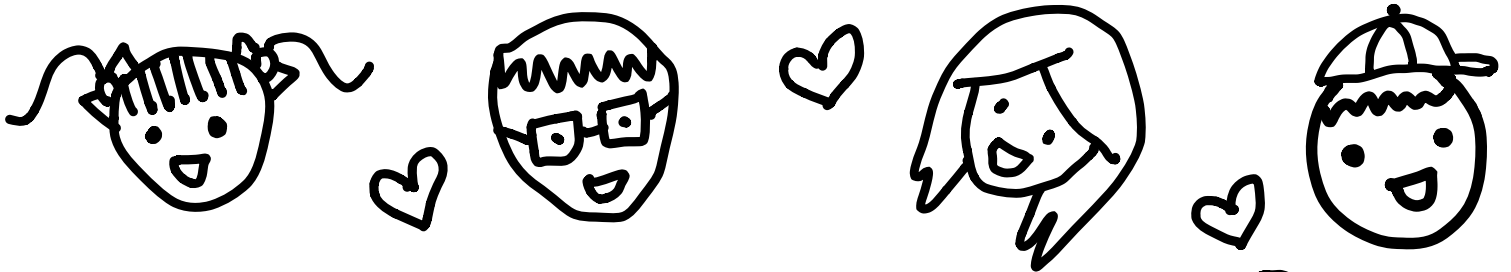


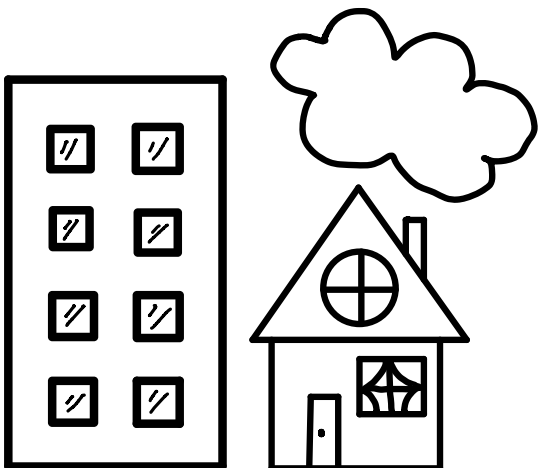
MY

CIRCUIT BREAKER



Journal

memories of when everyone stayed at home

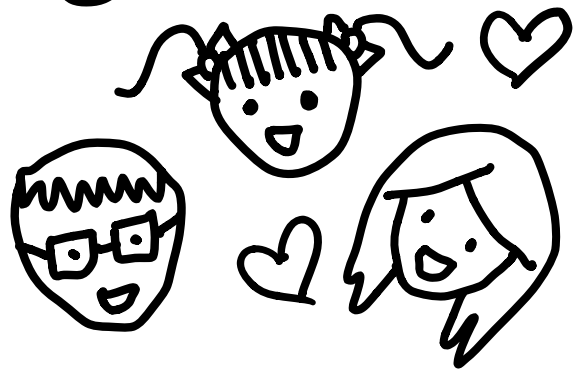


Name:

WHO I Stayed

home WITH ...

and what I appreciate about them!!!



Name:

Name:

Name:

Name:

A simple line drawing of a house with a chimney on the right side. A heart is drawn above the roof. The words "my address" are written inside the roof area.

my
address

*print extra pages if there are more people in your home

What remained the same:

What was different:

