

# My COVID-19 Journal

By: \_\_\_\_\_

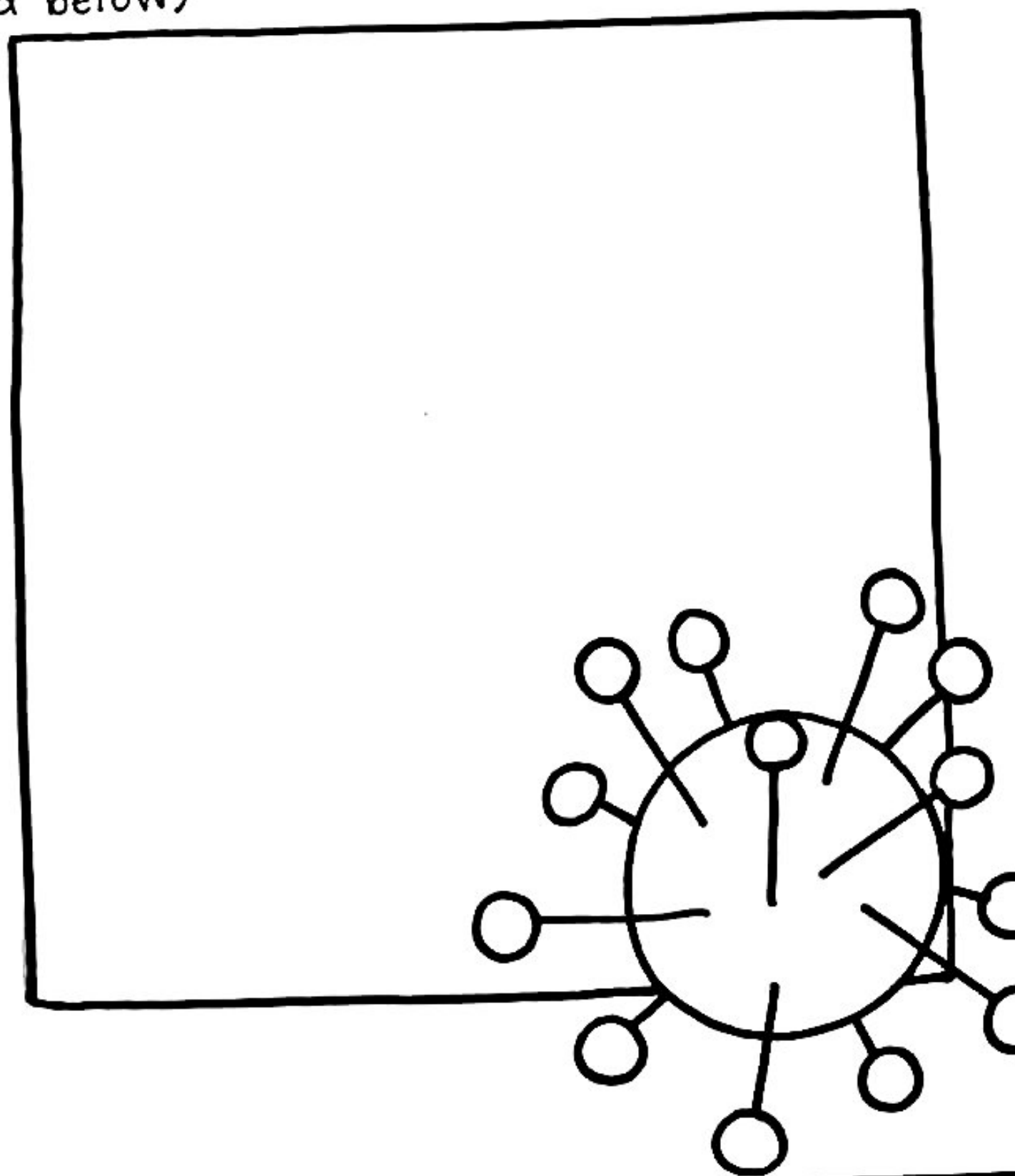
Dealing with feelings during the pandemic



Made by: Liz Pearson (M.S., c.A.S. in School counseling)

# When I think about the virus, I feel...

(Draw or write in the area below)



