

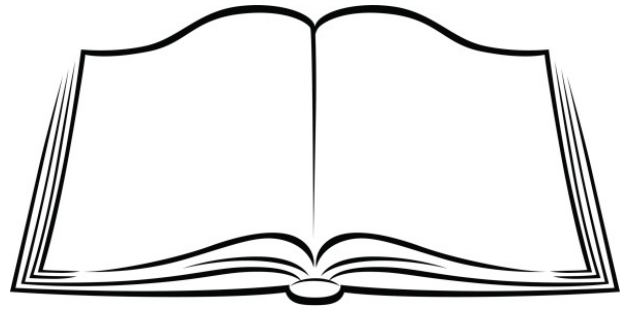
My Lockdown Journal



By:.....



What's in this book?



Activities to help you record your time in lockdown during the Covid-19 pandemic.

Why?

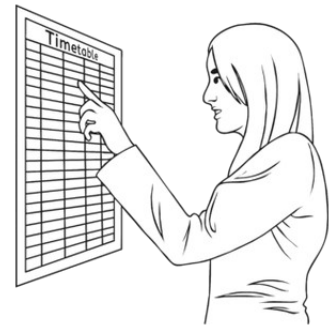
People might choose to fill in this book for different reasons. We are living through an important time in human history. This might feel exciting, or scary. It might feel boring. But it's definitely very different to normal! It will be interesting in the future to look back at people's journals and see all the things we did during this time.

Most of us will have been away from our schools, friends and some family members. If we fill in a journal, it helps us to remember and show them all the things we did while we were apart. If you show this to a teacher, it might even help them to get to know you better and learn about the things you like to do outside of school.

How do I fill it out?

It's completely up to you! You might want to pick sections you're interested in and just complete those. You might want to fill the whole book. You might want to fill it a bit at a time, or all in one. You can stick things in, add pages and colour it. There's sections for writing, but if you don't want to write, you don't have to—you could draw pictures, stick in photos, or use the topics on each page to make short video journals or vlogs. The back of each page is blank so that you can add any extra information you want onto it.

Routines and Changes



Lockdown has changed everyone's routines. We aren't doing the activities we normally do such as going to school, socialising with friends and family, or taking day trips to interesting places. Many people aren't working or are working from home. Some people—called 'essential workers' - are still working, but their jobs are very different now too. If you live with an essential worker, they may be more tired and stressed and may be working different hours. These things can affect the routines of everyone in the house too.

My routine before lockdown:

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My routine now:

What do I miss about my old routine?

What am I glad that I no longer have to do? What am I happy I now have time for?

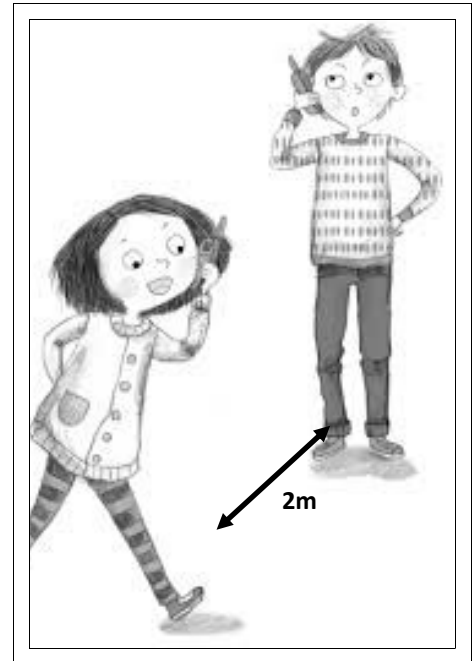
My new routine is...

Really bad, I hate it	Bad, I don't like it	Ok, I don't mind it	It's good, I like it	It's really good, I love it
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'Keeping In Touch': Communication During Lockdown

You may have heard the phrase 'keeping in touch' quite a lot recently. It means staying in contact with others, by writing, texting, phoning, emailing or video messaging them.

It can be hard to do this when we aren't allowed to visit each other and when we do not go to our normal places such as school or work. Some people can feel very lonely without visitors, especially if they are elderly or live alone, so it is nice to help them feel less alone by contacting them in one of these ways.



Keeping in touch with people we know let's them know that we are safe and well. It can be interesting to hear about the different things others are doing with their time during lockdown, too.

Who have you kept in touch with and how?

Maybe you could write a letter to a relative or make them a short video about something interesting. You could even try making a card or postcard with a photo or drawing on to send to them.

