

2021

(Draw yourself here!!)

Time

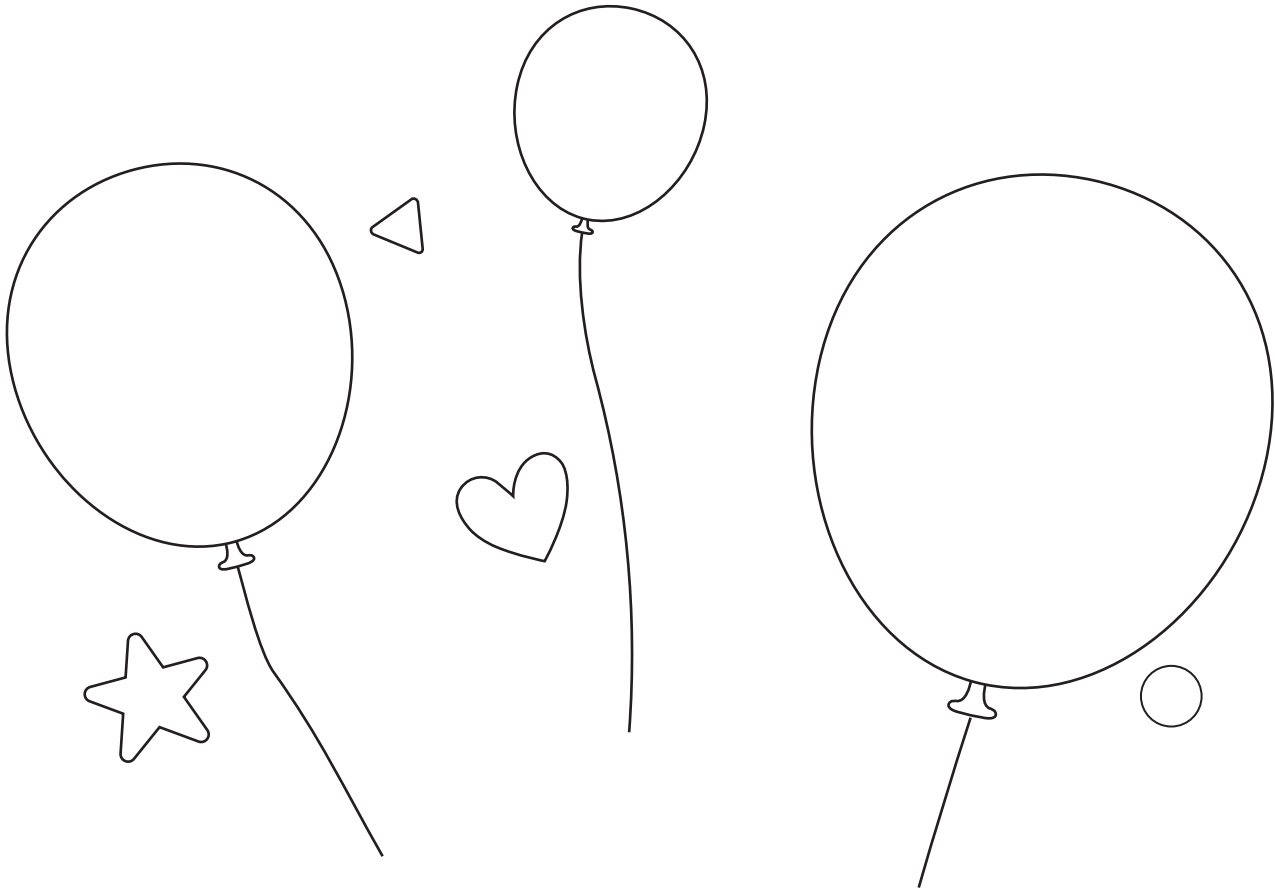
Capsule

The word "Time" is written in a large, outlined font. To its right is an alarm clock with sound waves. Below "Time" is the word "Capsule" in a similar large, outlined font. The area is decorated with stars, triangles, and a heart.

Name

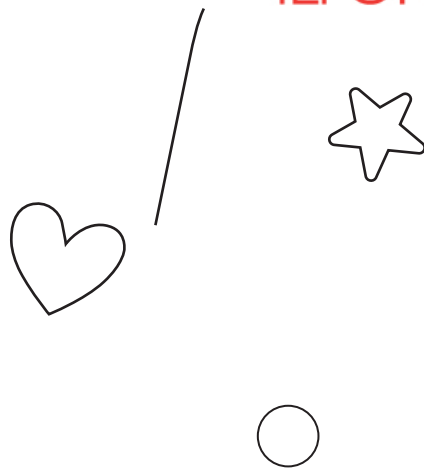
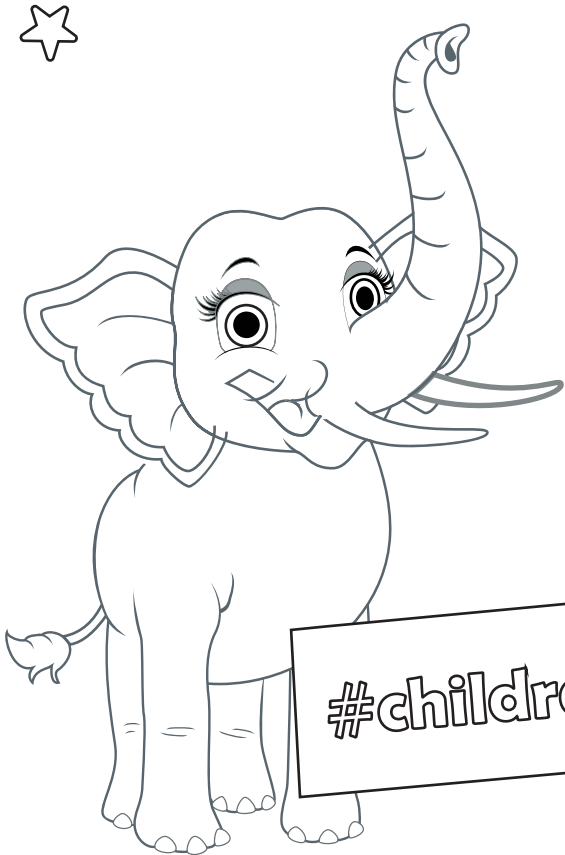
Age

Today's Date



# EXCHANGE

ILFORD



#childrensmentalhealthweek

@exchangeilford

# About Me

What's your daily routine

Morning

Afternoon

Evening

My height

My shoe size

My favourite things...