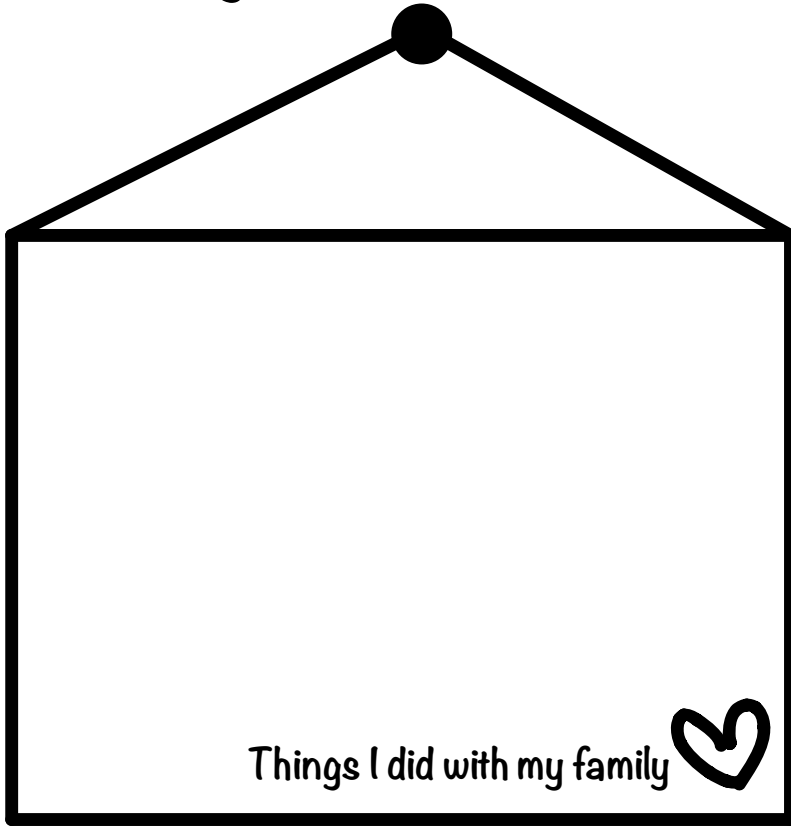
What I missed:


How I made things better:

MY FAVOURITE ACTIVITIES

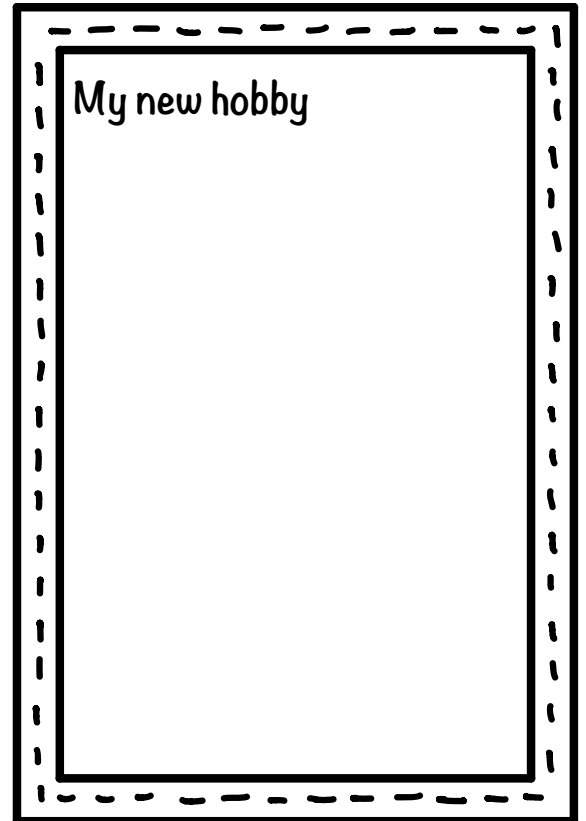
at home

Draw in your activities



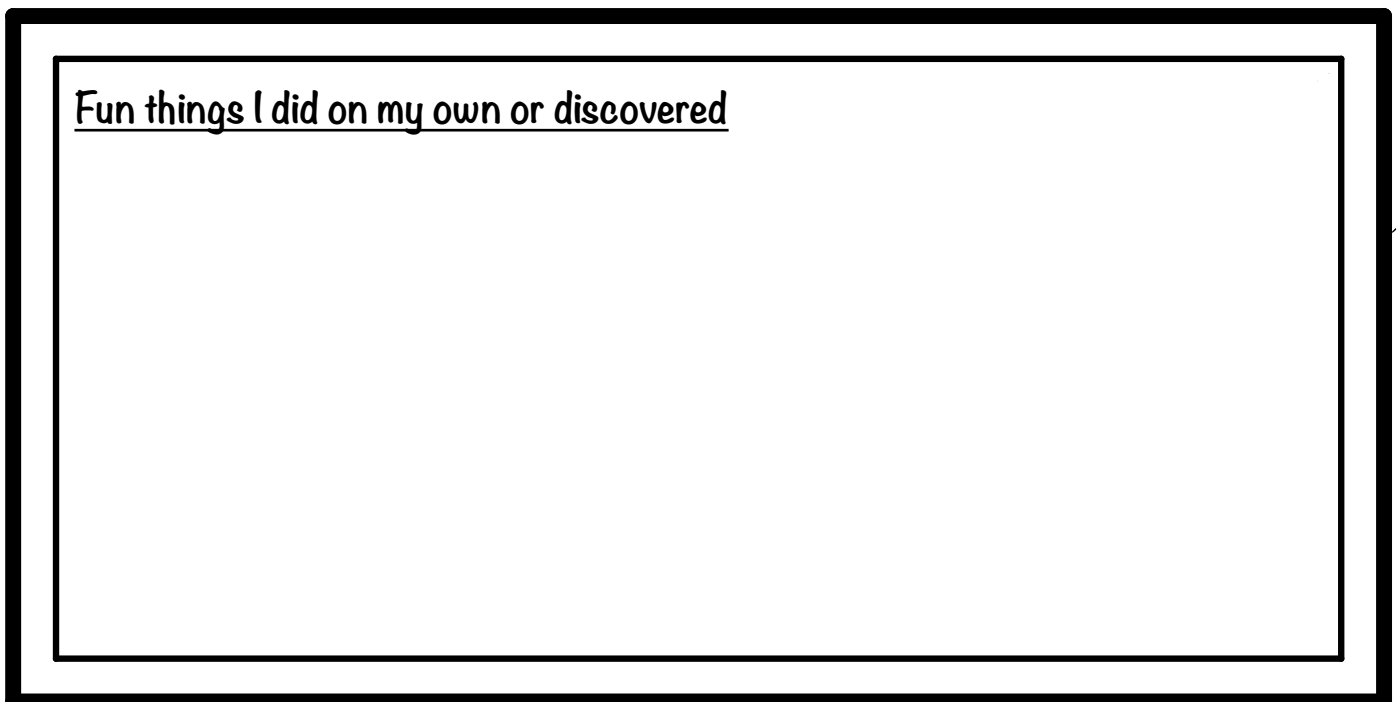
Things I did with my family 

A large rectangular box with a triangular roof on top, resembling a house. A solid black dot is at the peak of the roof. The text 'Things I did with my family' is written in the bottom right corner, followed by a simple line-art heart icon.



My new hobby

A rectangular box with a dashed border. The text 'My new hobby' is written in the top left corner.



Fun things I did on my own or discovered

A large rectangular box with a thick border. The text 'Fun things I did on my own or discovered' is written in the top left corner and is underlined.

COMMON WORDS

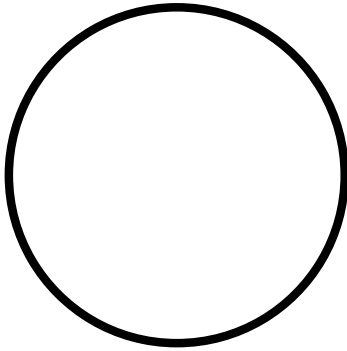
I HEARD

C	O	N	T	A	G	I	O	U	S	H	R	V	U	A	E
S	C	M	X	P	S	W	B	C	A	Z	G	F	Y	I	P
Z	O	J	K	Q	U	A	R	A	N	T	I	N	E	E	D
T	V	W	C	A	D	B	O	F	I	S	T	M	X	G	H
H	I	P	L	N	E	A	Z	G	T	P	U	O	D	I	M
Y	D	A	W	A	S	H	T	H	I	O	S	C	P	E	D
G	Q	H	R	Y	T	A	E	P	S	D	I	O	N	M	S
I	B	E	X	C	A	P	O	F	E	V	E	R	Z	D	T
E	K	U	Z	P	X	H	A	S	R	C	G	O	Q	E	A
N	D	I	S	T	A	N	C	I	N	G	A	N	W	S	Y
E	Y	G	B	Q	K	S	Z	P	O	M	C	A	X	T	H
R	H	T	A	S	C	I	J	S	U	E	N	V	N	P	O
Y	C	O	U	G	H	L	A	O	H	A	P	I	O	L	M
I	M	A	O	S	B	D	M	A	S	K	E	R	E	J	E
P	J	I	R	W	L	K	Z	P	P	E	A	U	M	L	I
C	H	E	A	L	T	H	Y	M	A	C	T	S	X	M	O

