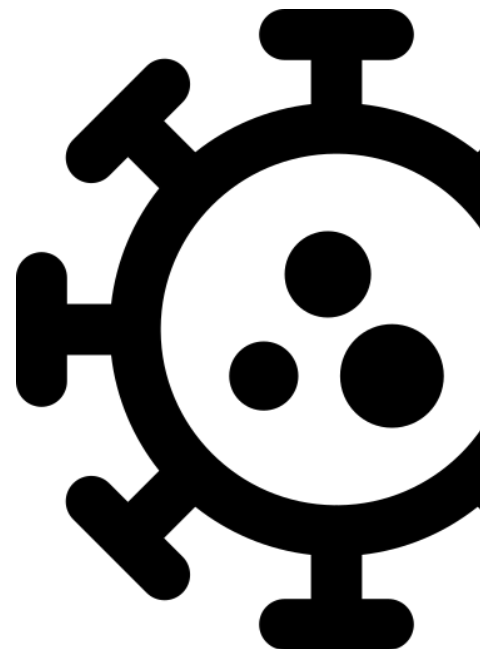
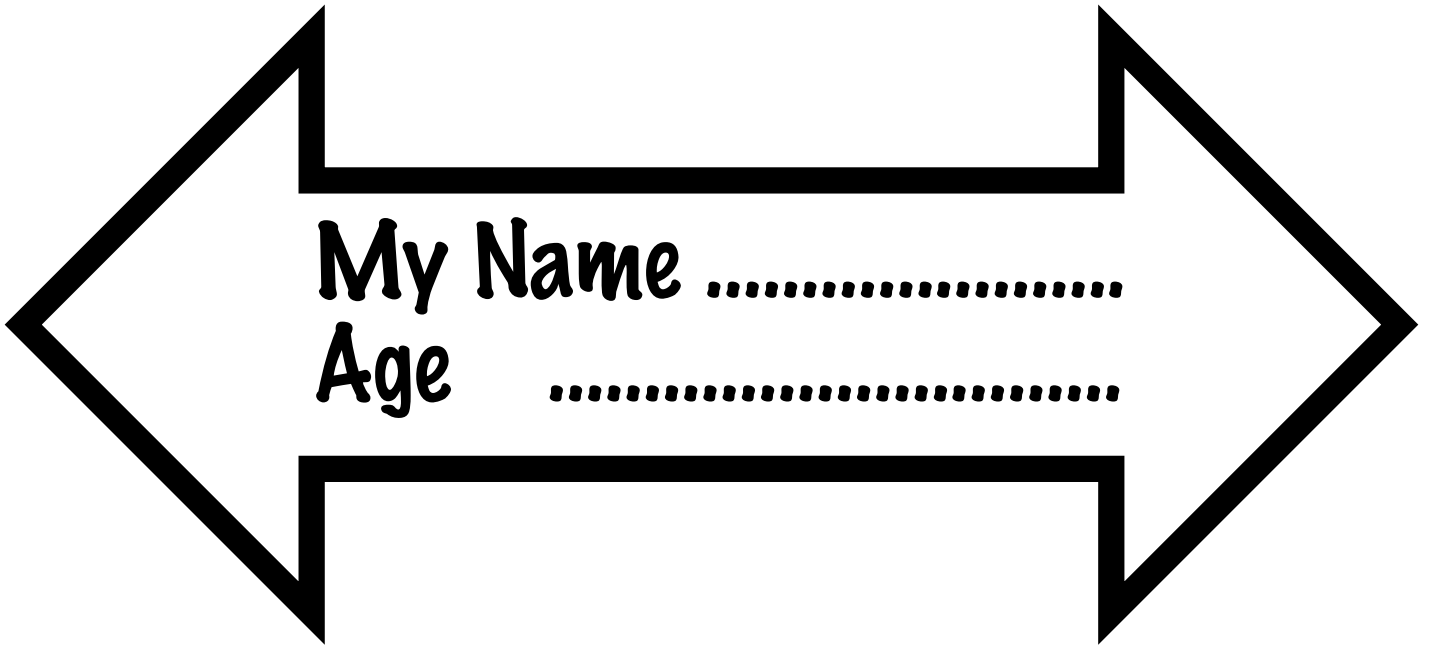


My Quarantine Book



ABOUT ME



My Name

Age



My address:

.....

