## My Isolation Diary - 2020

Name:	Date:
What did I see/hear on the news today	/?
How did it make me Feel?	
Outside my window I can see these	These good things happened today:
nice things:	,
This made me laugh today:	I got some exercise by doing this:
Challenge – Every day I will aim to do o	ne nice thing for someone in my family.
E.g: Make a cup of tea, tell them you ca relative, help with a chore or something	re, make them laugh, call or face time a gelse.
Record it here:	