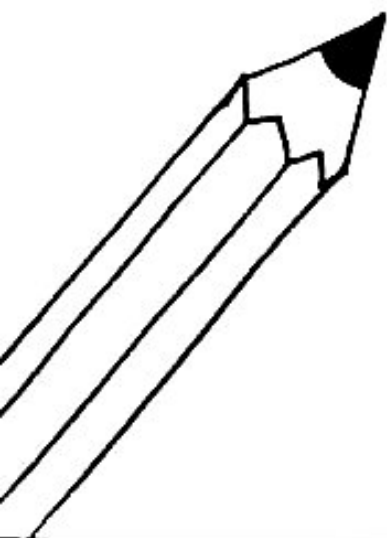
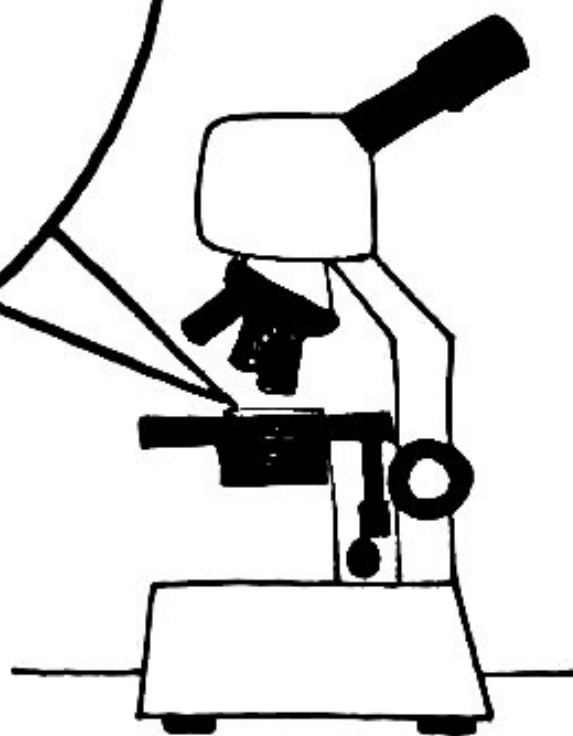
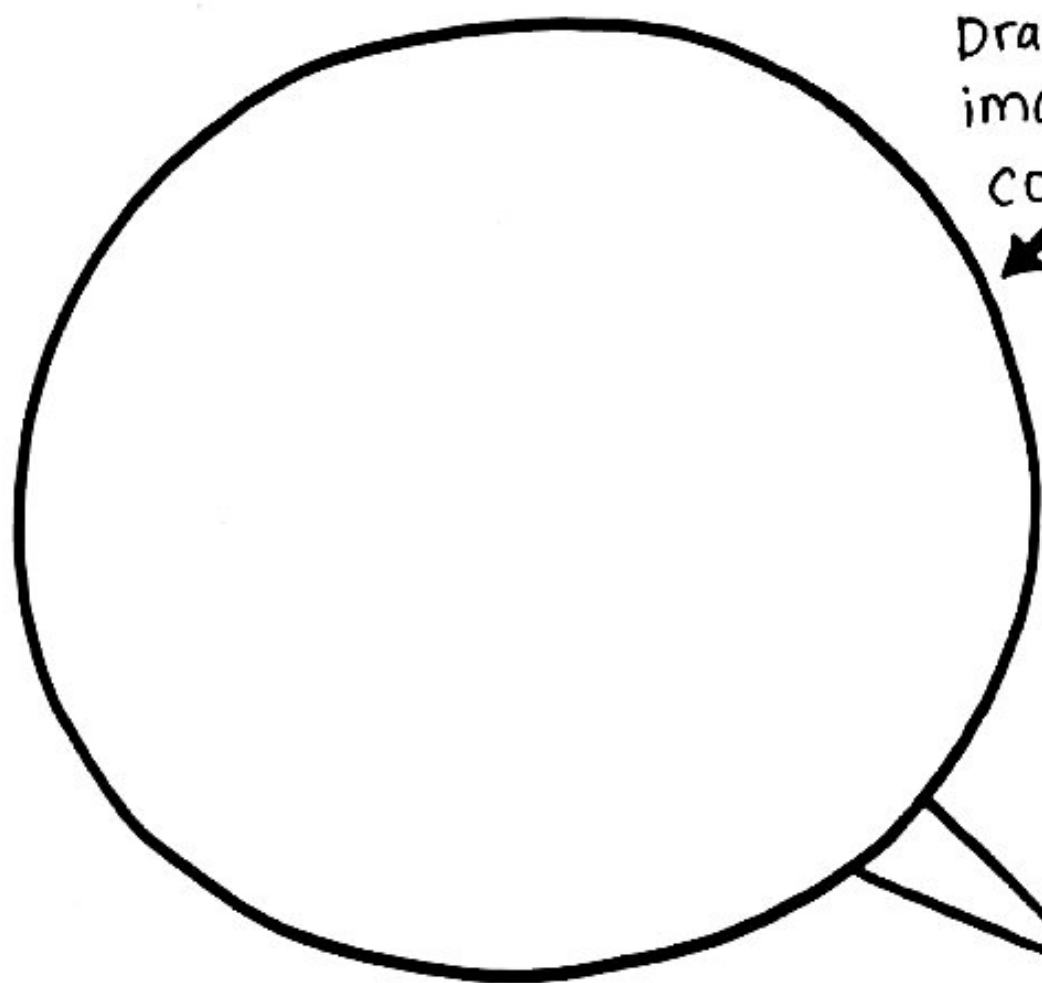
If I could  
design a  
face mask...

