

**2020**

**was a little**

**CRAZY!**



**A Journal By :**

A note to grownups:

The contents of this journal may be printed and shared with a child you love. Remove any pages that are not age-appropriate for your child.

We have added two blank pages at the end so you can create questions that are specific to the needs of your child.

As a parent, grandparent, teacher, or caregiver, you can help a child reflect on the unusual events of 2020, verbalize their experiences, and feel the reassurance of a grownup who loves them.

Email us at [customercare@playdatebox.com](mailto:customercare@playdatebox.com) with suggestions or questions.

-Lynnae W. Allred



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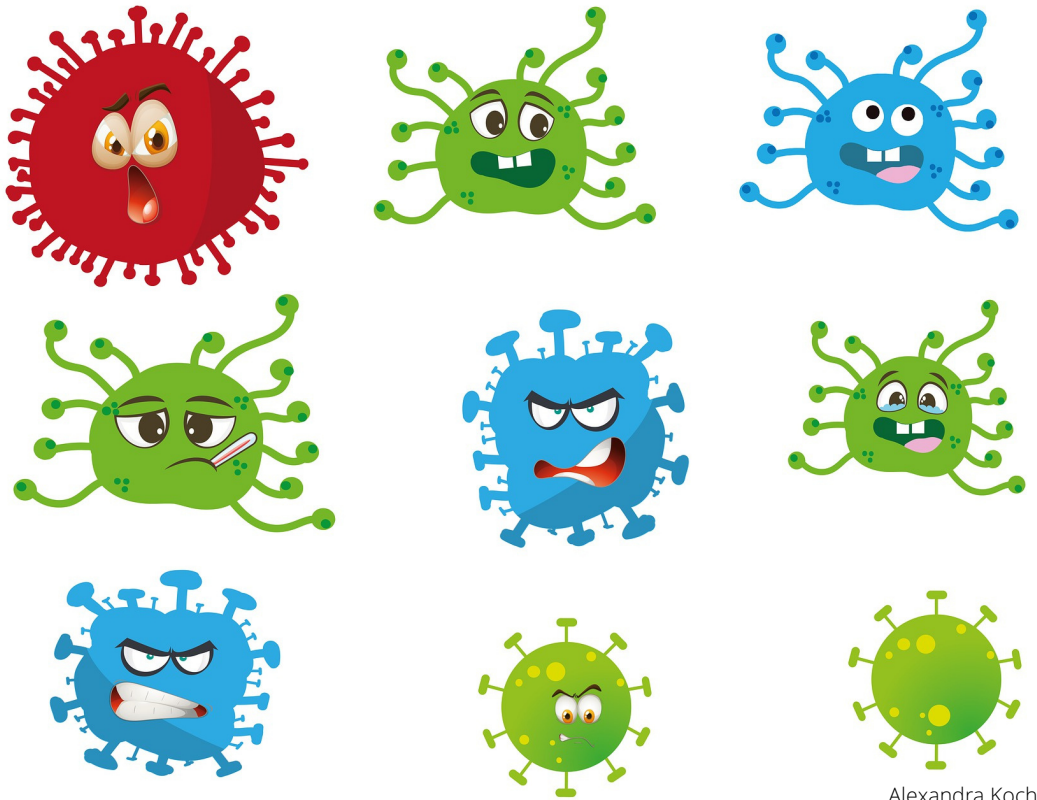
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In 2020, we had a *worldwide pandemic*. Pandemic is a word that means "something that spreads out over a very large geographic area." The 2020 pandemic was a sickness that spread all over the *world*. I live in \_\_\_\_\_ and the pandemic came here.



Alexandra Koch

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COVID-19 is the short name for “coronavirus disease 2019.” It is a new virus. Scientists and doctors are still learning about it. One thing I learned about viruses is that:

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Write down anything else you want to remember about 2020:

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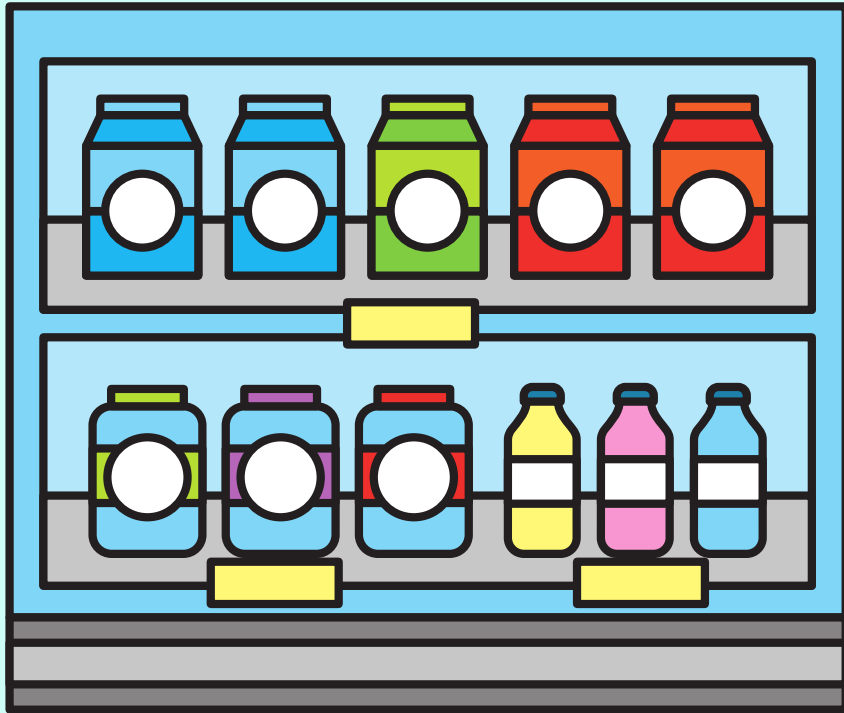
It was pretty crazy. All of a sudden, businesses, restaurants, and other public places closed to help keep people safe.

