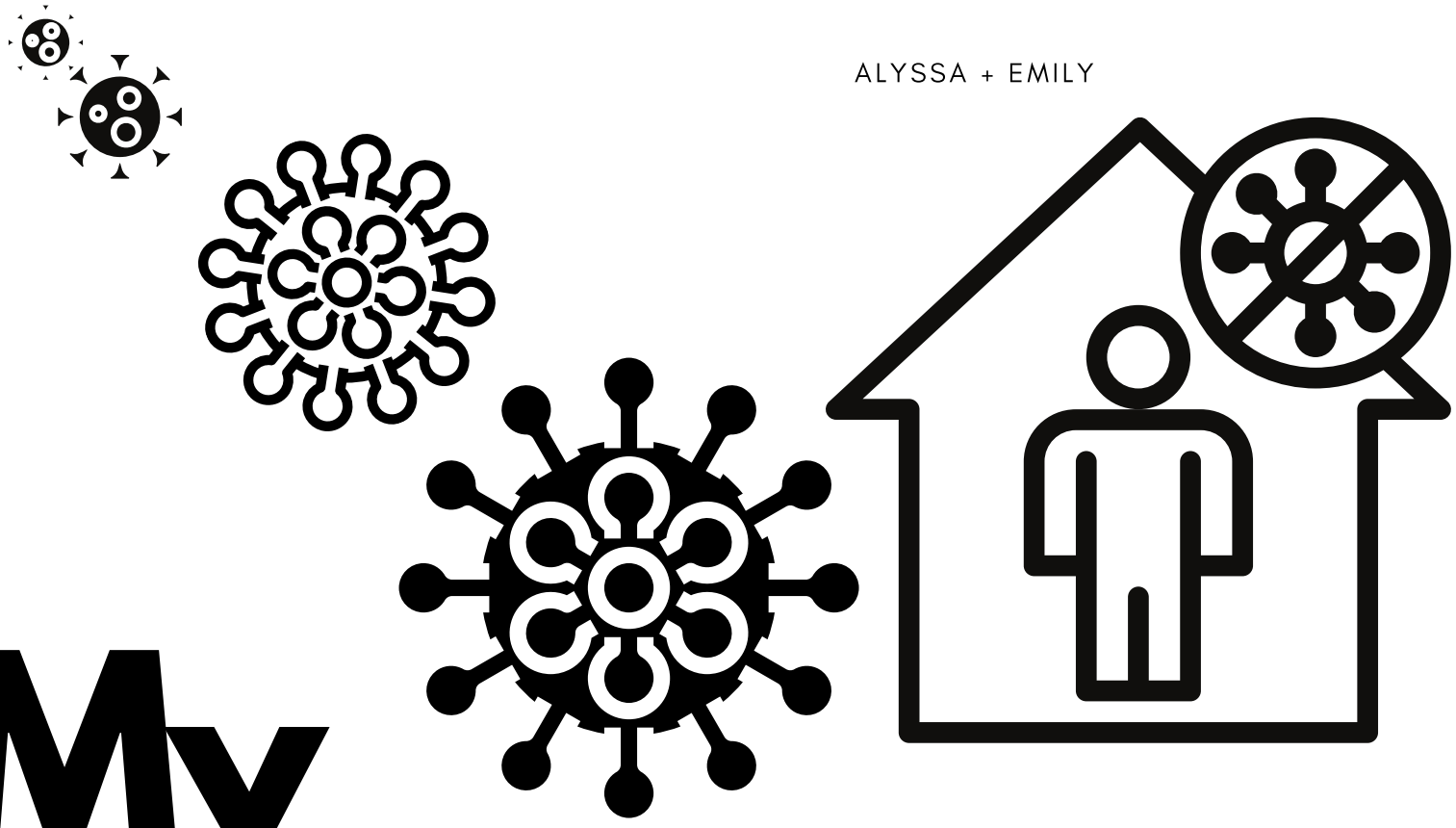
SOCIAL CIRCLE

Coaching for parents and kids, to help you live your best life.
www.socialcircleonline.com

Covid-19 has changed the world in so many ways. Both parents and kids are living through history. Let's document how we are feeling, who we are at this time, and what we have been up to, so that we can look back with the generations to come.