Now

Movie: \_\_\_\_\_

Book: \_\_\_\_\_

Colour: \_\_\_\_\_

Animal: \_\_\_\_\_

Food: \_\_\_\_\_

Fill this part out in one year's time and see if things have changed

In 2022

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

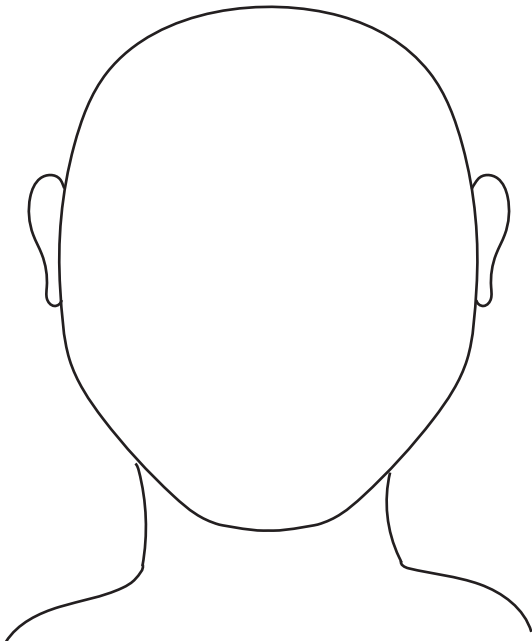
\_\_\_\_\_

\_\_\_\_\_

# How I'm feeling



Draw how your face looks



Describe how you feel

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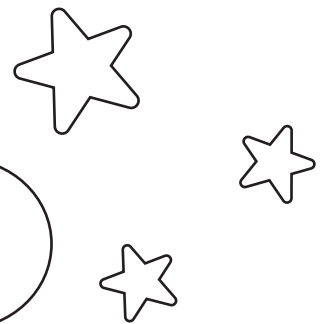
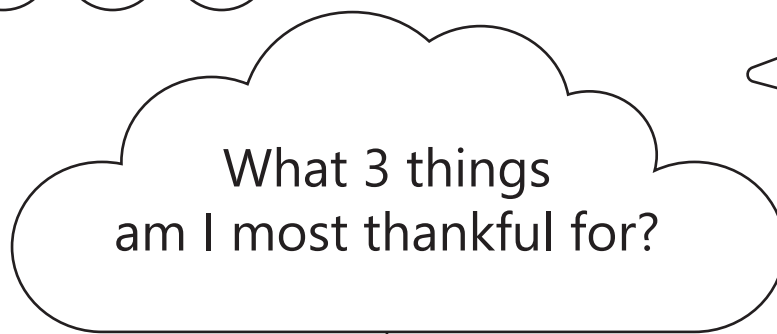
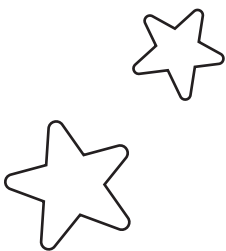
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What makes you happy?

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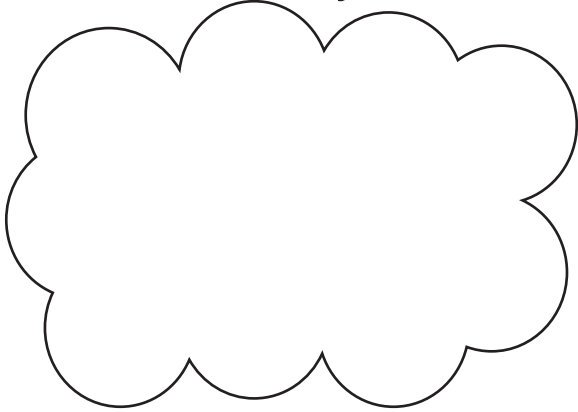


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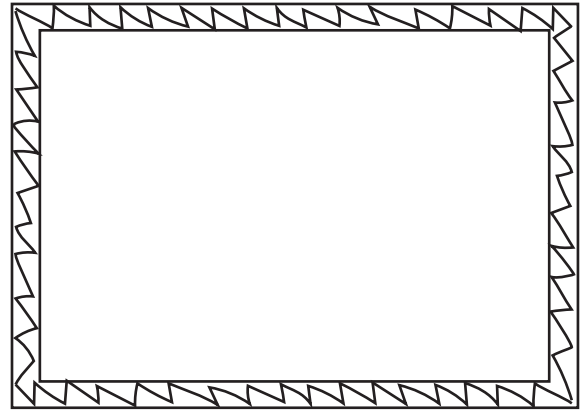
Share what you are thankful for @exchangeilford

# Interview

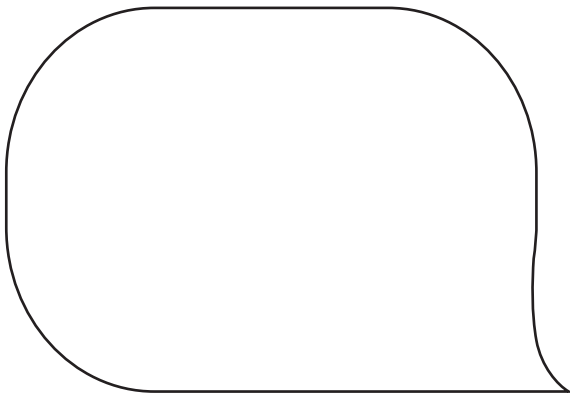
What does COVID-19 mean to you?