(Design your own protective  
mask!)



# What I imagine the virus looks like...

Draw what you  
imagine the  
COVID-19 virus  
looks!



The pandemic  
makes me feel  
**MAD!**

Draw or  
write about  
what makes  
you mad



The pandemic  
makes me feel

**SAD**...

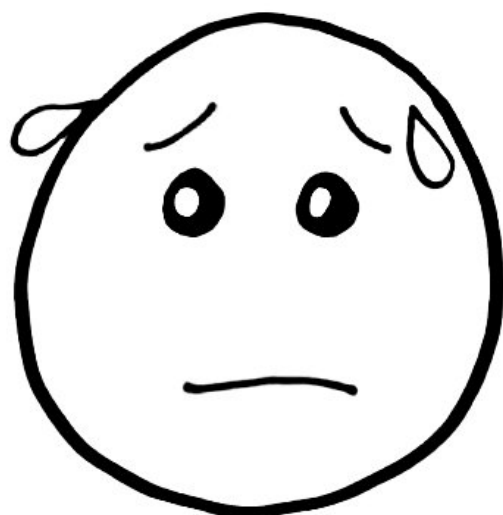
Draw or  
write about  
what makes  
you sad ↴



The pandemic  
makes me feel

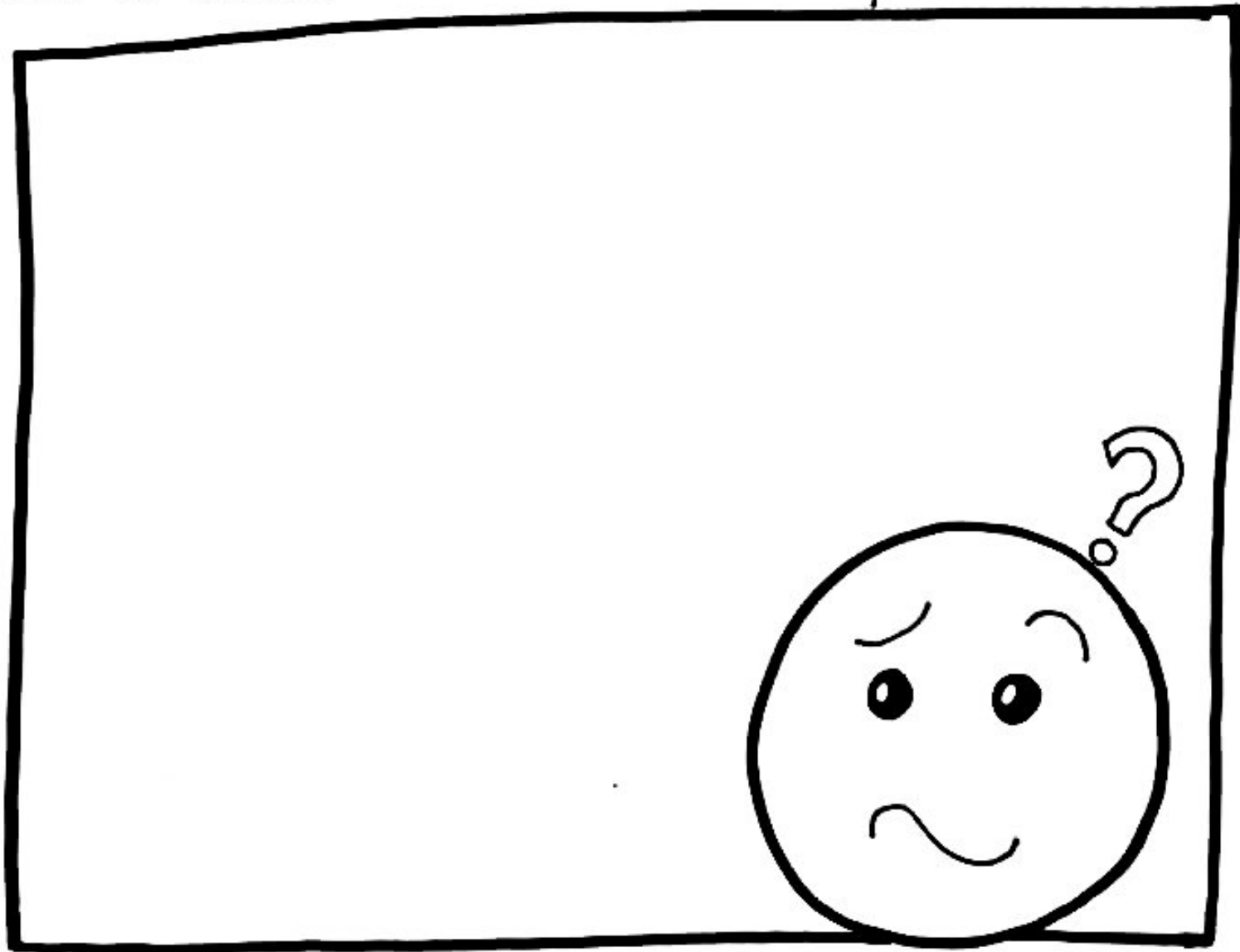
**SCARED!**

Draw or write about what makes you scared?



The pandemic  
makes me feel  
**CONFUSED...**

Draw or write about what makes you confused?

