WHAT I AM DOING TO KEEP BUSY AT HOME:

You're not stuck at home, you're safe at home!
ALL ABOUT ME

draw your selfie

I AM YEARS OLD

I STAND INCHES TALL

I WEIGH POUNDS
OUR HANDPRINTS

Print the hands of all the people living in your home!
Dear,


Love,
INTERVIEW YOUR PARENTS

DAYS SPENT INSIDE

HOW ARE YOU FEELING?


YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. __________________________

2. __________________________

3. __________________________

GOAL AFTER THIS:

WHAT ACTIVITIES HAVE YOU ENJOYED DOING MOST?

WHAT ARE YOU MOST THANKFUL FOR?
YOU ARE LIVING THROUGH HISTORY

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. YOU CAN ALSO INCLUDE:

- Photos from this time
- A journal of your days
- Any artwork you created
- Newspaper clippings
- Family/pet pictures
- Special memories

DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH
Is your family prepared?

Being home is a good time to talk about family safety plans and make sure you are prepared for any emergency.

Work with your parents on checking off this list:

- Checked that all smoke and carbon monoxide detectors are working
- Updated family emergency plans, including fire and earthquake exit plans
- Located at least one working flashlight, or replaced batteries, as needed
- Updated emergency contact and medical forms
- Checked earthquake kit and updated, if needed

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