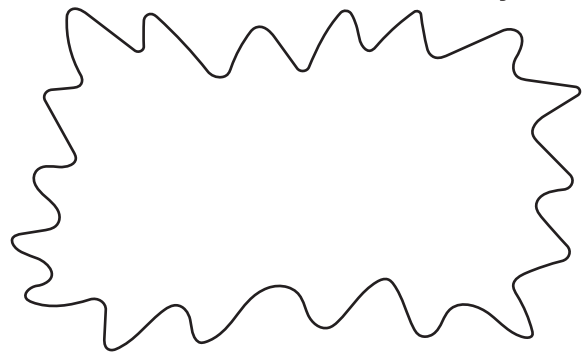
What do you miss?



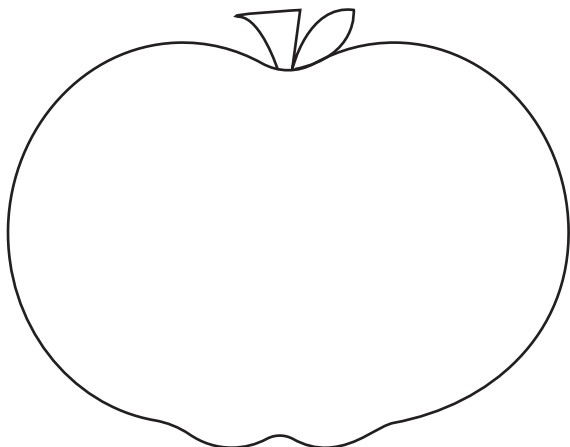
What has been the biggest change?



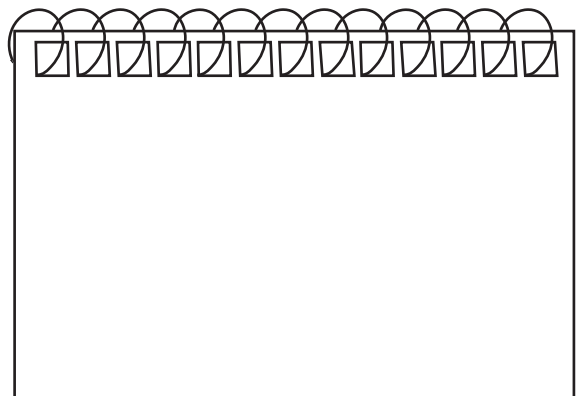
What's my biggest challenge I have faced recently?



How do you feel about being home schooled?

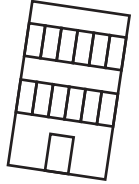


What will you remember about this time?

