The word boring doesn't exist in a superhero's dictionary.
THE I CAN JOURNAL

for children to stay entertained, inspired and happy at home.

curated by

DESIGNforCHANGE
Don't worry we got your back!

Spend your next 21 days doing these activities specially designed for you.

Print one page a day and be as creative as possible. We promise to keep you entertained, inspired and happy.

By the end of your 21 days journey you will have your personal 'Lockdown Journal'
List 10 things you love about family.
Leave thank you notes in different corners of your house. Address it to each family member.
List 5 award categories and then give it to the people who deserve it.
Make your dream sandwich. It can have anything you like. There are no rules.
Who inspires you? Write everything you like about them.

Hardworking
1. Take a deep breath
2. hold for 5 seconds
3. Exhale now.
4. Repeat the same for 3 minutes
Tick things you are most grateful for.

- Good health
- Family that loves
- Good friends
- Weekends
- Having a home
- An ability to read
- Opportunity to study
- A bed to sleep
- Good teachers
- Clean water
- Internet
- Mobile phones
- Holidays
- Waking up today
- Grocery stores
- Entertainment
- Electricity
- Rights
For one day, don't turn on your electronics. Save electricity. Tick the number of switches you kept off today.
Create a playlist to boost someone's mood.

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
If you can read this then thank a teacher. What's your mood after the conversation? You can always feel more than one thing.

- Happy
- Cheerful
- Calm
- Light-hearted
- Hopeful
- Tense
- Content
- Loving
- Rejected
- Sad
- Regret
- Weird
- Pointless
- Good
- Optimistic
- Grateful
Draw your happy place.
Fill it with everything that makes you happy.
List 10 things you love about your best friend. Click a picture of this page and share it with them.
Build your ladder of life. Add everything you need to make your life a happy one.
1. Create your to-do list for today
2. Complete it.
Write and learn I CAN in different languages.
Create 5 emergency contacts on your phone - write why are they so important.
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<thead>
<tr>
<th>What makes you happy?</th>
<th>What makes you sad?</th>
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Write a poem using these words.
Love, world, can, together, hope, I.
CREATE A POSTER TO
EDUCATE
PEOPLE ABOUT COVID19

Use items from the next page to create your poster.
Write a piece of advice for yourself.
Write yourself a letter now, then fold it and mark a date to open it in the future.