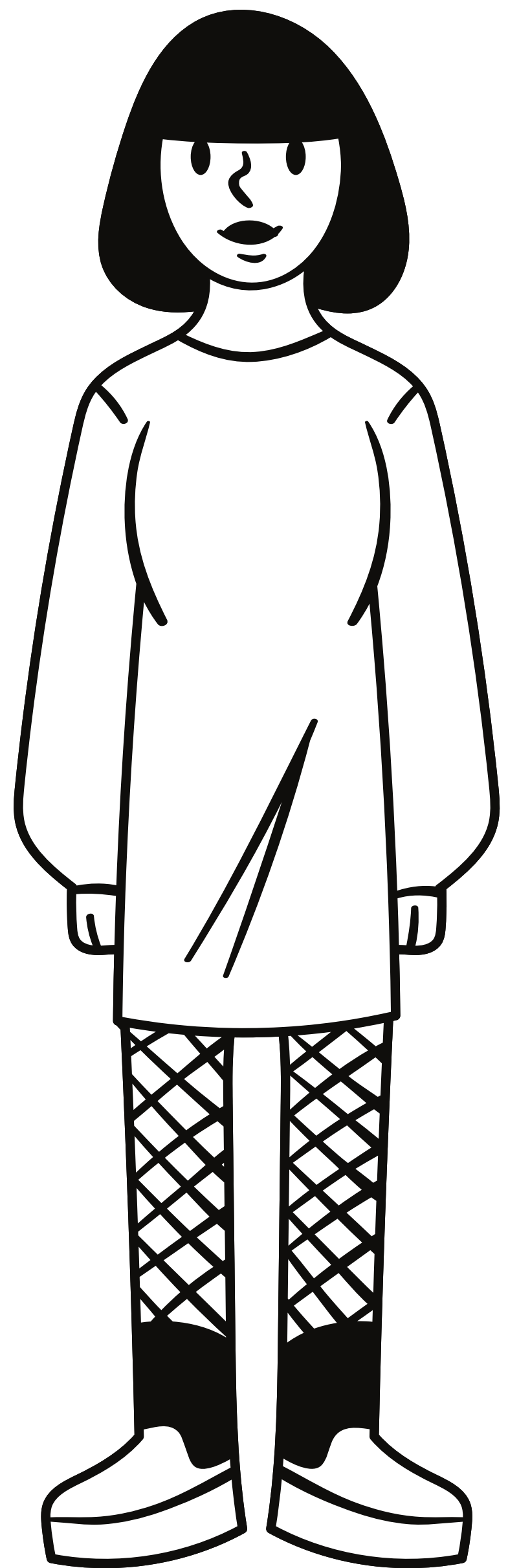
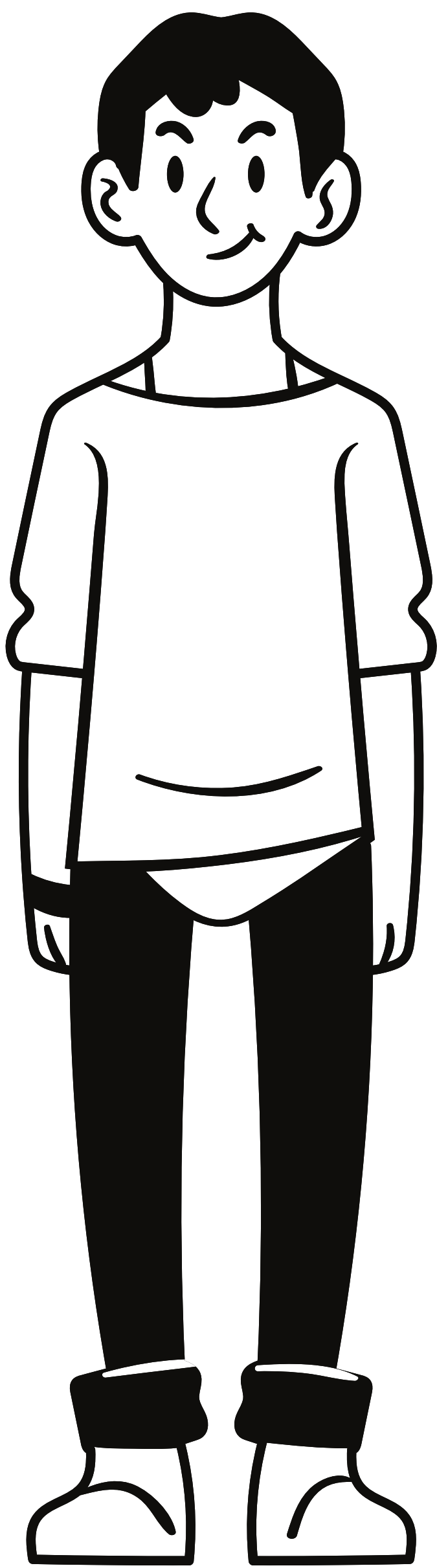
Calm