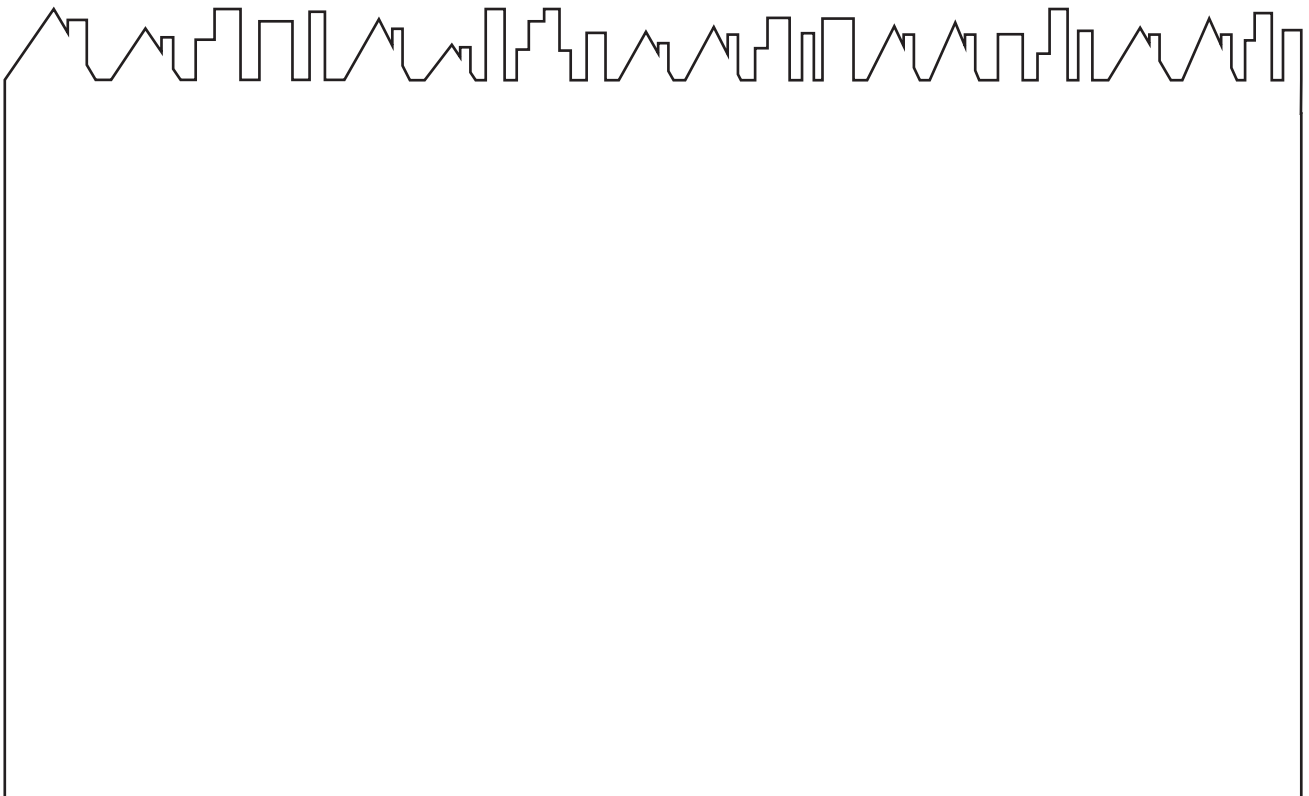


# My Community

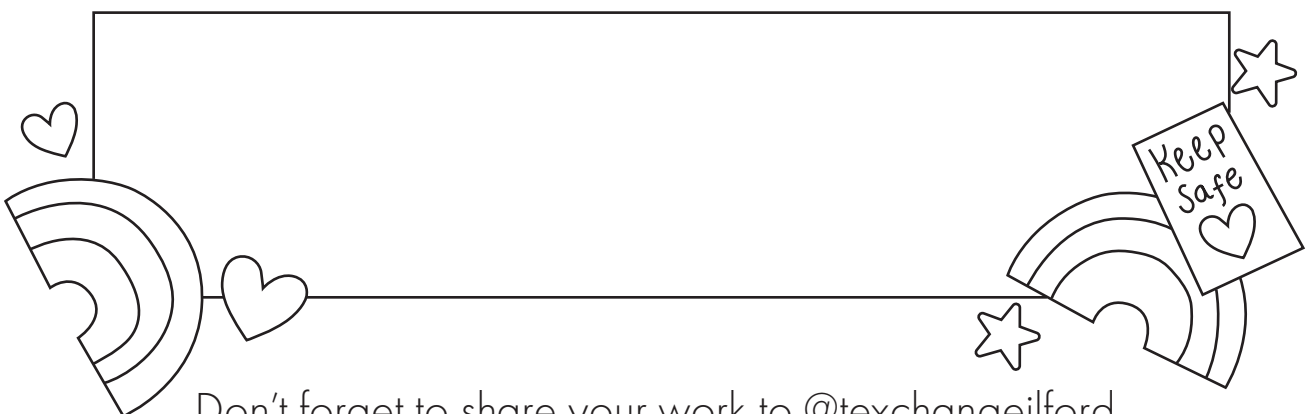
Where are you currently living?



Draw a picture of your home.



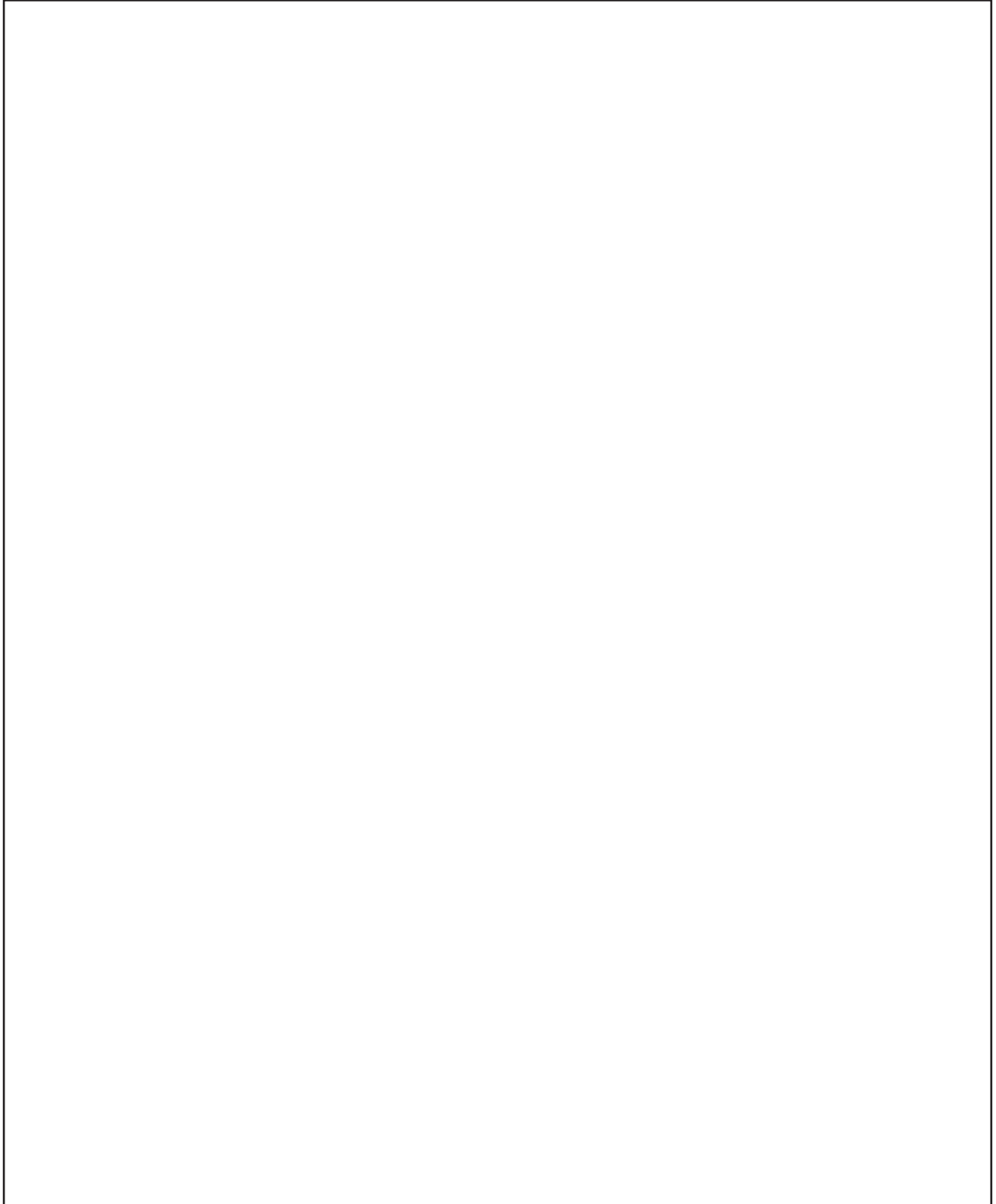
What things are you doing to help feel connected to your community? Leaving rainbows in windows? Leaving nice messages for your neighbours to read?



Don't forget to share your work to @texchangeilford

When the world stayed apart,  
we stayed together.