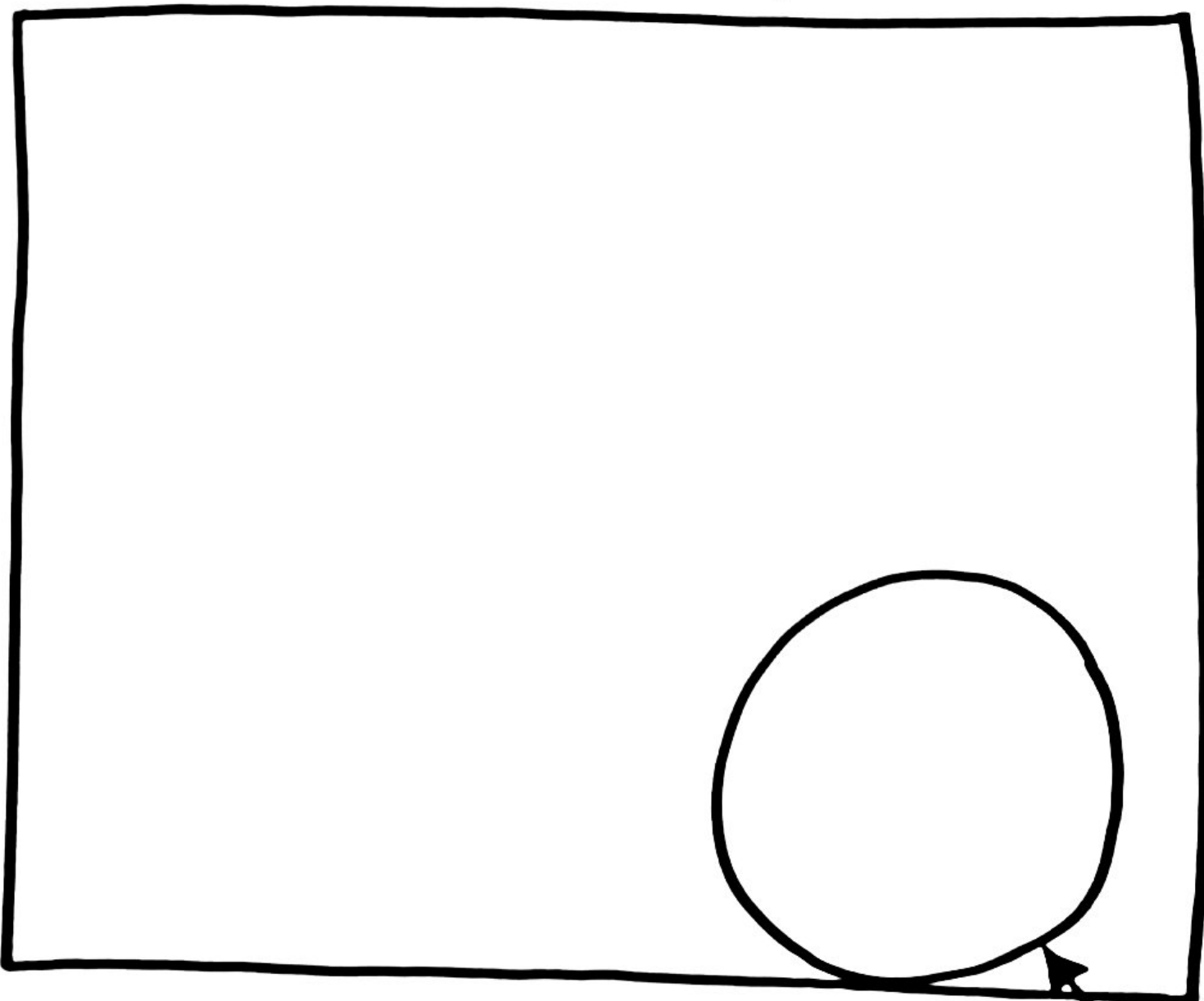


The pandemic makes me feel

You fill it in!

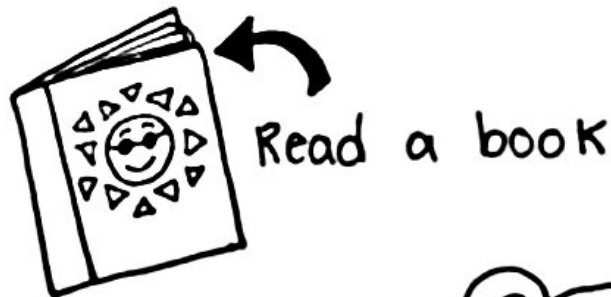
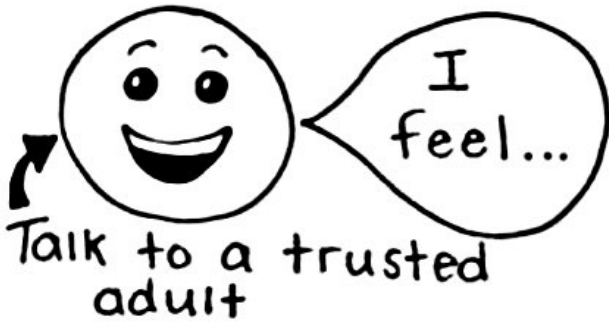


Draw or write about whatever you feel!



You draw the face!

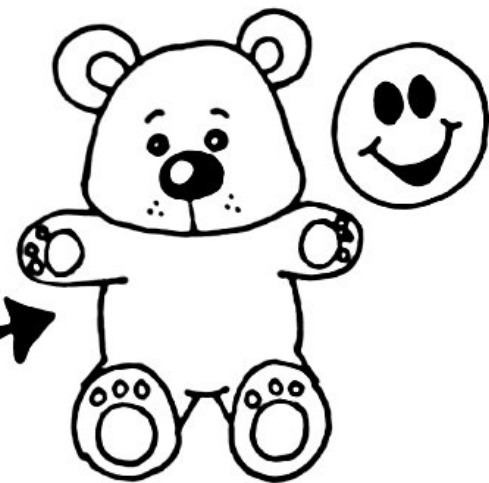
# When I feel mad, Sad, or Scared I Can...



