

# 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. You may 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.

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-Lynnae W. Allred

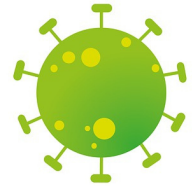
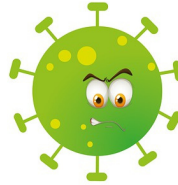
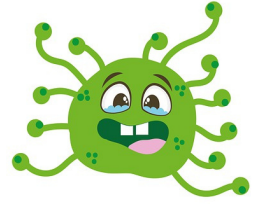
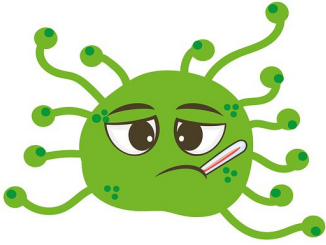
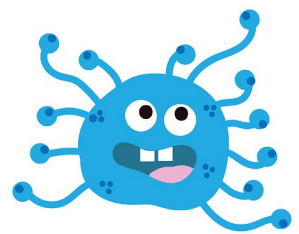
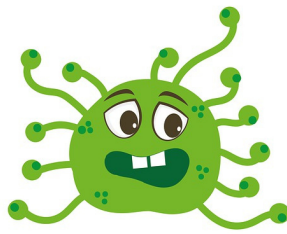
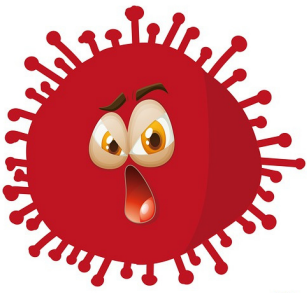


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In 2020, we had a worldwide pandemic.  
A pandemic means that

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Alexandra Koch

We called the sickness COVID-19 or  
Coronavirus. This sickness was caused by

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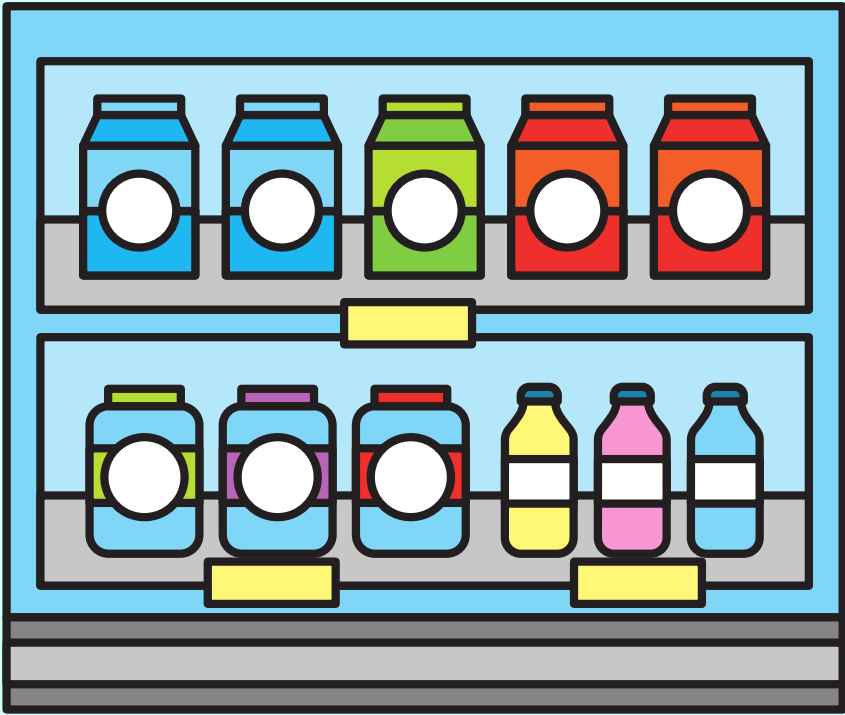
It was pretty crazy. All of a sudden, businesses, restaurants, and other public places closed to help keep people safe.

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

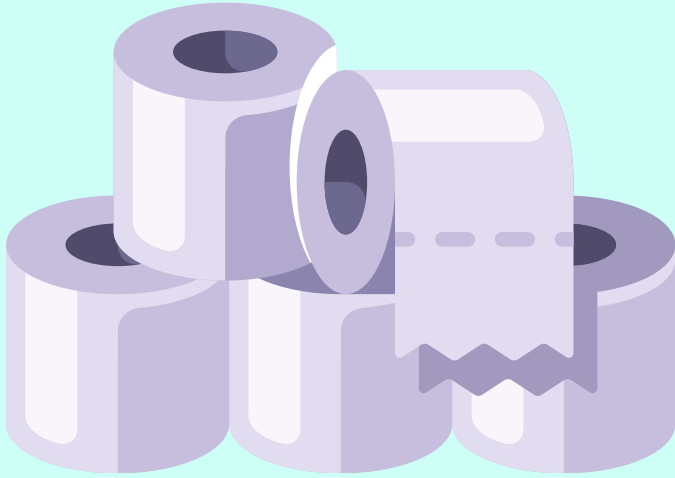
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The next thing to happen was that a lot of people got worried about not being able to buy the things they needed. At our house, we ran out of

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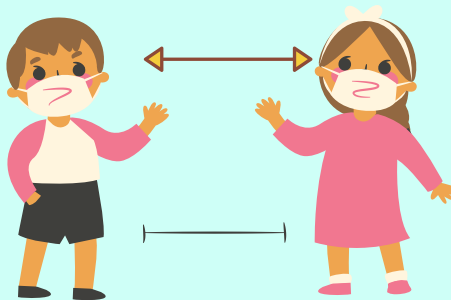
For me, the hardest part about social and physical distancing was

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**Stay apart to stay safe!**



I couldn't even go to

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That was the place I missed most of all!

(Draw your favorite place here.)



I wore a special mask sometimes. The  
hardest place to wear a mask was

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



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

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



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One thing other thing that happened to me  
and my family during 2020 that was really  
crazy is:

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(Use this space to draw in.)

The very best thing that happened to me  
during the pandemic was

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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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Write down anything else you want to  
remember about 2020:

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