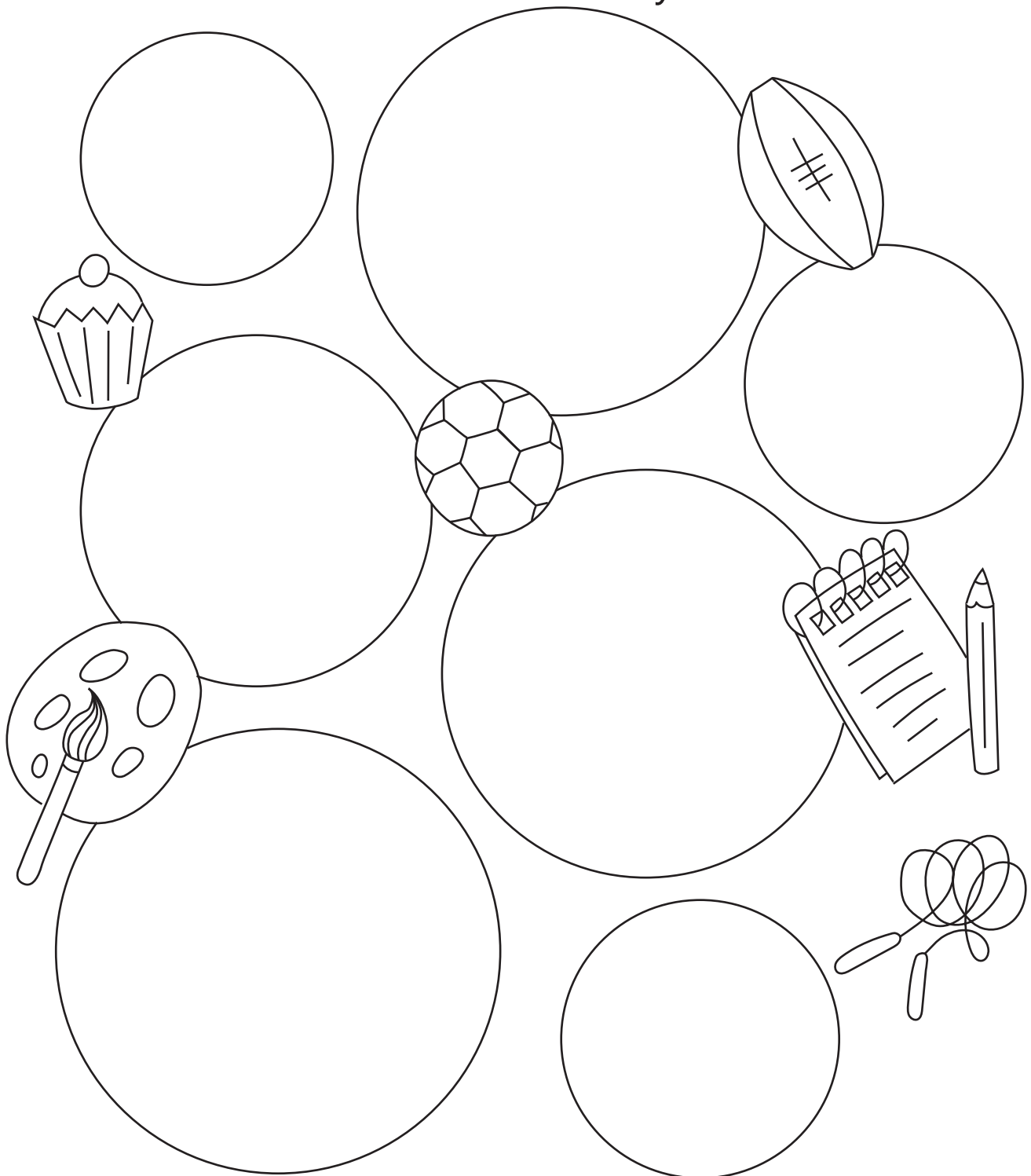
Draw a picture of your bubble.



Share the drawing of your bubble @exchangeilford

# What activities have I been doing at home to keep busy?

Use the bubbles below to write your activities in.



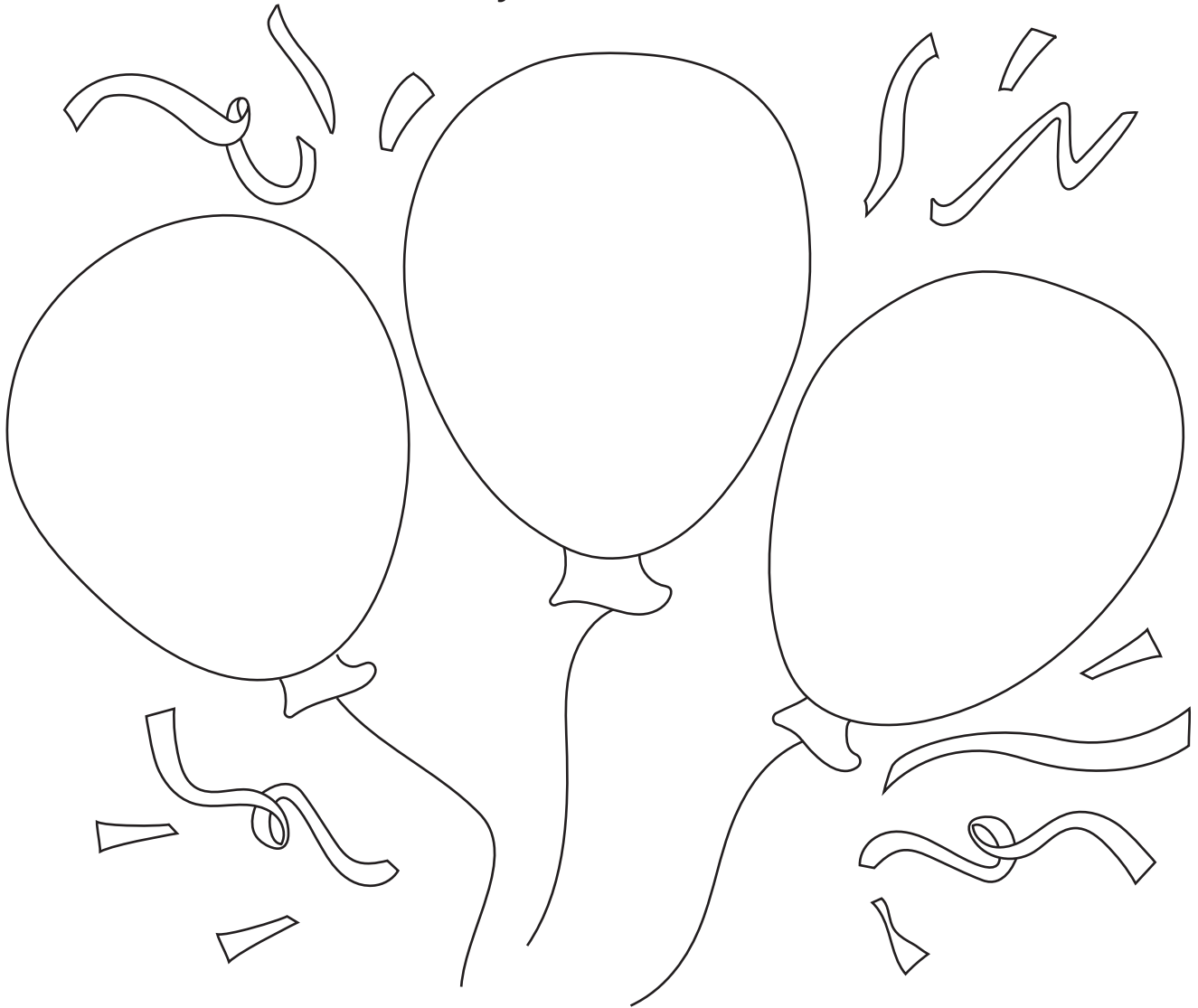
Don't forget to share your activities to @exchangeilford