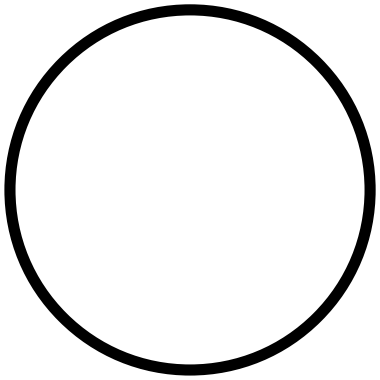
ALYSSA + EMILY



My Covid-19 Memories

2020

SOME PEOPLE I AM MISSING:



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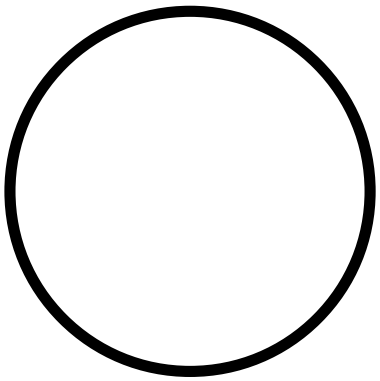

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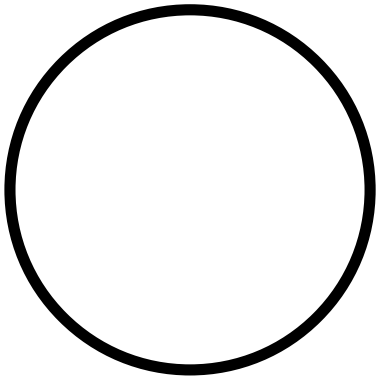

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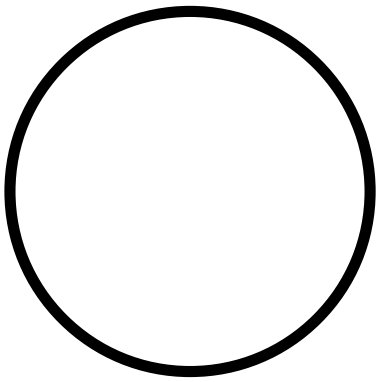

WHO LIVES IN MY HOME:

MY AGE:

SOME WAYS THAT I AM STAYING CONNECTED TO FRIENDS + FAMILY (IE. PHONE, VIDEO CHAT, LETTERS):

THIS IS A PICTURE OF THE PEOPLE I AM ISOLATING WITH:

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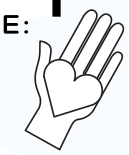
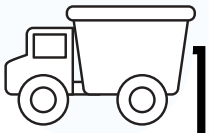
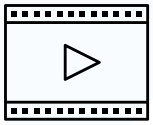
WE'VE BEEN KEEPING BUSY...

HOW I'VE HELPED SOMEONE ELSE:



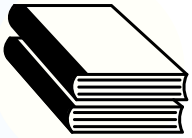
MY FAVOURITE TOYS:





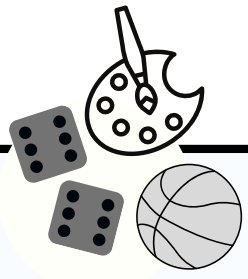
MY FAVOURITE TV SHOWS OR MOVIES:

MY FAVOURITE BOOKS:

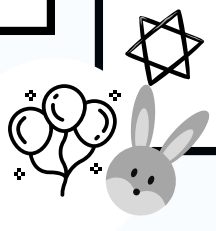


MY FAVOURITE SONGS:

MY FAVOURITE AT-HOME ACTIVITY:



WHILE WE'VE BEEN HOME, WE HAVE CELEBRATED...



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WE'VE BEEN FEELING...

Write your name on the line beside each feeling you are experiencing. Remember, you can have more than one feeling at a time!

Happy: _____

Sad: _____

Angry: _____

Calm: _____

Frustrated: _____

Confused: _____

Nervous: _____

Disappointed: _____

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WE'VE BEEN THINKING...

ONE THING I AM PROUD OF:

ONE THING I HAVE LEARNED:

SOMETHING I AM THANKFUL FOR:

WHEN THIS IS OVER, I CAN'T WAIT TO: