



**My 2020  
Lockdown  
Memory  
Journal**

**My family's experience of staying at home.**

# All About Me...

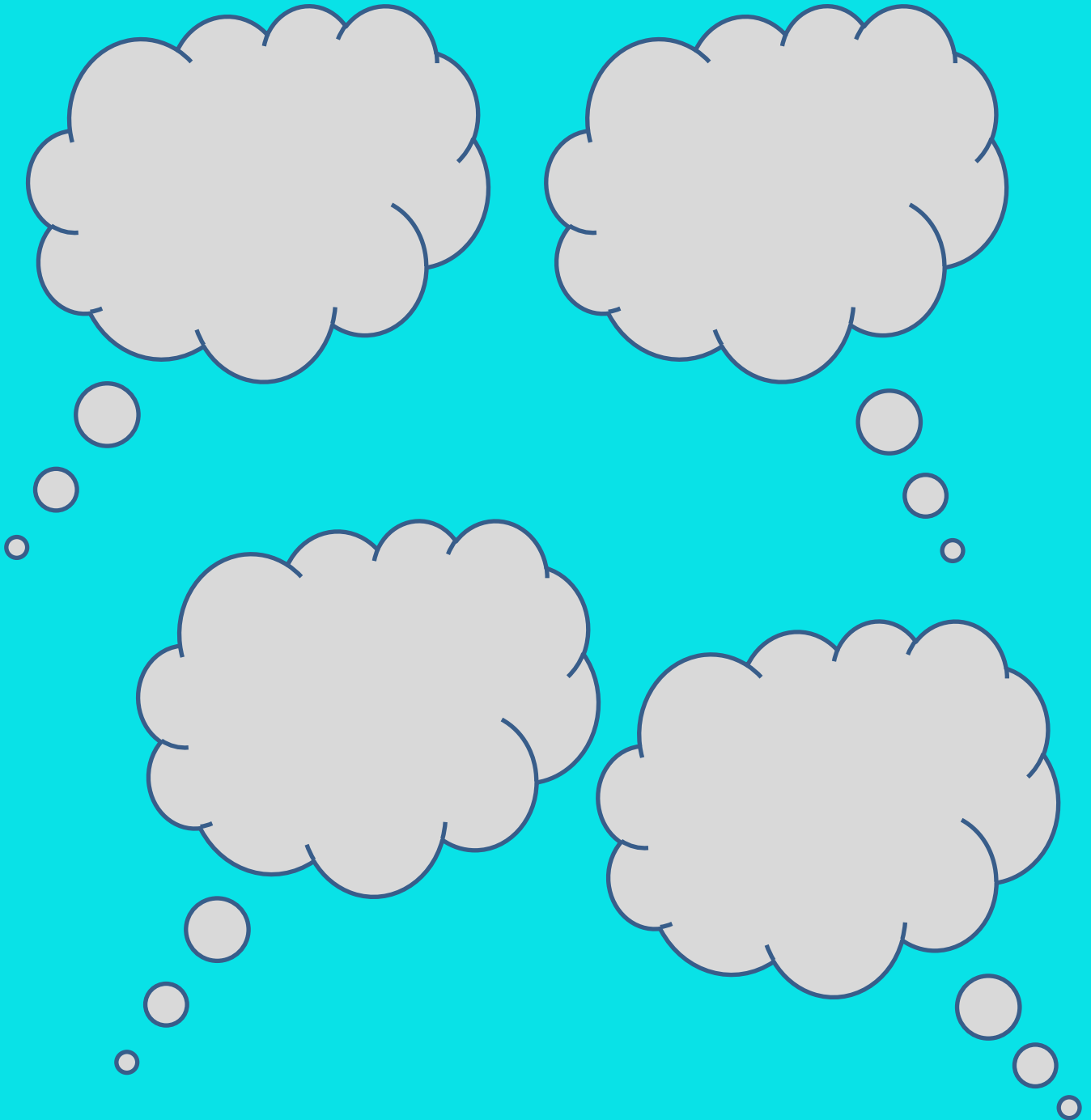
**My Age:**

**My Height:**

**My Shoe Size:**

**A few of my favourite  
things...**

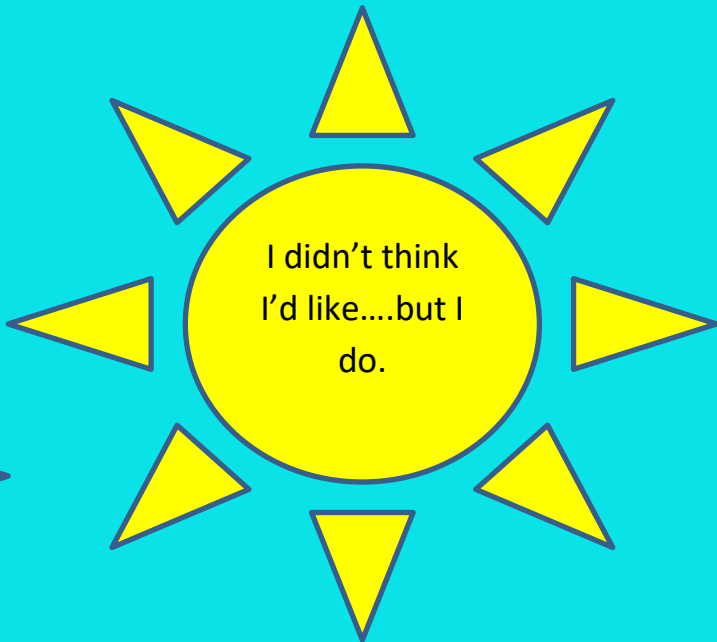
# My thoughts about lockdown...




# New experiences during lockdown...

A yellow sun icon with a central circle and twelve triangular rays.


I enjoy...

A yellow sun icon with a central circle and twelve triangular rays.

I didn't think  
I'd like...but I  
do.

A yellow sun icon with a central circle and twelve triangular rays.

My new  
favourite  
routine...

A yellow sun icon with a central circle and twelve triangular rays.

I was worried  
about...but I'm  
not now.

# How me and my family have helped others...

How have you helped the community?

By staying in?

Calling or video chatting loved ones?

Clapping for carers?

# My hopes for the future after lockdown...

