

**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



Don't worry we got your back!

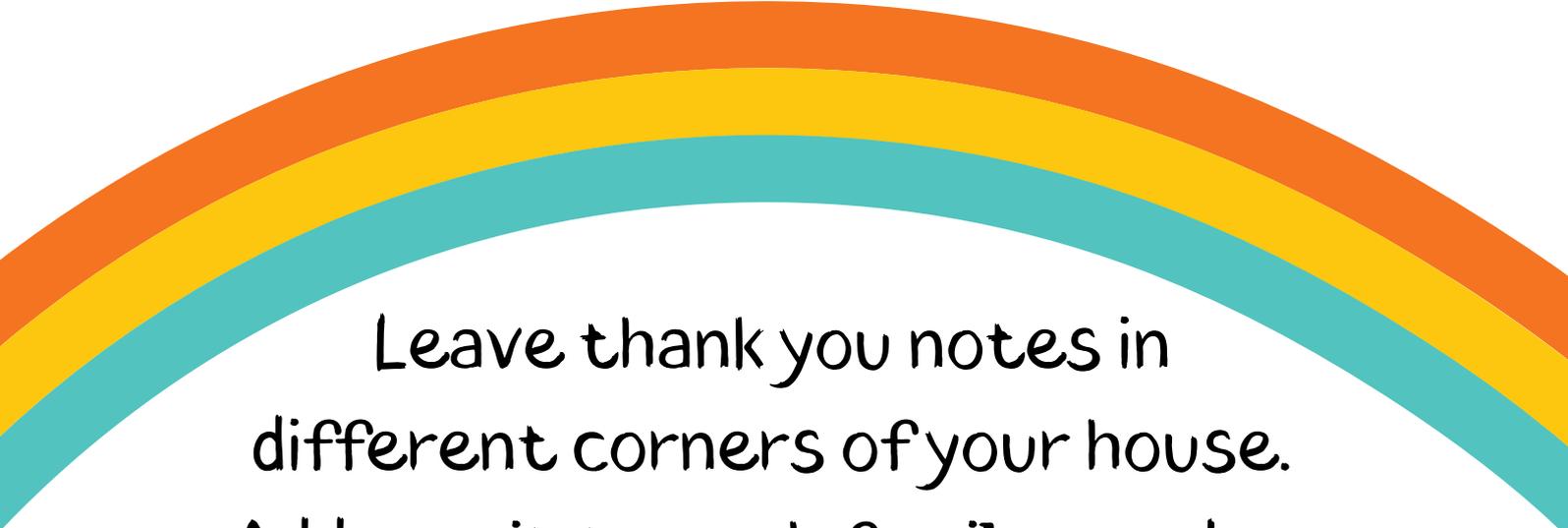
Spend your next 21 days doing these activities specially designed for you.

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.

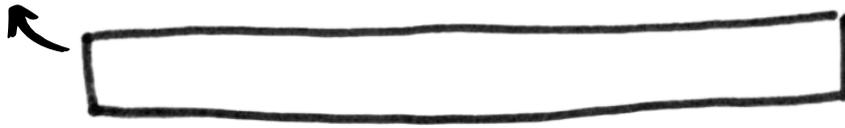




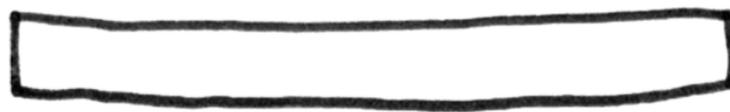
List 5 award categories and then give it to the people who deserve it.