Exercise



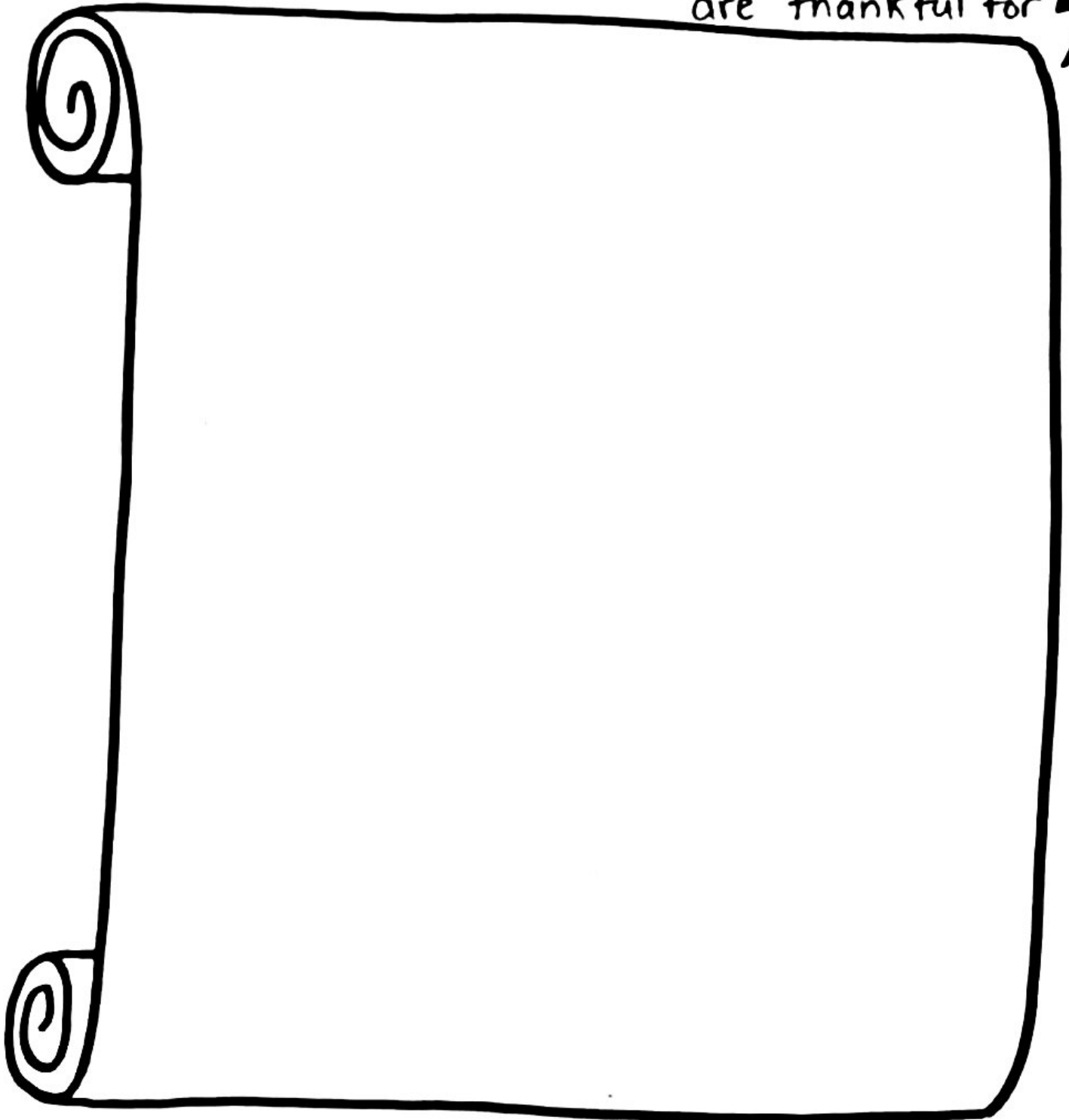
Squeeze a stress ball or a stuffed animal



(Color and decorate this page 😊)

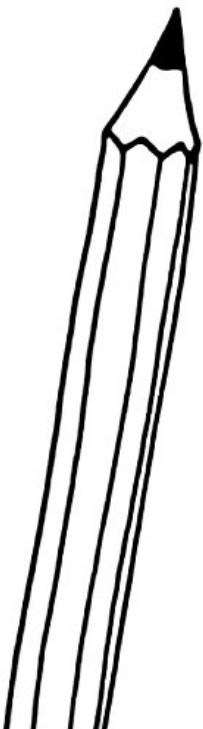
What I'm most  
thankful for right  
now...