Silly

Date:

## DAY 7

Show *where* your feelings are in your body by colouring the pictures. See if you can match your feelings with a colour and show where you feel it.



Date:

**DAY 8**

Are you worried about anything? Can you write them down below?

I am worried about:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Date:

## DAY 9

What makes you feel better when you are  
scared or worried?

Make a list.



Date:

## **DAY 10**

What makes you laugh?

Who makes you laugh until your belly hurts?

What show or program is funny?

Date:

## DAY 11

What is your favourite part of the day right now? Maybe it is sleeping in a little longer!





Date:

## DAY 12

What are you proud of about yourself?  
What is your favourite quality about yourself?

Date:

## DAY 13

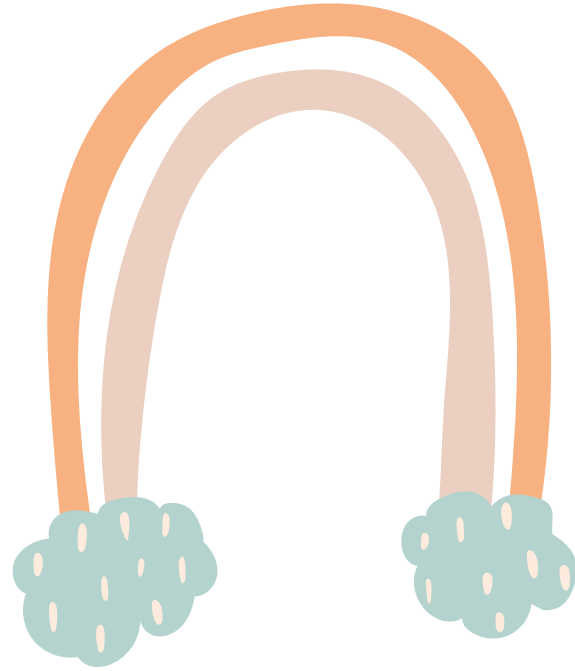
Write down 5 things you are thankful for.



Date:

## DAY 14

Who are the people you miss the most? Make a list and say why you miss them.



Date:

## DAY 15

What do you think things will be like after the pandemic is over?



Date:

## **DAY 16**

What is one surprising thing that you have found out about yourself because of the pandemic?

Date:

## DAY 17

Did you used to play sports?

Or did you do other activities?