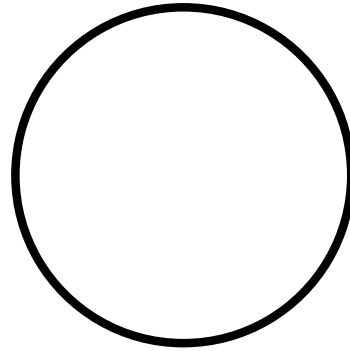
covid contagious cough fever mask
 healthy sanitiser stayhome distancing
 quarantine HBL (home-based learning) soap
 wash coronavirus

MY HAPPINESS CHART

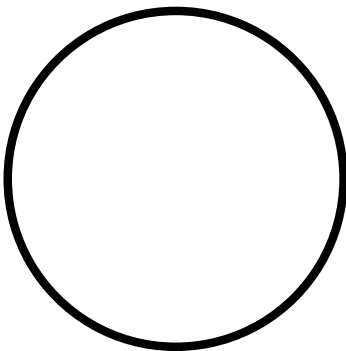
Draw in your emotions in the circles



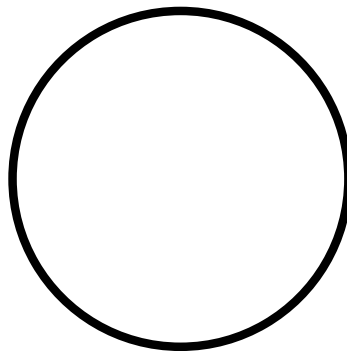
MONDAY