# Special Occasions

**What occasions have I recently celebrated?**

Use the balloons to write the event, date and how you celebrated.



**What am I looking forward to the most when this is over?**

A large, empty rectangular box is centered on the page. At each of the four corners of the box, there is a small, five-pointed star. The stars are simple line drawings. This box is intended for the user to write their response to the question above.

Don't forget to share how you've been celebrating to @exchangeilford



# For your future self

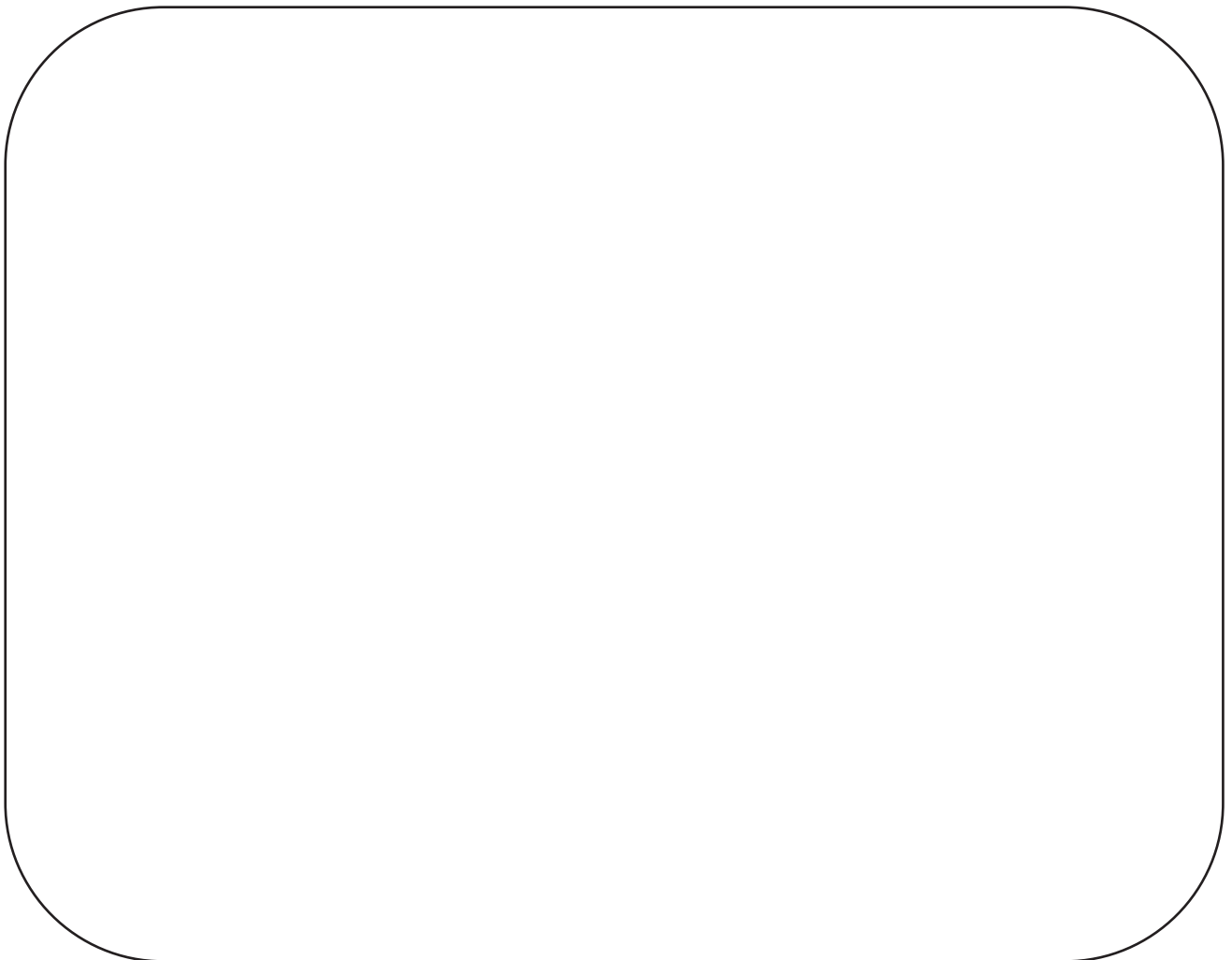
**Tickle your future self with a funny joke!**

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**Trick your future self with a maze.**



Make someone laugh today by sharing your joke on  
instagram @exchangeilford

# Interview someone from your bubble

Name:

Who are they to you?