.....

.....

I have been in Covid 19 self-quarantine since<date>

MY COUNTRY

Who is the boss of your country/ who is your countries president?



.....

What rules are there to ensure that as few people as possible fall ill from COVID 19?

.....
.....
.....
.....
.....

Which rule do you find most difficult to follow and why?

.....
.....

What can you do to keep yourself healthy?

.....

In which country do you live?

Do you know people who have COVID 19?

WHERE AM I

Who are you in quarantine with <names and ages>?

Make a map of the house you live in.



What is your favorite place in your house?

What's the best place to be when you're sad?.....

MY SCHOOL

Who helps you with your schoolwork?

Which school subject do you like the most?

Which school subject do you find most boring?

What does your day plan look like?



Time	What you are doing?

Whom from school are you in contact with?

What do you miss most from school?

What is the first thing you are going to do when you get back to school?

FAMILY & FRIENDS

With which friends do you have regular contact by phone?

.....

Who makes you laugh most?

.....

Who do you miss most?

.....

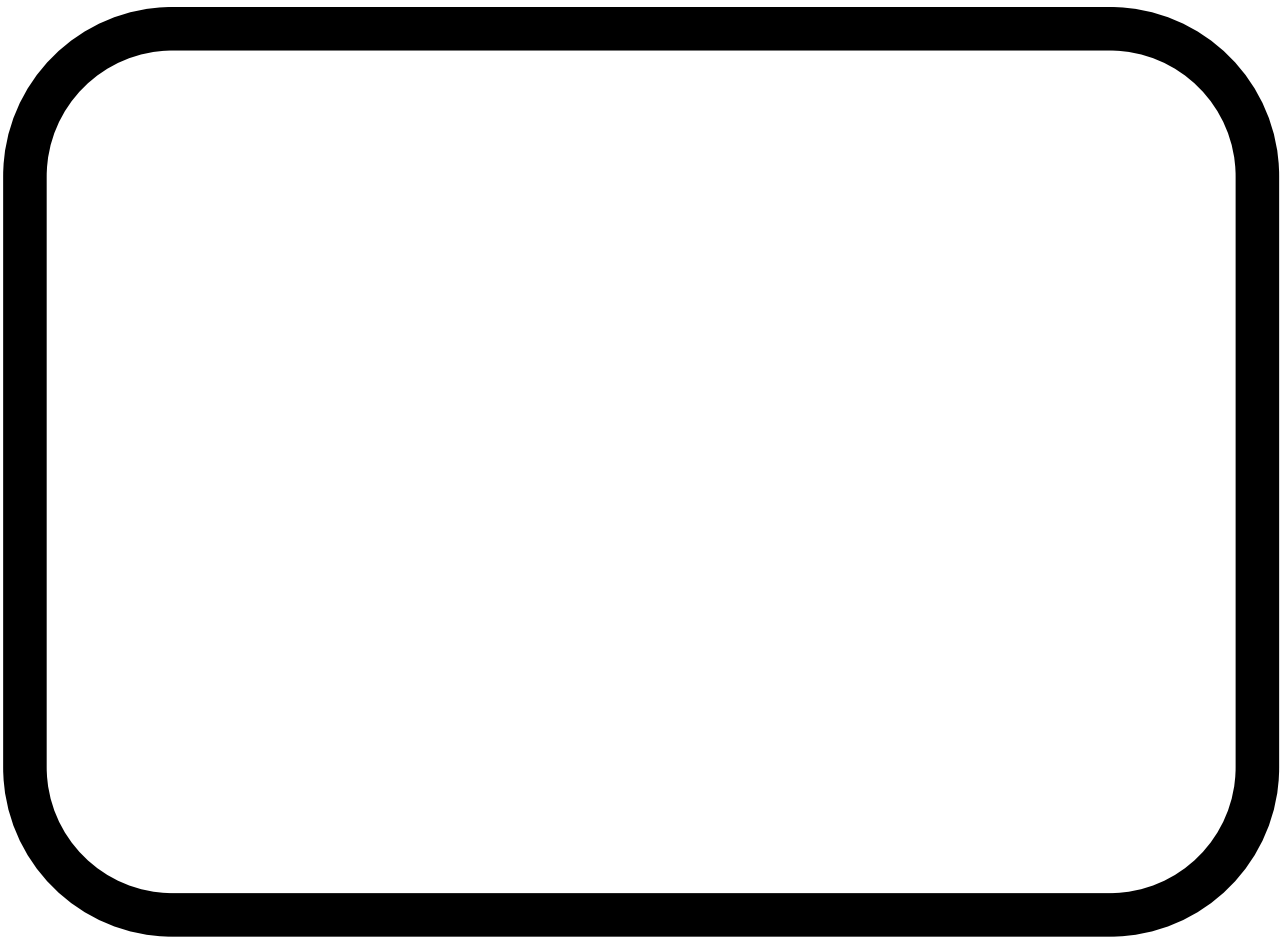
INTERVIEW

Interview an older person in your family or in your environment by phone or video call and ask them the following questions

1. What are you doing all day while you are in quarantine?
2. What makes you happy?
3. Who comes to visit you?
4. What are your favorite TV Programs?
5. Are you worried?
6. What are you going to do today?
7. Do you know a nice game I can play?
8. What are you going to eat?
9. Do you have help and from whom?
10. What do you miss the most?
11. What is the first thing you will do when the quarantine is over?
12. What do you think of this phone call?

Thank you for this conversation!

Make a short report of the conversation below with the most important and fun answers and tips:



Who are you in quarantine with and what are they good at? <write down their names + 3 qualities per person>:

MY DIARY

Make a short report with all the fun and less fun things that happen every day during your time in quarantine.