Make a list here of people you have 'kept in touch' with. You can add people you would like to 'keep in touch' with but haven't too:

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Special Occasions



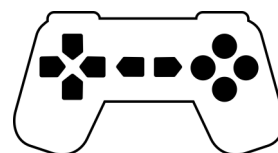
Even though we are in lockdown, we may still want to celebrate birthdays, religious holidays or successes—we might just need to do different things to celebrate! For example, you might normally have a birthday party with your friends every year, or a big religious celebration meal. In lockdown, we can't do these things, so we might use video messaging to celebrate with those outside our household, or plan a small gathering for those we live with. You may have celebrated NHS workers and carers by clapping outside your house, too.

Have you celebrated anything during lockdown?

What was different?

What was the same?

Activities I've Done



Staying at home keeps us all safe, but it does mean that we can't do some of our usual activities, like board gaming or playing sports with friends. Lots of people have thought up imaginative ways to enjoy some of their usual hobbies, such as playing games over Zoom, accessing online fitness classes or turning their gardens into home gyms. Others are happy that they have extra time to engage in solitary hobbies such as reading, arts and crafts or music.

You might have seen memes online which tell you that you should be using lockdown to do lots of different activities, but not everyone wants to do lots of different things and that's ok. You may prefer to do a couple of familiar activities, especially if staying at home is making you feel worried or frustrated.

What kinds of activities have you done during lockdown?

Staying at Home: Activities I've Done

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

The News

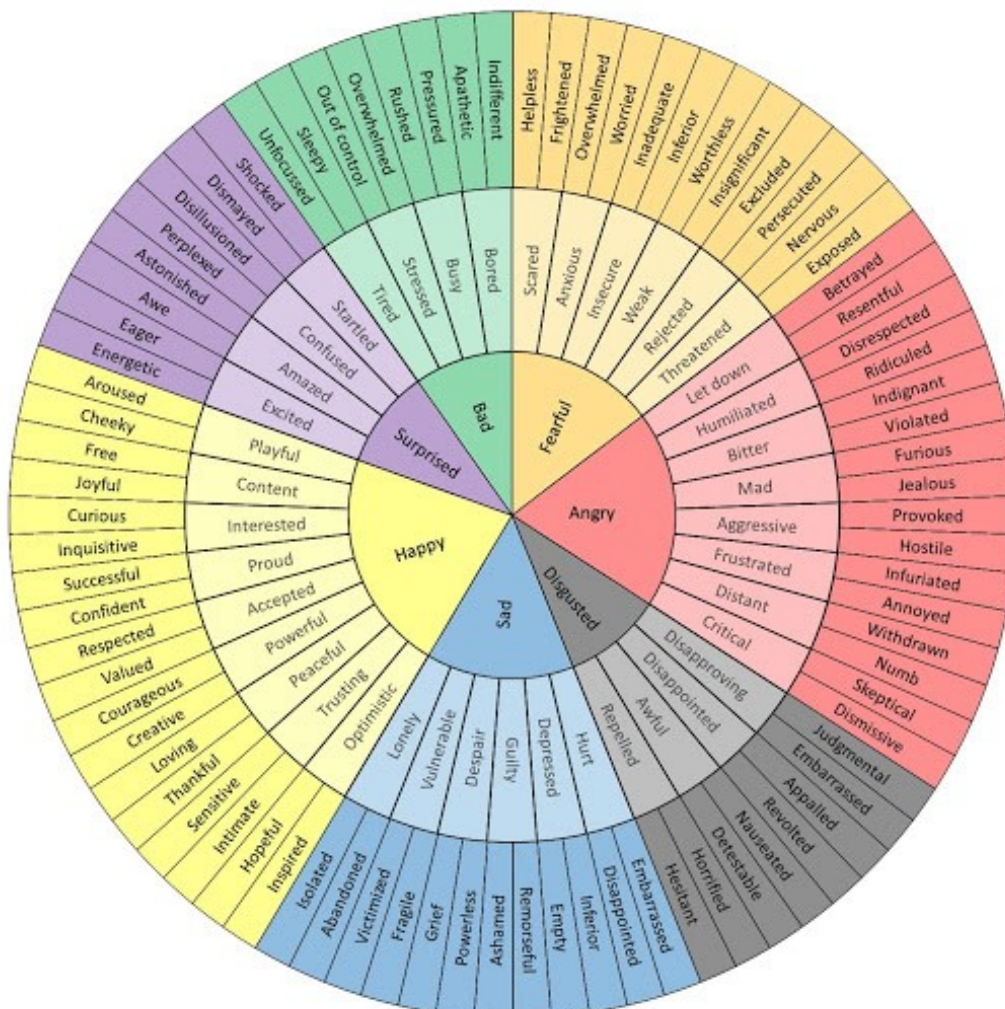


Covid-19 is in the news all the time currently. This is because it such a big, life-changing event for most countries in the world. A lot of people are worried about the virus and this is ok— we have all had our lives changed very quickly and may be concerned about becoming unwell. If we are worrying **all the time** or **most of the time** about the virus, this can be very exhausting and could start to hurt our mental health. If you are worried **all the time** or **most of the time** about the virus, you may want to skip this section and move onto another.

