Hi everyone,

I have posted this on the website before but would love you all to continue doing it every week until we are back in school. Please remember to write the day and date at the top of each page so that it all makes sense when you are looking back. You don’t need to fill it in everyday if you don’t want to, but I would love you to try and fill it in 3 or 4 times per week.

Your diary entry is your own work and you can write whatever you wish. It might be good to include things like how you are feeling each day; calm, happy, bored, fed up, relaxed, nervous, excited, anxious etc. You could write a bit about why you feel this way. You could also include what you have gotten up to that day or what you plan to do; this could be schoolwork, a walk with family, a home exercise class, cooking, baking, cleaning, watching TV / movies, clearing out a wardrobe etc.

You could also include the things you miss on that day whether it be going to school or going hopping for clothes or going for lunch or seeing your extended family and friends. With this you could write about what you are most looking forward to when things get back to normal.

I would really love for everybody to do this activity and if you wish, email me some of your entries! I would love to read them. I will reply with mine and let you know what way I am feeling, what I have been getting up to, what I am missing and what I am most looking forward to after all of this. And also, don’t forget to add in what you got up to over Easter and if you got any Easter eggs!

Looking forward to hearing from you all!

Ms Gleeson 😊

**DAY / DATE**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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