Monday:



Tuesday:



Wednesday:



Thursday:



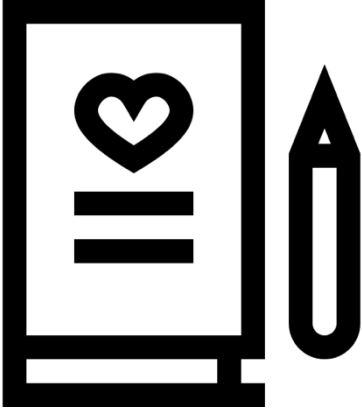
Friday:

A large, empty rectangular box with a thick black border, intended for writing or drawing on Friday.

Saturday:

A large, empty rectangular box with a thick black border, intended for writing or drawing on Saturday.

Sunday:



Make 3 drawings about your life before quarantine, during quarantine and after quarantine.

CREATIVITY



Before quarantine	During quarantine	After quarantine

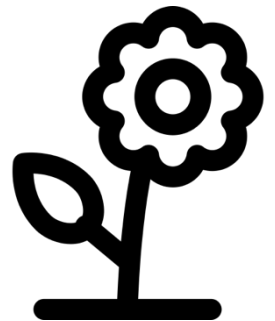
NATURE

What season is it in your country?

CHALLENGE 1

<First check if the boss of your country lets you outdoors. If not, save the challenge for later or look indoors for items that you can use>

1. Collect items from nature! Stones, twigs, flowers to pick.
2. Turn the objects into jewellery (medal, bracelet or necklace).
3. Give the jewelry to someone who's in quarantine with you.
4. Share the result via social media and use the hashtags
#myquarantinebook #lifebook



YOUR HAND

< Make a drawing of your hand with a pen or pencil. Write what you like about nature on each finger >

THE NEWS

Search in the newspaper or on the internet for news items about Covid 19. Cut an article or headline from the newspaper and/or print a news item from the internet and paste it below. Don't have a printer or newspaper? Then look on the internet and write a number of headlines of in the square.



The form consists of a large, empty square box with a thick black border. In the top right corner of this box, there is a small icon of a newspaper page. The icon is a rounded square with a white background and a black border. Inside the icon, the word "NEWS" is written in bold, black, uppercase letters at the top. Below the word, there are three horizontal black lines representing text, and a solid black square representing a picture or graphic.

What do you like about the news?

What do you dislike about the news?

FREE TIME

Top 3 Foods

1.

2.

3.

What can you cook?

What would you like to learn to cook?

.....

What's the recipe for your favorite food?

.....

.....

.....

.....

.....

Top 3 TV & YOUTUBE

1.

2.

3.