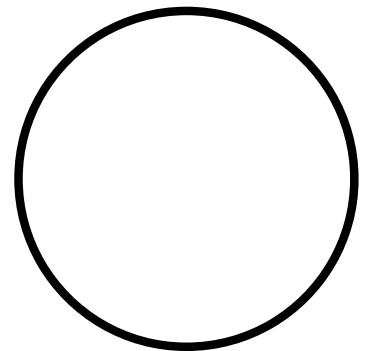
TUESDAY



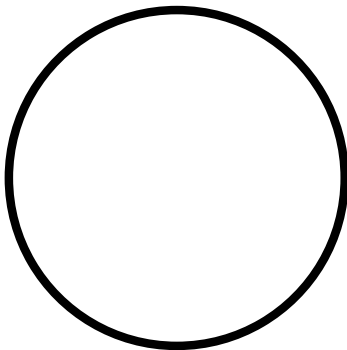
WEDNESDAY



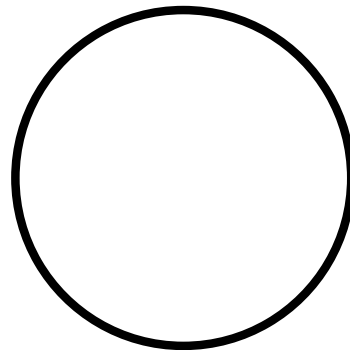
THURSDAY



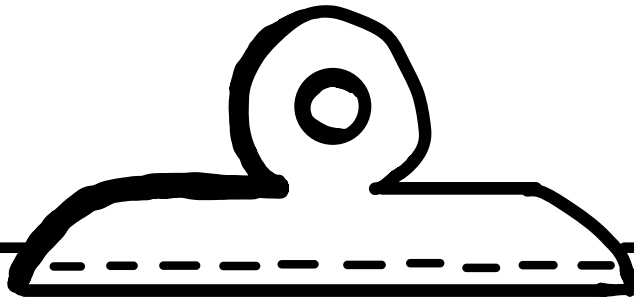
FRIDAY



SATURDAY



SUNDAY

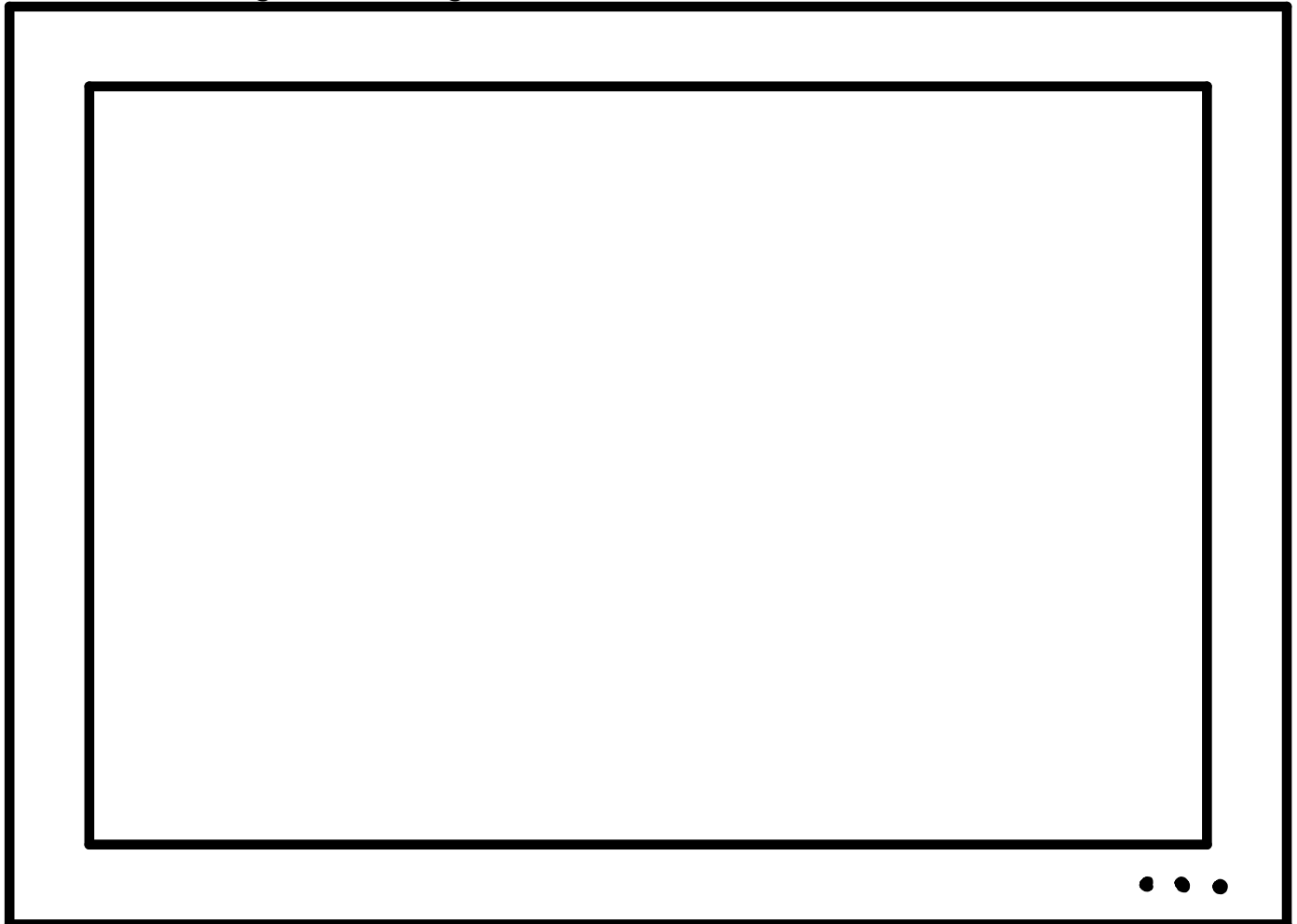


A letter to my 30 year old self about this special time in history...

