



# My Journal

My feelings about  
COVID-19

Name: \_\_\_\_\_

Includes:

- \* Journal writing
- \* Journal drawing
- \* Resources for parents

Discovering ways to  
overcome my worries

# How did you feel when you first heard about COVID-19?

Circle all of your feelings



**Positive**

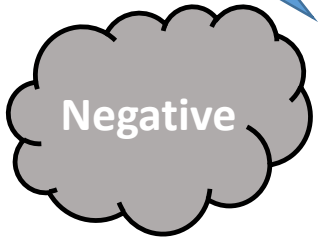
Excited

Okay

Happy

Calm

It did not bother me



**Negative**

Depressed

Alone

Worried

Frustrated

Sad

Confused

Nervous

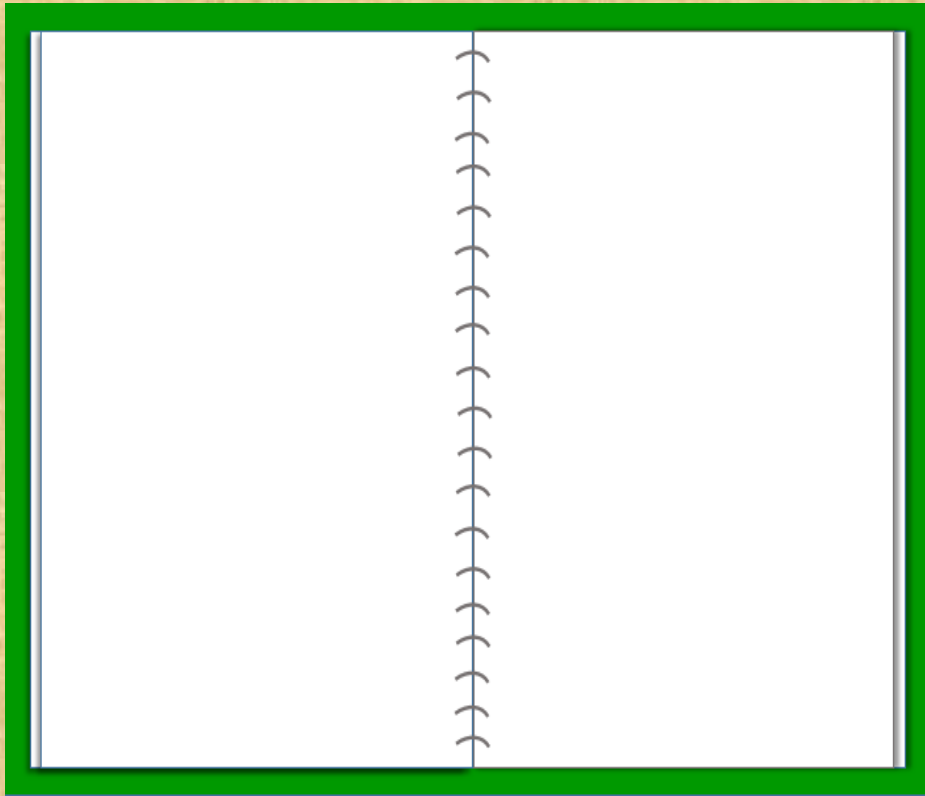
It bothered me a lot

How did you feel when you found out that school would be closed? Explain why

**\*Use some of your feeling words\***



**Draw out your feelings**



# Now that you are out of school, how are you feeling?

\*Circle all of your feelings



Stress-free

Happy

Okay

Excited

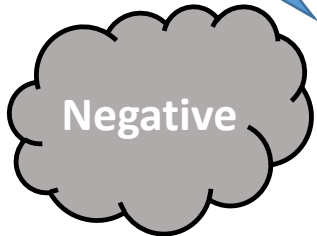
Relieved

Calm

Good

Loved

It does not bother me



Depressed

Frustrated

Stressed

Confused

Worried

Scared

Sad

Down

Tired

Alone

# Some other feelings would be?

\*Explain any new feelings.

A blank, lined notebook page with a spiral binding in the center and two vertical red margin lines on either side. The page is white with horizontal grey lines and is set against a green background.

**Draw out those feelings**

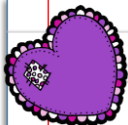


**What do you miss the most about school? Explain.**





Who do you miss the most? Why?



## What can you do when you feel those negative feelings?

\*Think of 3 positive things that would help you during the time of Covid-19\*

1.

2.

3.

A spiral-bound notebook page with horizontal lines and a central binding. The page is divided into three sections by red vertical lines, labeled 1, 2, and 3 on the left side. The page is otherwise blank, with no text or drawings.

## For Parents:

### Resources

Coping With Stress  
During Infectious  
Disease Outbreaks,  
<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Information is rapidly changing about this new virus—to have the most correct information stay informed by accessing <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

# Credits

Graphics by: <https://www.teacherspayteachers.com/Store/Oh-So-CuteOfIaherty>



## Terms of Use

Thanks for your download!

YES! You may use these images for your free OR commercial products...BUT, please read the following terms:

-You **MUST** credit me by putting my name as the source of the clip art and provide a link back to my TpT store:

Clip Art by Rebekah Brock

<http://www.teacherspayteachers.com/Store/Rebekah-Brock>

-Secure the images in PDF's (or a similar format) to prevent others from using these images for free

-You cannot re-sell the clip art as is-- the images must be part of your overall design

I hope you enjoy using my clip art as much as I have enjoyed making it for you. Be sure to become a follower so you'll never miss what's new in my store!