Make your dream sandwich. It can have anything you like. There are no rules.

bread



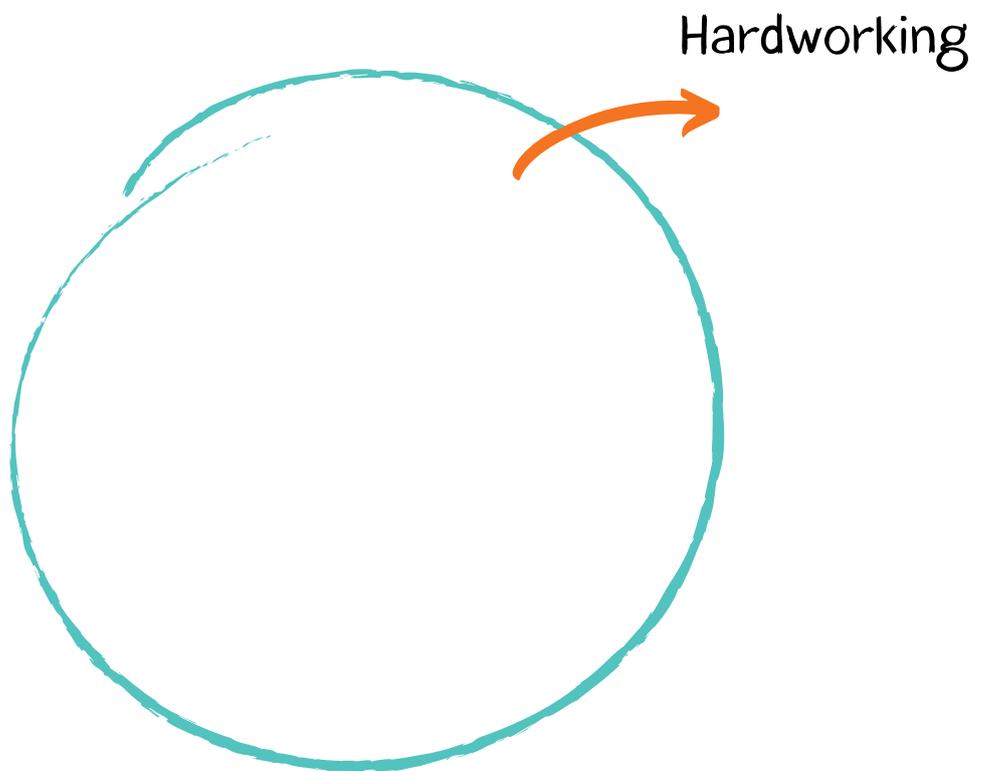
add ingredients here



bread

Who inspires you?

Write everything you like about them.