Dear _____,

MY FAVOURITE ~~VIRTUAL GATHERING~~

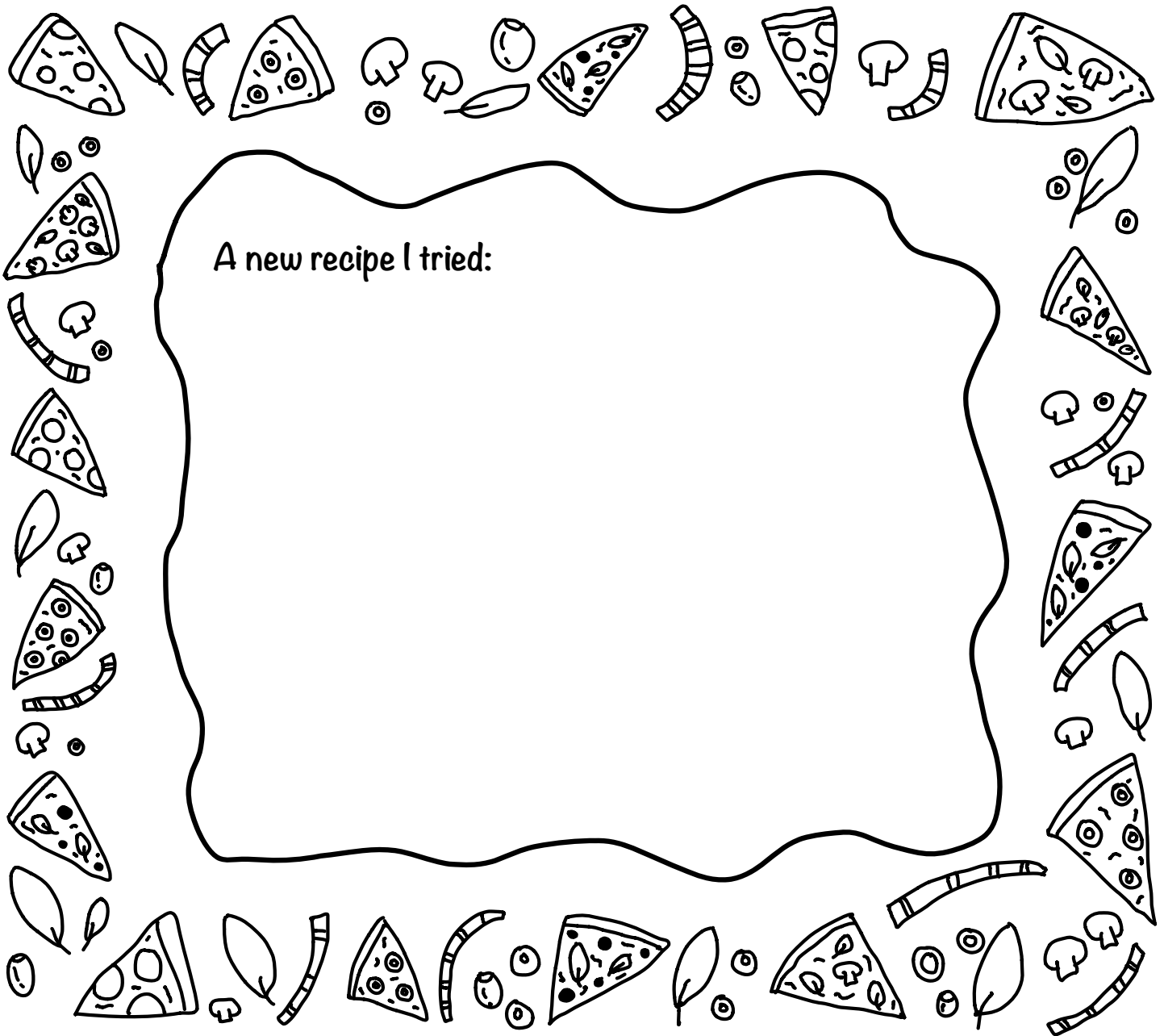
Draw out what you saw on your screen



Software I used:

What I enjoyed most about it:





Try this chocolate chip cookie recipe!

