

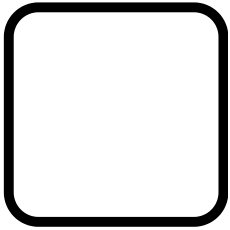
Today's Date

J R N A L



Describe a change of plans that has happened due to the Coronavirus pandemic.

How does that change make you feel?





Draw an emoticon or color that resembles how you feel.

What can I do to change the situation?

Who can I talk to about how I feel?

Is there something I can do to help myself or others feel better about this situation?