1. Take a deep breath

2. hold for 5 seconds

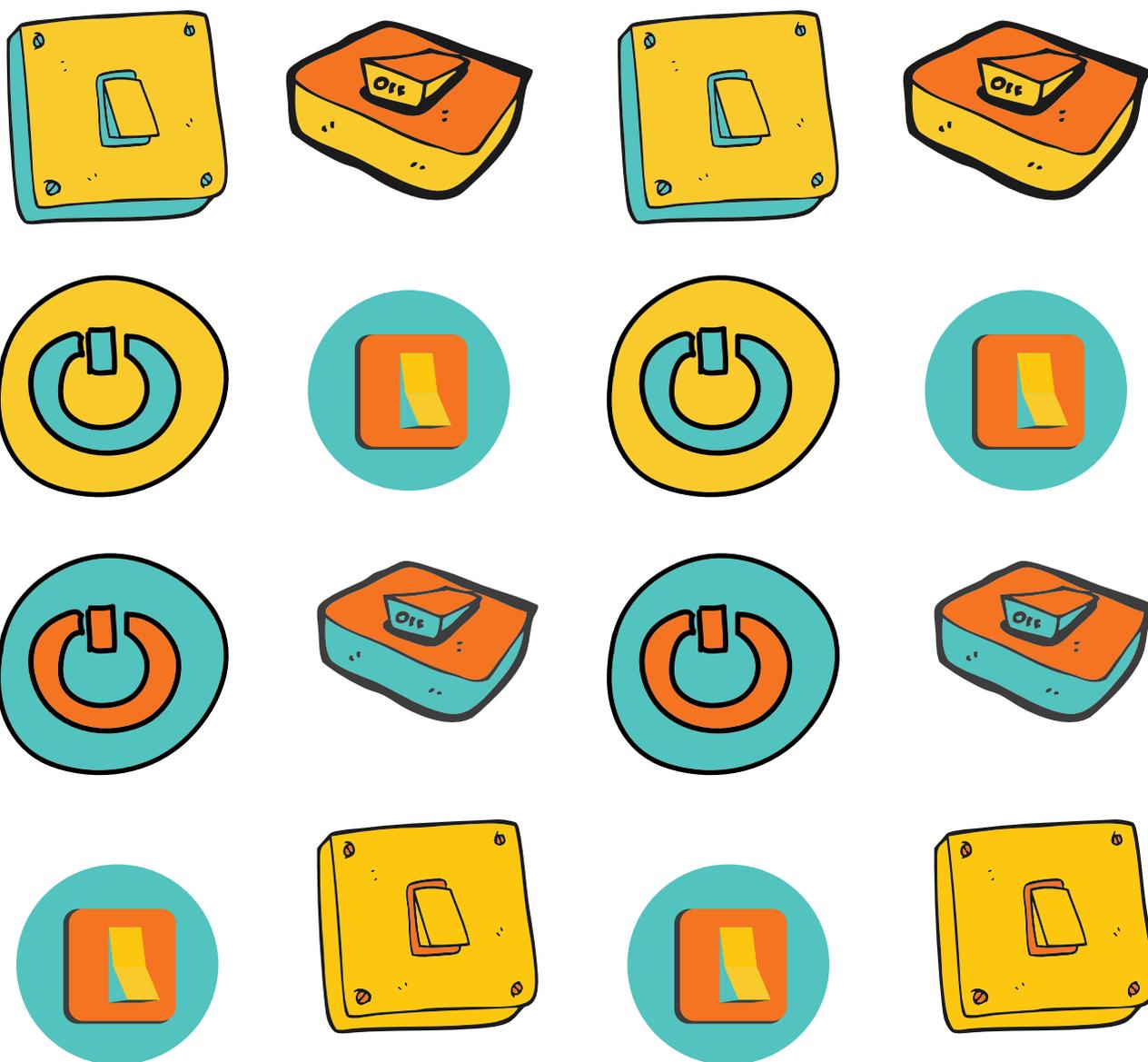
3. Exhale now.