Ingredients

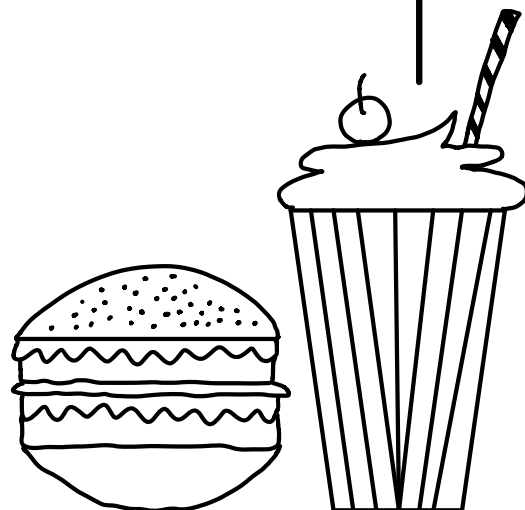
- 2 large bananas
- 1 3/4 cup of quick oats
- 1/2 cup of chocolate chips

Steps



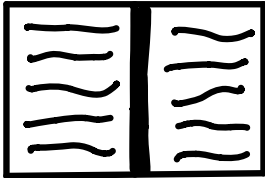
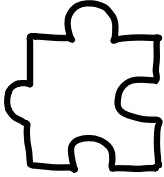

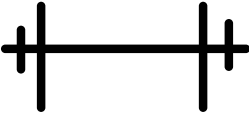

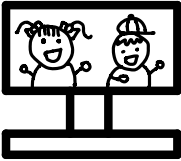
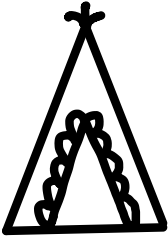


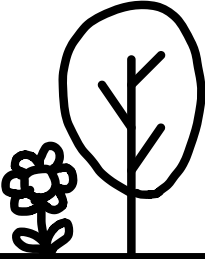



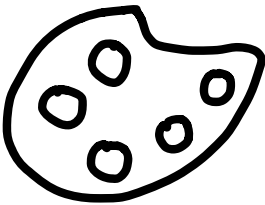
1. Preheat the oven to 180 degrees celcius
2. Mash the bananas in a bowl and mix the oats and chocolate chips in
3. Scoop them out onto a baking sheet and bake for 15-20 minutes until golden brown. Enjoy!

Store them in an air tight container for up to 2 days!

Draw in your favourite foods!

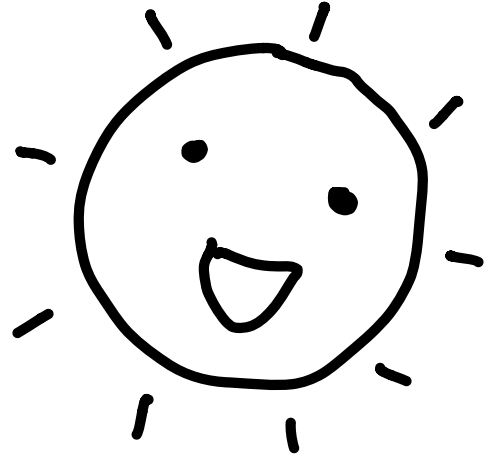


bingo

<p>baked at home</p> 	<p>spent quality time with my family</p> 	<p>read a book</p> 	<p>solved a puzzle</p> 
<p>played board games or card games with my family</p> 	<p>did a workout at home</p> 	<p>tidied up my room</p> 	<p>video called a friend</p> 
<p>built a fort</p> 	<p>ordered food delivery</p> 	<p>had a family movie night</p> 	<p>went out for a walk</p> 
<p>learnt something new</p> 	<p>made someone's day</p> 	<p>attended an online class</p> 	<p>did arts and craft</p> 

LIFE AFTER CIRCUIT BREAKER

The first thing I would do:



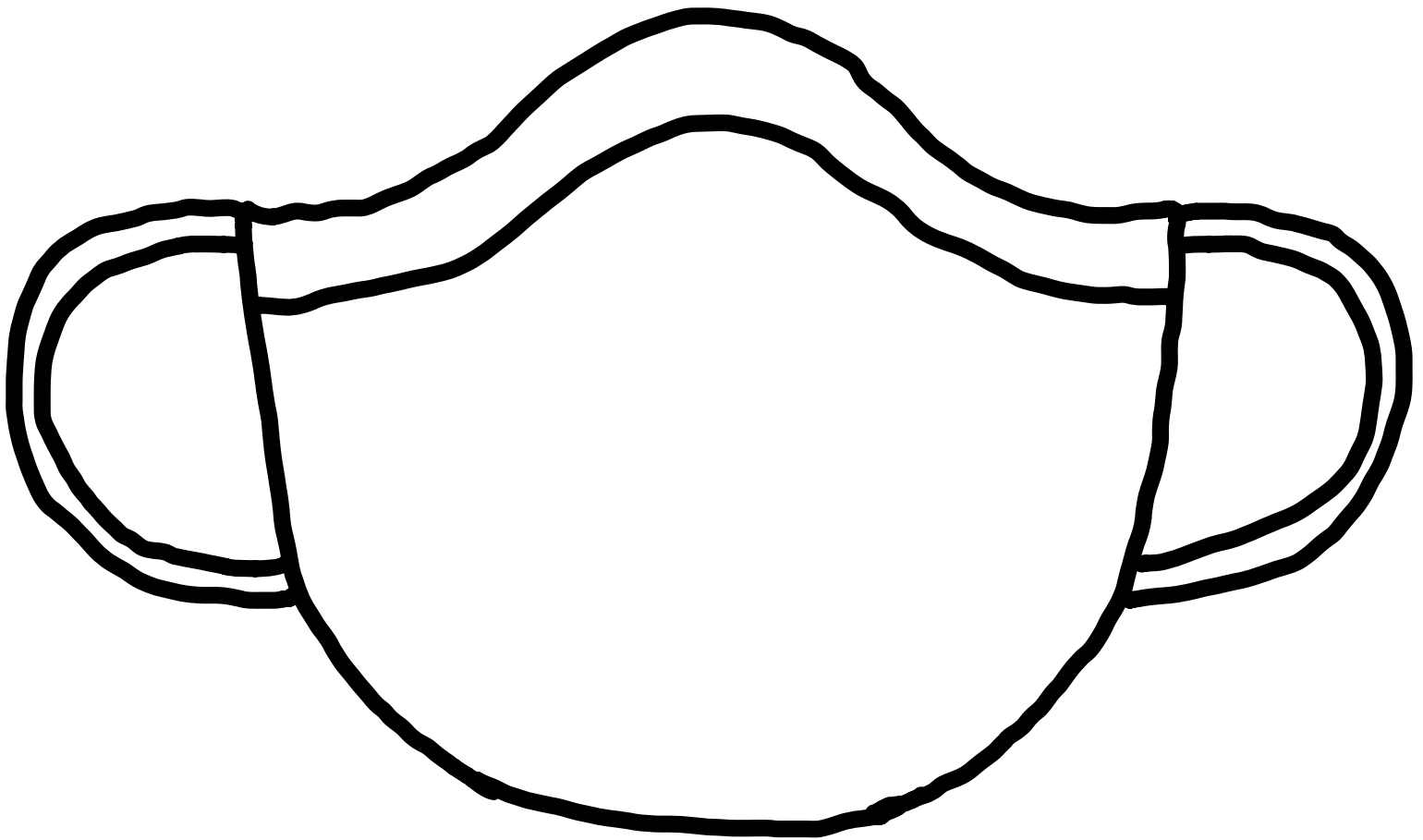
What I hope life will be like:

What I would continue to do:



Design A mask ♡

**Design a mask in appreciation of our
frontline heroes!**





Certificate of Completion

This acknowledges that

(your name)

**has successfully stayed safe during the circuit breaker
period from**

(start date)

to

(end date)



(signed by your parent)



www.heartymums.com

**For more parent-child resources please join our Facebook Group
"COVID 19 Support for Working Mums"
<https://www.facebook.com/groups/heartyworkingmums/>**

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