What movie have you seen lately?

What is your favorite movie?

Top 3 MUSIC

1.

2.

3.

What music do you listen to when you're sad?.....

Which song makes you happy?.....

Sports and games

What games do you play during quarantine?

.....

What is your favorite game?

.....

Have you read an exciting or a beautiful book? What is the title of the book?

.....

Poem

Make a poem about your time in quarantine according to the following rules:

Rules:

- First line consists of 1 word
- Second line consists of 2 words
- Third line consists of 3 words
- Fourth line consists of 4 words
- Fifth line consists of 1 word

Example

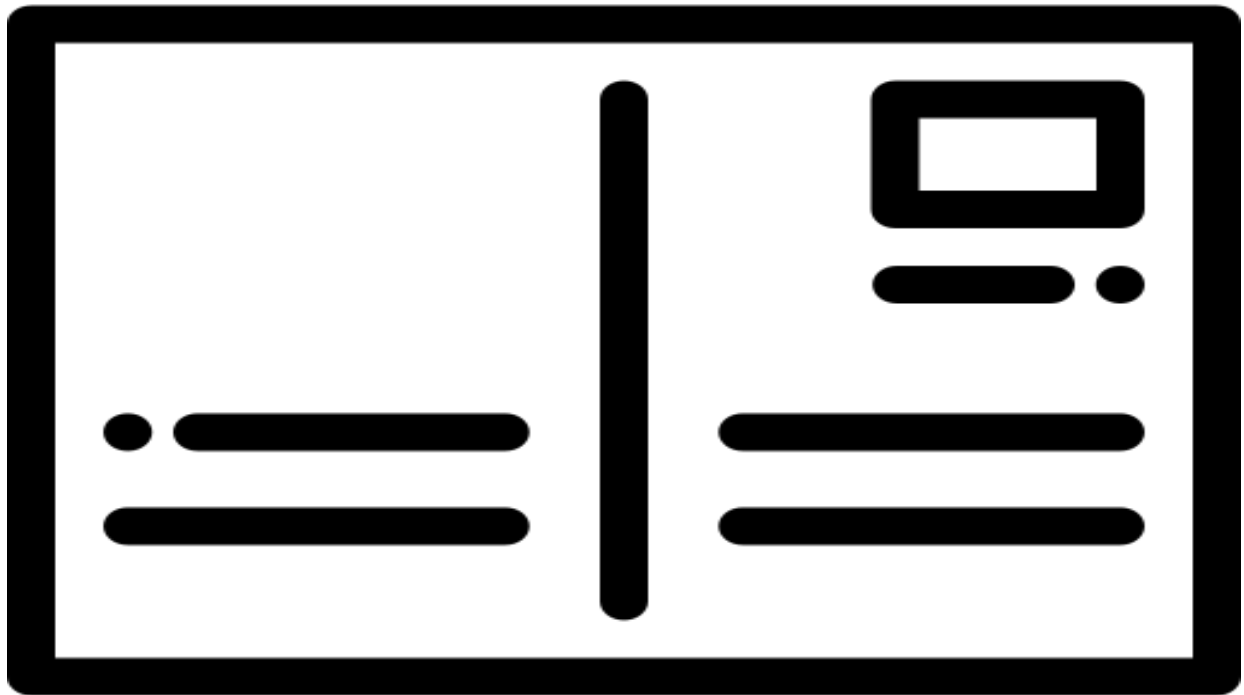
Quarantine
At home
Schools are closed
No friends around me
Weird

.....
.....
.....
.....
.....

Whom would you like to send a card to?

Fill in the address and make a drawing on the front of the card or write down your poem.

<Fun idea: take pictures and send this page by mail, social media or whatsapp to the recipient! >



MY FUTURE

What is the first thing you will do once COVID 19 is gone?

.....
.....
.....

What are you looking most forward to?

.....
.....
.....

My book is finished on: <Date>

My signature:

COLOFON

My Quarantine Book is an initiative from Lifebook for Youth (NGO). It is a fun activity for children NOW and a valuable reminder for LATER.

**More information: www.lifebookforyouth.com
Contact: info@lifebookforyouth.com**

**Follow us (lifebook for youth) on social media
and share your experiences! #myquarantinebook #lifebook**



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