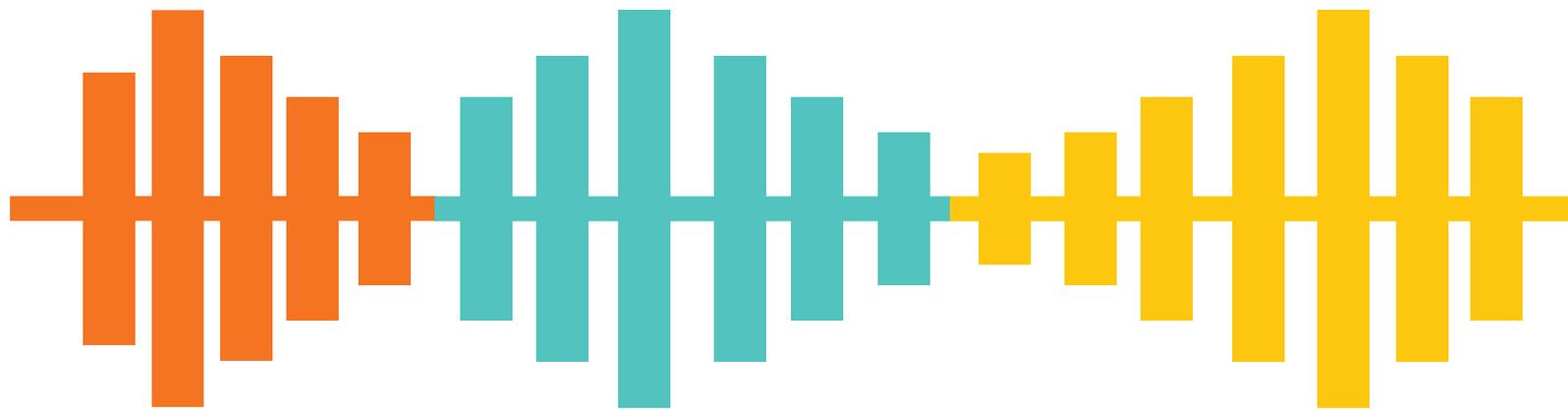
4. Repeat the same for 3 minutes

# Tick things you are most grateful for.

- |   |  |
|---|--|
| <input type="checkbox"/> Good health          | <input type="checkbox"/> Clean water     |
| <input type="checkbox"/> Family that loves    | <input type="checkbox"/> Internet        |
| <input type="checkbox"/> Good friends         | <input type="checkbox"/> Mobile phones   |
| <input type="checkbox"/> Weekends             | <input type="checkbox"/> Holidays        |
| <input type="checkbox"/> Having a home        | <input type="checkbox"/> Waking up today |
| <input type="checkbox"/> An ability to read   | <input type="checkbox"/> Grocery stores  |
| <input type="checkbox"/> Opportunity to study | <input type="checkbox"/> Entertainment   |
| <input type="checkbox"/> A bed to sleep       | <input type="checkbox"/> Electricity     |
| <input type="checkbox"/> Good teachers        | <input type="checkbox"/> 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

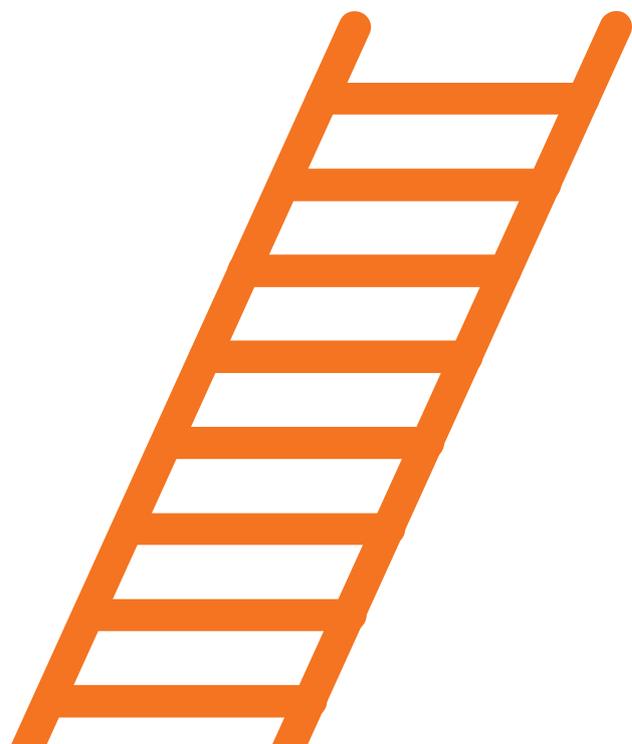
Draw your happy place.