Age

What has been the biggest change?

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What makes you happy?

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How are you finding home school?

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What are you most thankful for?

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How are you feeling?

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What are your future goals?

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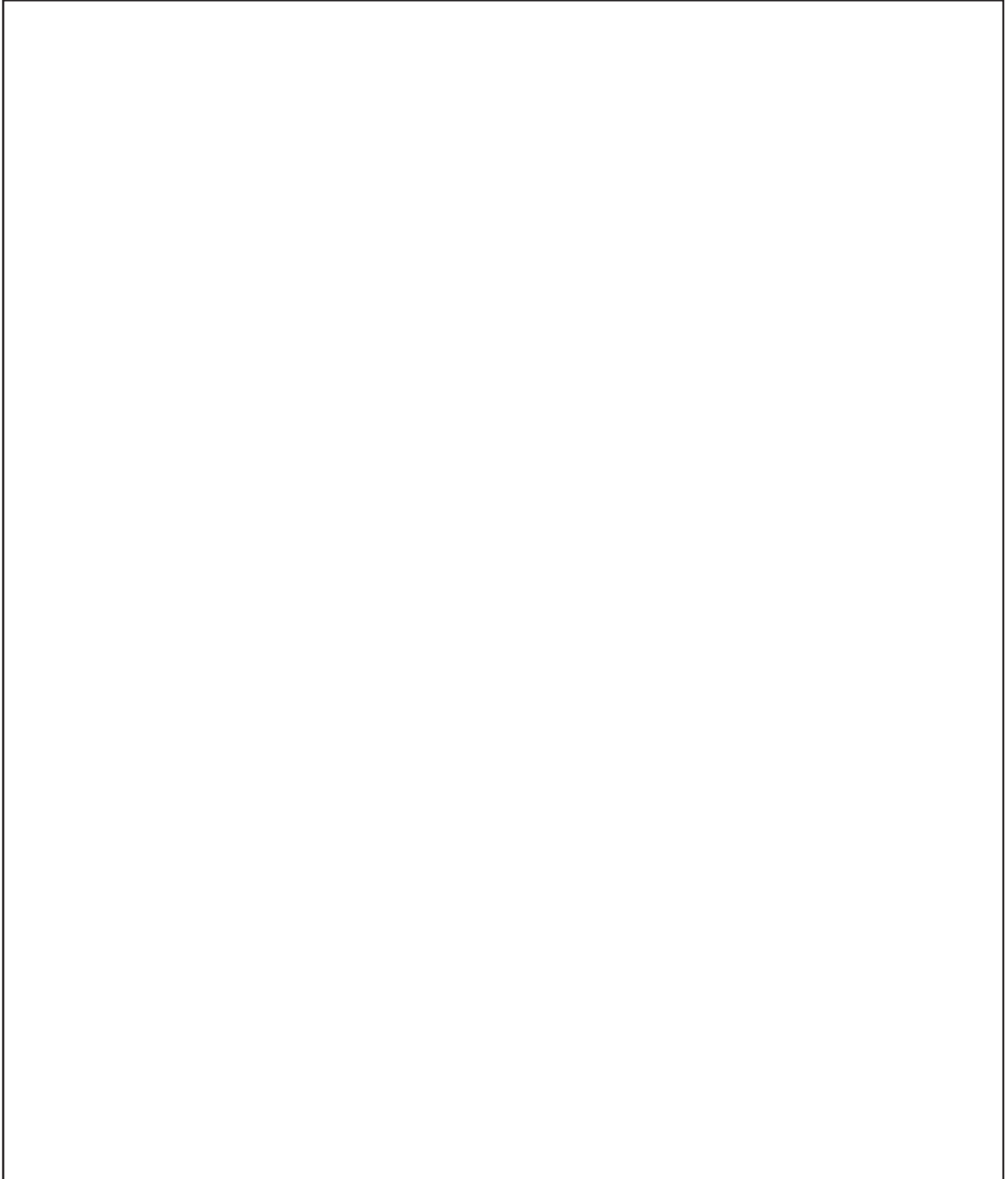
Don't forget to share your work to @exchangeilford



# Our hand prints

Draw around the hands of the people in your bubble  
and write their names on them.

(You might need more than one page!)

