

space to write about anything  
that's on your mind  
...

Name:

Date:

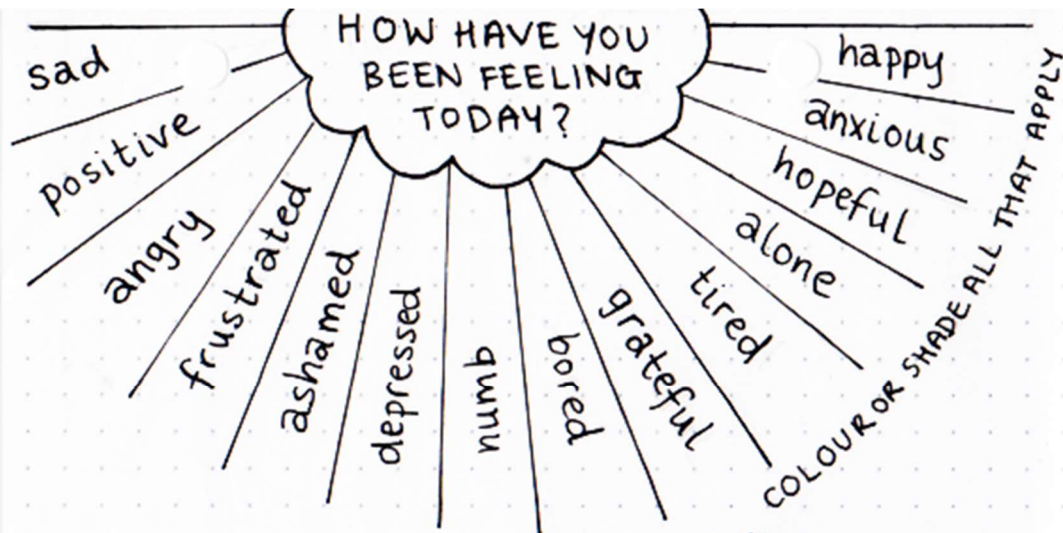
# SELF-ISOLATION JOURNAL

## ACTIVITY IDEAS

Tick all those that interest you...

- Read a book
- Meditate
- Watch a film
- Do a puzzle
- Listen to music
- Sing
- Play video games
- Watch Youtube
- Arts & crafts
- Yoga
- Learn a new skill
- Play an instrument
- Write
- Call a friend
- Home workout
- Fill out this journal!
- Colour

You can share this journal with the staff  
and/or your carer if you think that  
would be helpful to you...



**DAILY PLANNER**

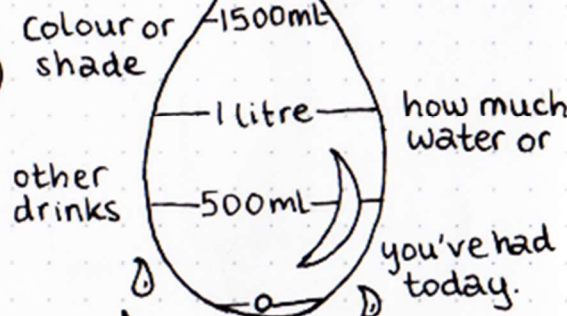
07:00	15:00
08:00	16:00
09:00	17:00
10:00	18:00
11:00	19:00
12:00	20:00
13:00	21:00
14:00	22:00

**SELF CARE**

What have you done to take care of yourself today?

- Got up
- Made bed
- Brushed hair
- Got dressed
- Shower
- Brushed teeth
- Deodorant
- Got some fresh air

**DRINK TRACKER**



**FOOD TRACKER**

Have you had something to eat today for...

- Breakfast
- Lunch
- Dinner

**CONNECT**

**CARE**

Have you had a video / phone call with a friend or relative today?

**YES NO**

How did it go?

---



---



---



---

**SUPPORT**

**GIVE**

Is there anything else you need to keep you busy or support you?

- 
- 
- 
-