Here, you can cut and paste, write or draw, news articles or information you have learned about Covid-19 during lockdown. Remember that it is important to get your information from good, accurate sources. If you aren't sure what are good sources, there are some links at the end of the booklet to help you.



Can you identify some of the feelings you've had during lockdown on this wheel? They may have changed a lot from day to day and this is ok. Some days we might feel happy and relaxed and other days worried or stressed, for example.



What has helped you when you were feeling worried, frustrated or sad?

It might be engaging in a favourite relaxing activity or interest, using a fidget toy, taking time away from others, or talking to someone close to you.

How I felt	What I did	How I felt afterwards
Eg. Sad and lonely	Eg. Talked to my friends online	Eg. I still felt a bit sad that I couldn't see them, but I felt less lonely.

Some of us might feel very out of control during lockdown—we don't know what's going to happen next and nobody knows when we will go back to our normal routines. Sometimes doing activities to help the stressful situation can make us feel more in control. This can also help with boredom or feeling 'stuck' doing the same thing all the time.

- Take part in online fundraising: there are lots of different campaigns and activities;
- Create a rainbow poster or bunting for your front window. These celebrate the NHS workers who are fighting the pandemic in hospitals and also cheer people up when they are passing your house;
- Organise an online event with your friends. This could just be a weekly time when you all come online together and chat, or something more formal like a D&D session;
- If you like to craft and sew, lots of people are making scrubs (the loose pyjama-like clothing nurses wear) and face masks for healthcare workers;
- Send a letter or make a phone call to someone you know who is lonely. This might even be your own grandparents—lots of people are missing their grandchildren and other extended family during lockdown.

Coming Out Of Lockdown



Sad human



Excited human

How we feel about coming out of lockdown and starting to return to our usual routines, is probably dependent on how we felt about being in lockdown in the first place. In other words, if you hated being in lockdown, you're probably happy to be coming out of it. If you liked it, you may be anxious or disappointed about returning to normal. There isn't a right or wrong way to feel, even those who didn't like being in lockdown may have got used to it and not want things to change suddenly.

It can help to identify any worries we have, as well as looking at the positives of the situation.

Things I'm looking forward to about coming out of lockdown:

E.g. Seeing my friends again, going shopping, joining in with my previous activity groups

Things I'm not looking forward to about coming out of lockdown:

E.g. Having to get up for school again, not being able to do my hobbies as much, shops being more crowded

Addressing any worries

What is my worry?

How big is my worry? (1 is tiny, 5 is huge)

1	2	3	4	5

Who can I tell about this worry?

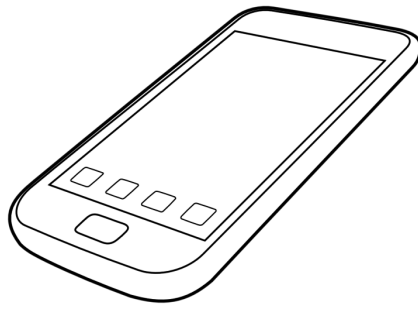
Some ideas to help with your worry:

- Think about what is true or what has happened in the past. E.g. 'I have been ill before, but I was looked after well and got better.'
- Replace the worry with a positive thought, E.g. 'I miss hanging out with my friends, but I can game with them online and will see them again soon.'
- Writing the worry on a bit of paper and throwing it in the bin.
- Talking about your worry with a trusted adult.
- Make a list of all your interests and skills to remind you what you are good at.

How big does the worry seem now?

1	2	3	4	5

Useful Links



Autism-specific help

<http://www.starsteam.org.uk/resources>

<https://leedsabcgroupp.wordpress.com/>

<https://leedsautismaim.wordpress.com/resources/covid-19-resources/>

General help with worries or problems for young people

<https://www.mindmate.org.uk/>

<https://www.childline.org.uk/>

<https://www.themarketplaceleeds.org.uk/>

Reliable information on Coronavirus and lockdown regulations

<https://www.bbc.co.uk/news/coronavirus>

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>