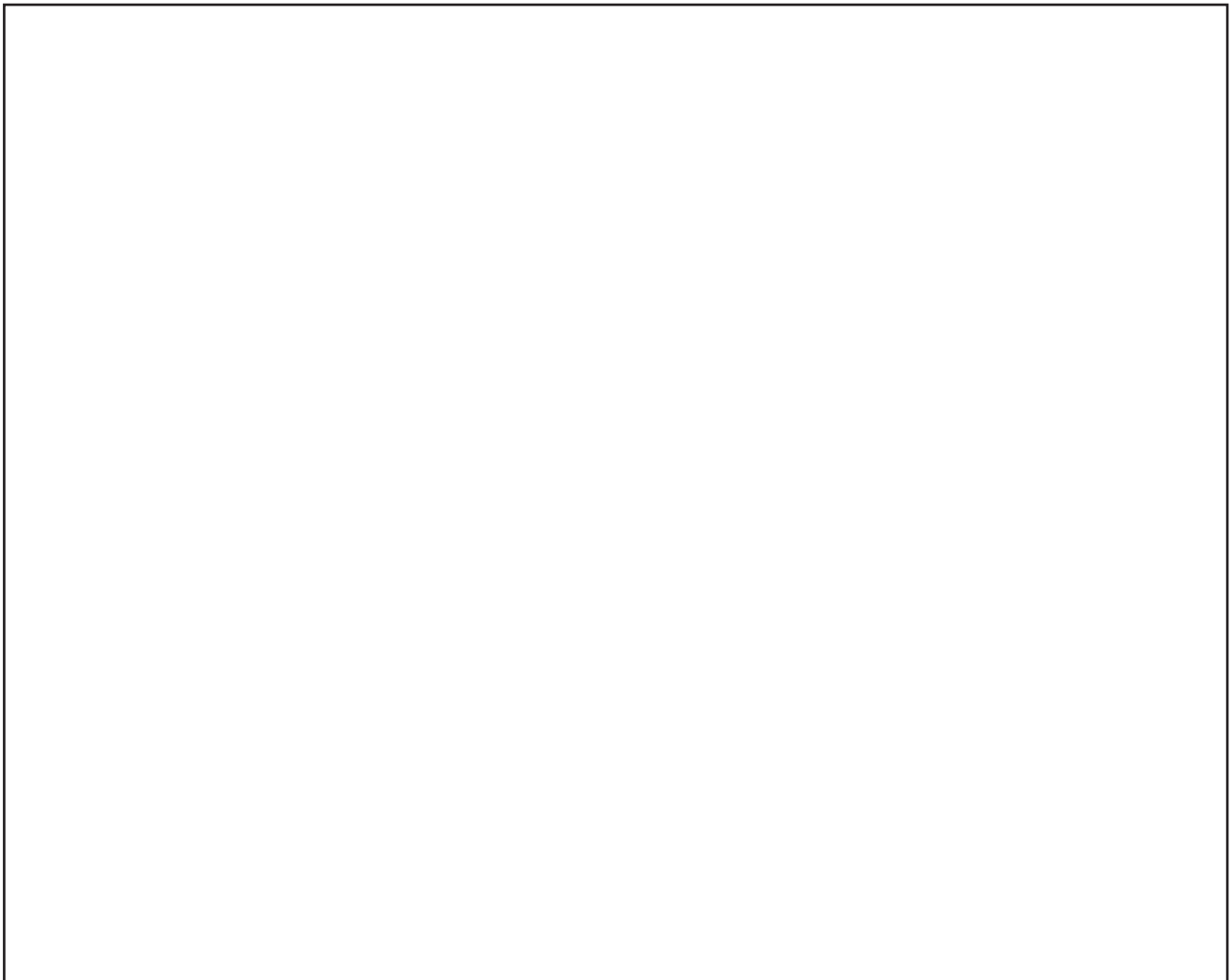


Share your artwork to @exchangeilford

# We are living through a moment in history!

Stick some pictures on this page to look back on in one years time!

- ☆ Pictures of you
- ☆ Any artwork you have done recently
- ☆ Newspaper or magazine clippings
- ☆ Pictures of your bubble/ family and pets at this time
- ☆ Special memories

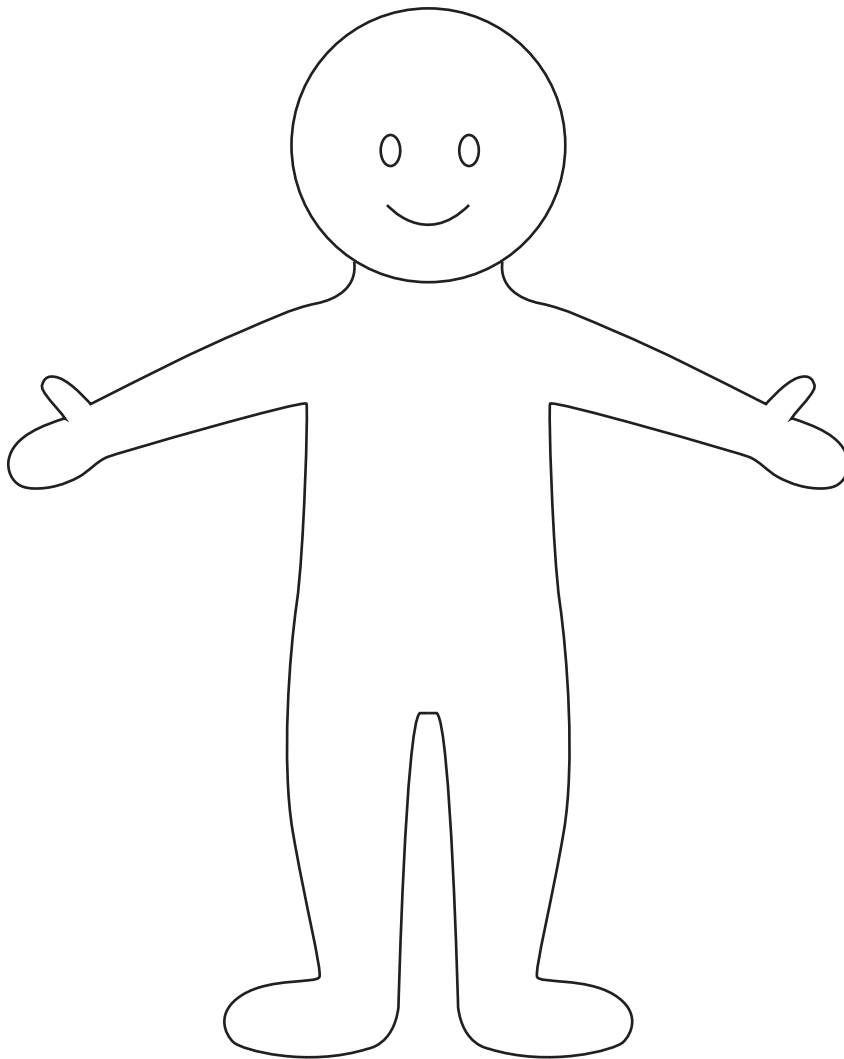


Don't forget to share your work to @exchangeilford

# Dress to express

Cut out the clothes on the next page and stick them onto this figure. Or draw your own!

Why not draw some hair on your figure?



Why not draw a background to match the occasion of your outfit?

Share your outfit to the @exchangeilford



# Dress to express

Colour the clothes and accessories on this page and stick them onto the figure on the previous page.

Or draw your own!

