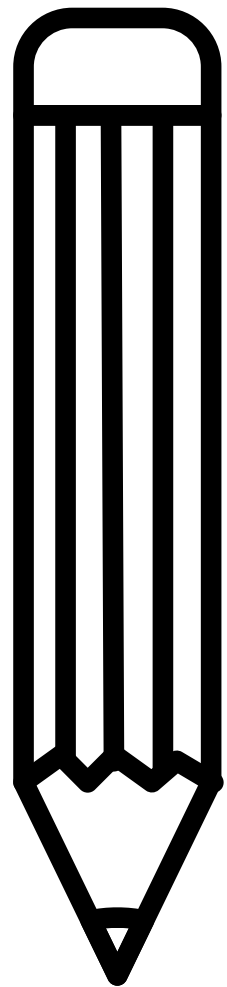


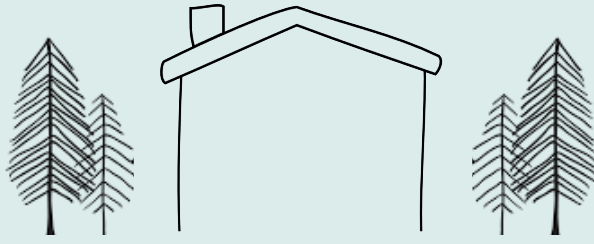


MY
COVID 19
JOURNAL

BY TREHAUS SCHOOL



THIS BOOKLET BELONGS TO:



a note to parents:

Dear Parents,

**We are staying home. We are staying safe.
And let's continue to stay calm, curious and grateful.**

In the next few days, weeks and month, we will need to adjust to a new normal - working from home and having our children learning at home. Our Trehaus School team has put together a package to engage little minds and we are all ready to embrace this as a community together. We're also suggesting a simple to remember strategy, for the calmness and contentment we will need to fill our homes.

Learn together

"Try to learn something about everything and everything about something."

– Thomas H. Huxley

Don't try to teach your child, learn together with him or her. There's much to discover together! Fuel your curiosities and inspire each other each day.

Look after yourself

It's easy to get caught up in the busyness and forget to look after yourself. And self-care is important so you can take care of others too. Rest. Take a walk, go for a jog on your own (observing social distancing, of course!) to get some headspace. Meditate, sleep a little longer, make nutritious meals... do the little things to show care for yourself. Enjoy the little pleasures in life - a warm bath, a book, a kiss and cuddle.

Let go

In this time of uncertainty, fears and anxieties can easily creep up and consume us. Pray. Encourage yourself. Remember that some things are beyond our control and worrying does not help. Look around and appreciate the blessings in your life, and give thanks.

Listen

Your child may be scared and anxious too. This is the most important time to practice active listening. You may be surprised by what is going on in your little one's mind. Show empathy and help them learn how to have empathy too. Ask them how they feel and help them identify and label their feelings. Let them know you are listening and are there for them. Let them know they are loved.

Love others

This is a difficult time for everyone. For every struggle we have there is someone who is more in need than ourselves. Can we look beyond ourselves to show love to others? Talk through ideas to give back to those in need with your little ones, and act upon them together to nurture that love for others.



TO START, WE'VE PREPARED THIS JOURNAL THAT YOU CAN HELP YOUR LITTLE ONE FILL OUT, AND MAY WE LOOK BACK AT THESE CRAZY TIMES WITH THE MINDFULNESS THAT NO MATTER THE SITUATION, THERE ARE THINGS TO BE GRATEFUL FOR.



WHO IS AT HOME WITH ME?



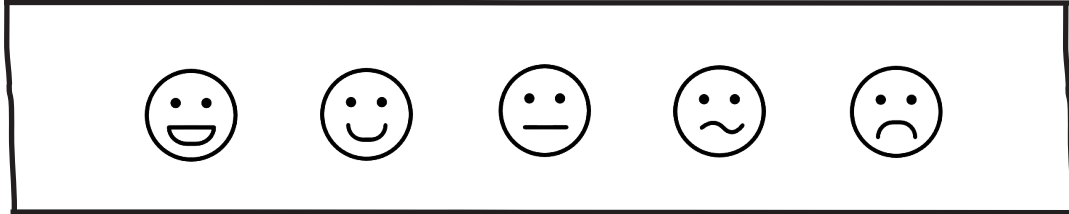
**MAKE A HANDPRINT (IN DIFFERENT COLOURS)
OF ALL THE PEOPLE AT HOME WITH YOU!**

A large, empty rectangular box with a black border, occupying the central portion of the page. It is intended for children to draw handprints and write names.

**WRITE THEIR NAMES (OR MUMMY OR DADDY TO
HELP YOU WRITE IT) BESIDE EACH HANDPRINT**

HOW I'M FEELING

I AM FEELING :



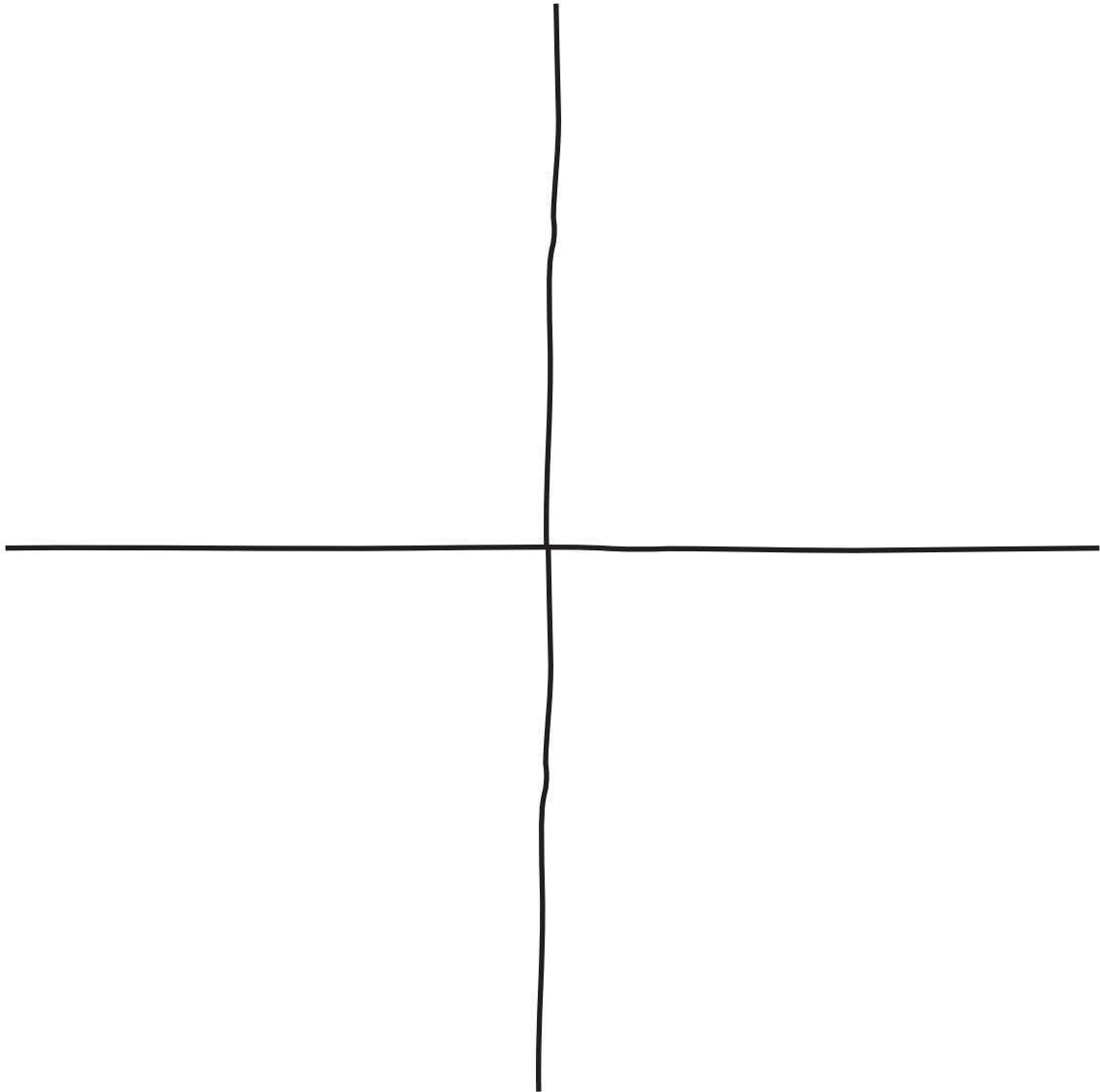
**WORDS TO DESCRIBE HOW I FEEL
(ASK MUMMY OR DADDY TO HELP YOU WITH THIS!):**

A PICTURE TO DESCRIBE WHY I AM FEELING THIS WAY:

A large, empty rectangular box with a hand-drawn border, intended for a child to draw a picture explaining their feelings.