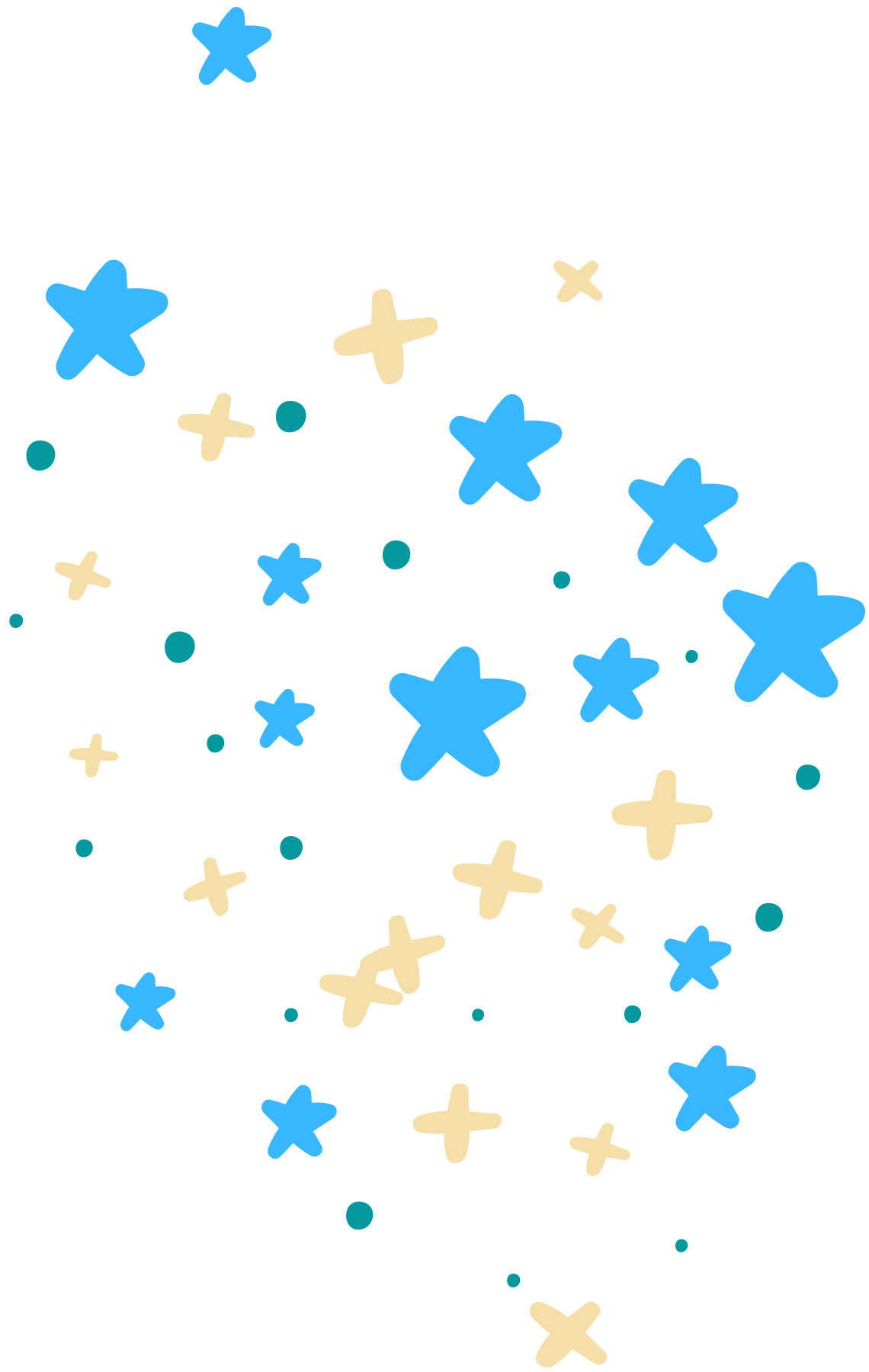
What did you do before the pandemic?



Date:

DAY 18

If you had a magic wand right now, what would you ask for?



Date:

## DAY 19

Do you wish the pandemic never happened?  
Why or why not?





Date:

## **DAY 20**

Do you feel like you missed out on a lot this year? If so, what did you miss out on?

Was it a vacation? A championship game?

School?!

Write them down.

Date:

## DAY 21

In what ways is your life different from before the pandemic? Name all the ways you can think of.



Date:

## DAY 22

What do you think of everything being online?

Do you like it?

Do you want things to stay this way?