Instead of eating out, we ate at home. My favorite thing to eat at home is:

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Sometimes I miss eating out because

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Someday when I am much older, maybe with children or grandchildren of my own, the thing I will tell them about 2020 is that

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The next thing to happen was that a lot of people got worried about not being able to buy the things they needed. At our house, we ran out of

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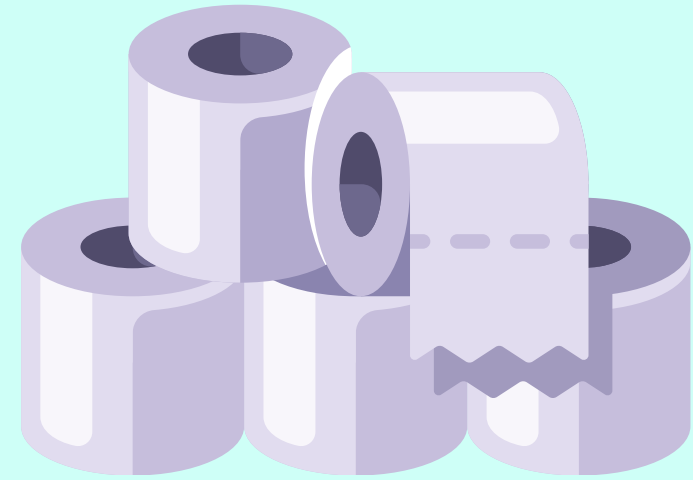
I helped my family in lots of ways I never had before. And I learned how to do some cool new things. For example, I learned:



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This was funny because

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Most schools even had to close. When this happened, the thing that was the most different was that

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There were some fun things that happened too. My 3 favorite parts of quarantine were:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_





One thing that I had to do that I had never done before was:

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In order to help keep people from getting sick, we had to stay at home and stay indoors a LOT!

The best part about staying home together was that

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Draw yourself doing this new thing.



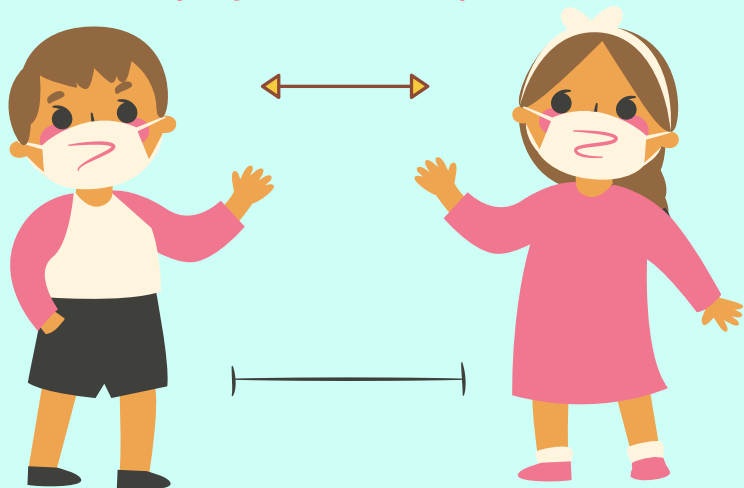
For me, the hardest part about social and physical distancing was

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**Stay apart to stay safe!**



The one who listens to me best when I am worried or afraid is



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But I actually got *closer* to some people because of the pandemic. Some of the people I spent more time with during the pandemic are:

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I did worry about one thing a little bit. I worried about

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I think the reason I worried about this is because

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We had to look out for each other more during these hard times. Something my family did to "look out" for someone else was

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People were feeling very frustrated about lots of things, and not just the pandemic.



We talked a lot about how people feel when bad things happen. We talked about how to treat everyone with respect. Here's what I learned about that:

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I think 2020 was hard for grownups. They seemed to worry about a lot of things.



They worried about keeping things clean.  
They worried about how they would do their jobs.  
They worried about keeping older people safe.  
The thing my grownups worried about most was

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I wore a special mask sometimes. The hardest part about wearing a mask was

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When I couldn't do things I was used to doing, I did this instead:

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Draw or paste in a photo of what you look like when you wear a mask.