WHAT I AM DOING WHILE
KEEPING SAFE AT HOME

I'M KEEPING BUSY DOING:



CIRCLE THE ACTIVITY YOU LIKE BEST!

THINGS THAT MAKE ME HAPPY WHILE I'M HOME

MY FAVOURITES:

I LOVE EATING:

MY FAVOURITE ACTIVITY AT HOME IS:

I LOVE SPENDING TIME WITH

AT HOME.

I LOVE PLAYING WITH:

THIS WEEK, MUMMY AND DADDY LET ME

AS A SPECIAL TREAT!

I LOVE THE PEOPLE AT HOME WITH ME.

I LOVE MUMMY BECAUSE

I LOVE DADDY BECAUSE

I LOVE

BECAUSE

I LOVE

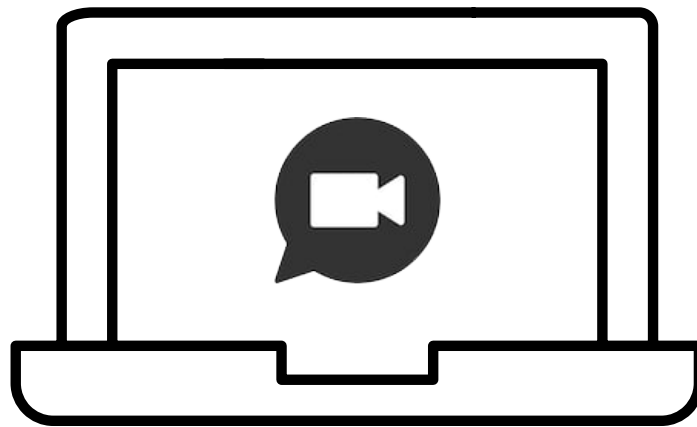
BECAUSE

I LOVE

BECAUSE

LET'S VIDEO CALL!

ASK YOUR PARENTS TO HELP YOU SET UP A VIDEOCONFERENCE WITH SOMEONE YOU LOVE! IT MAY BE YOUR GRANDPARENTS, COUSIN OR FRIEND.



FOR TREHAUS SCHOOL CHILDREN, WE WILL ALSO ORGANISE A ZOOM CALL WITH TEACHERS, TO PRACTICE USING THE APPLICATION BEFORE OUR HOME-BASED LEARNING LESSONS START ON MONDAY.

VIDEO CONFERENCE LOG

I HAD A VIDEO CONFERENCE WITH

WE TALKED ABOUT

IT MADE ME FEEL



ASK MUMMY AND DADDY TO TALK TO YOU ABOUT WHO IS AFFECTED BY COVID-19. IS THERE ANYONE YOU CAN HELP?

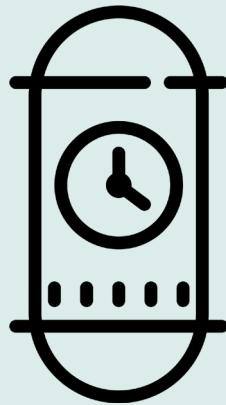
SOMEONE I CAN HELP:

HERE'S HOW I CAN HELP:

A large, empty rectangular box with a thick black border, intended for a child to draw or write their response to the question above.

let's put together a

TIME CAPSULE!



STEP 1: Get a box made of metal.

STEP 2: Fill it with things that are special to you or will remind you of today (eg: photographs, a newspaper cutting, an artwork you created, a toy, a letter to your future self).

STEP 3: Close the box and wrap well with plastic and tape to keep it water-tight!

STEP 4: When it is covid19-safe, find a good place to bury your time capsule.

STEP 5: Come back many years later to open it!