Date:

**DAY 23**

Name your top 3 experiences from the pandemic. They can be anything!

1.

2.

3.

Date:

## DAY 24

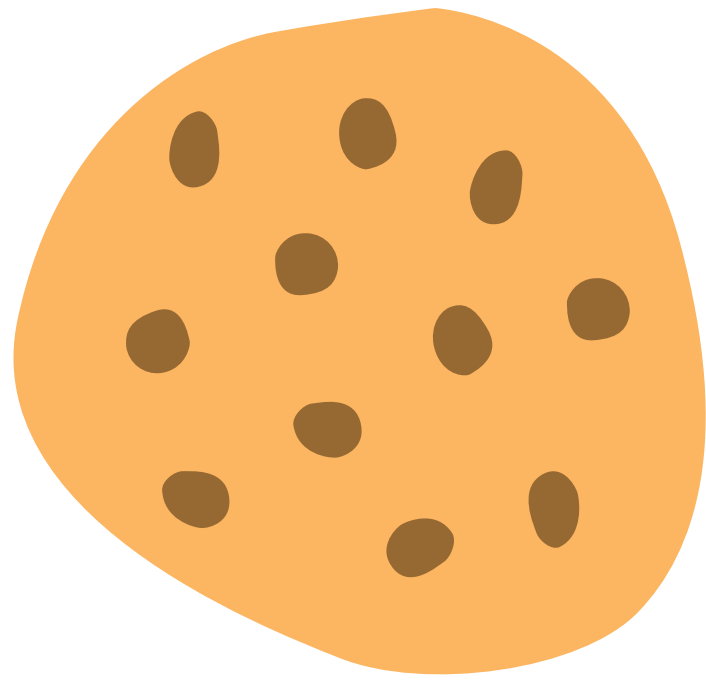
Do you have any thing you want to do after  
the pandemic is over?



Date:

## DAY 25

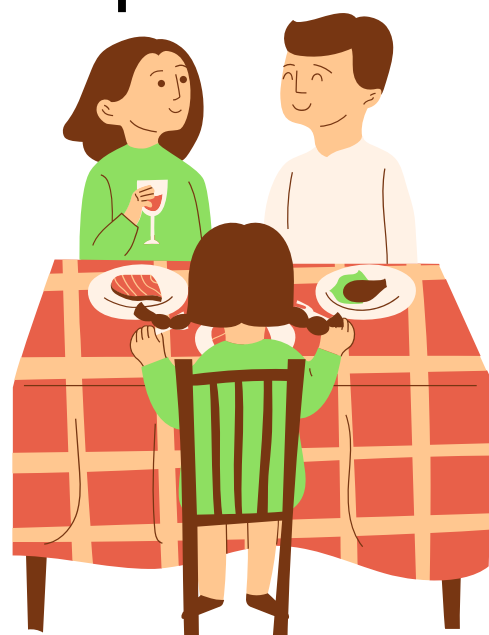
Did you learn anything new? Did you learn how to bake or play chess? Did you try something you never tried before? Write them all down.



Date:

## DAY 26

Is there something you never want to go back to once the pandemic is over?



Date:

## DAY 27

What do you want to make sure to remember about the pandemic? What will you tell people about it in 10 years?

**DON'T FORGET**



Date:

## DAY 28

Who are the people who help you everyday?  
How do they help? Make a list.



I CHERRY-SH YOU

Date:

## DAY 29

List 5 things that make you happy right now.



Date:

## DAY 30

What do you want to say to other kids who are having a hard time with the pandemic?

What message of hope do you want them to hear?



You did it! Way to Go!

Wow!

You should be so proud of what you have accomplished! You can put these pages in a binder or roll them up like a scroll and tie it with a bow. Definitely save it because you will want to read it when you are older. Maybe you will show your family and friends one day!

If you loved to journal, keep going! It is so fun to write, draw and think about our experiences and how we feel.

Bye for now!

*Jane*