Draw or write what you  
are thankful for

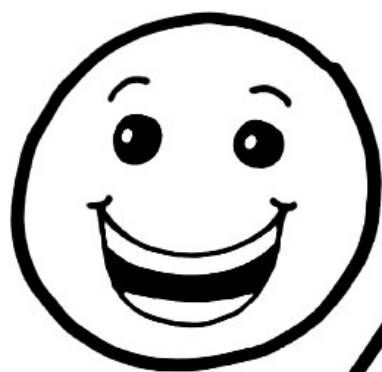


# Ways I can help...

Draw or write ways you can be a helper during this time



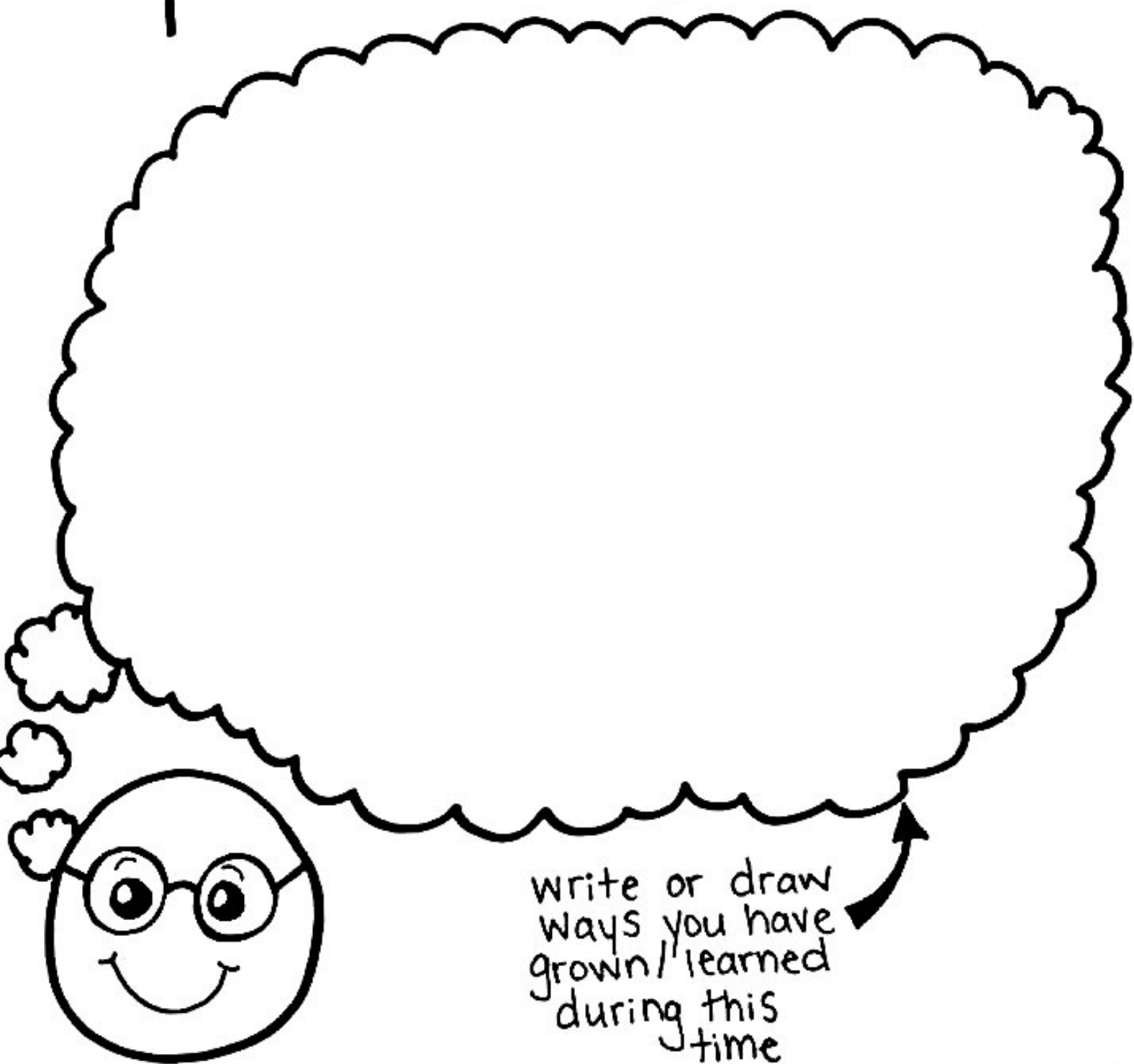
# Things that make me feel **HAPPY**



Draw or write  
about what makes  
you feel happy-  
you can look at this  
page when you  
feel sad



What I'm learning  
during the  
pandemic...



Write or draw  
ways you have  
grown/learned  
during this  
time

(You can color and decorate  
this page 😊)

I am

brave

and

Strong!

# Final thoughts...

(You can write or draw anything else you want to add on this page 😊)