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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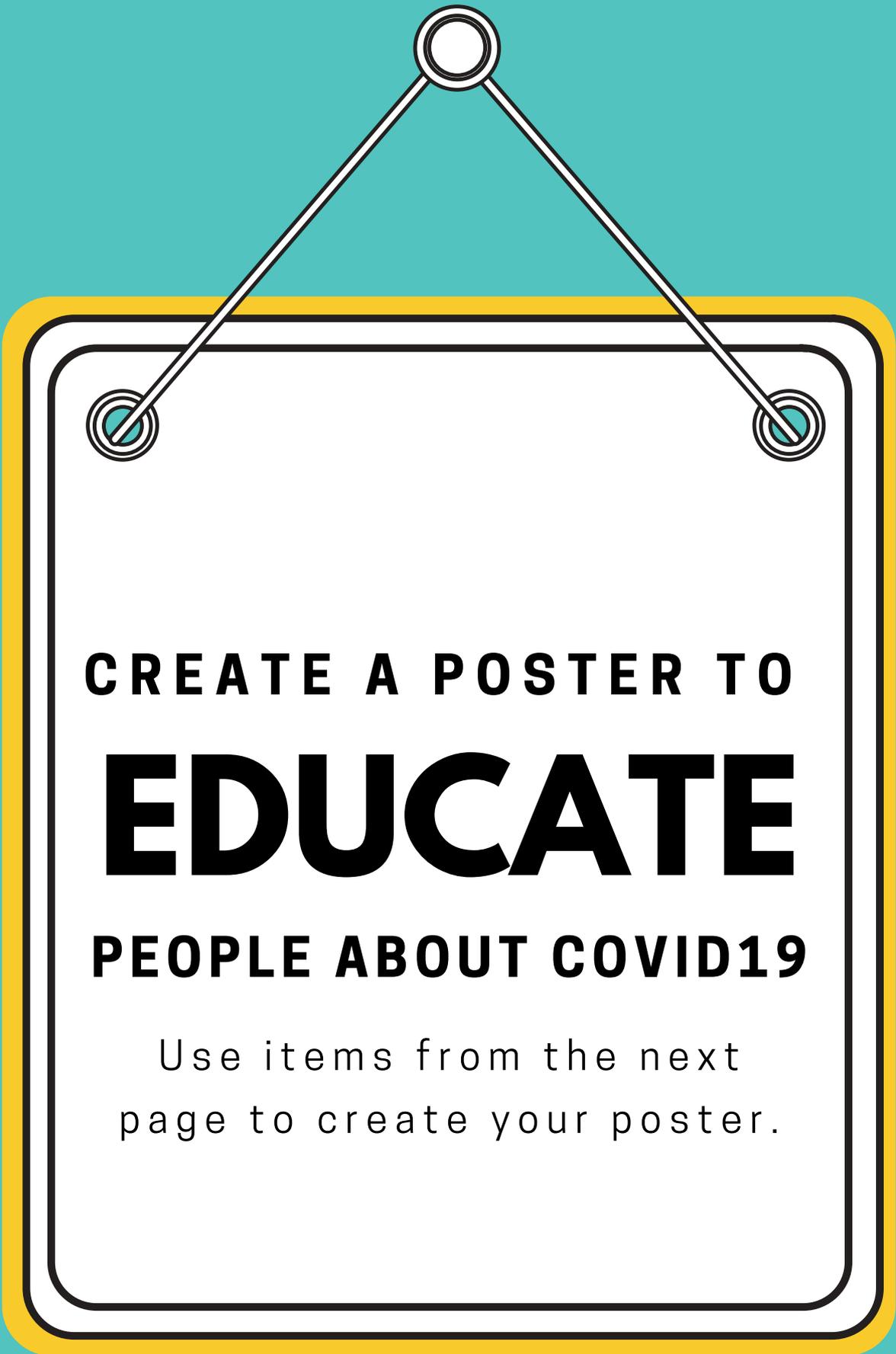
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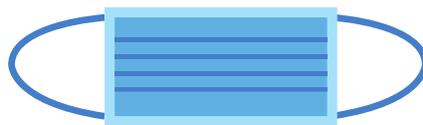
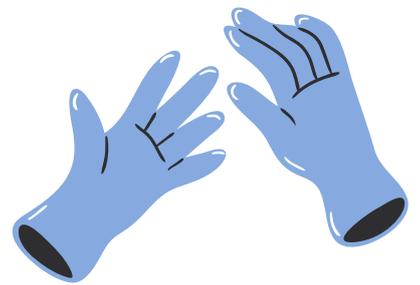
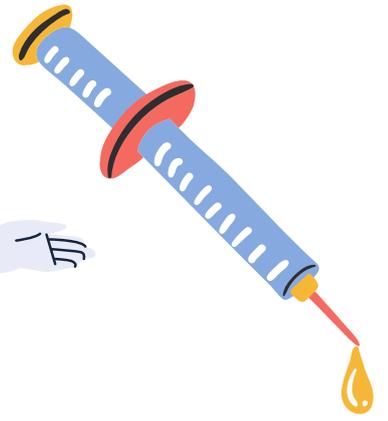
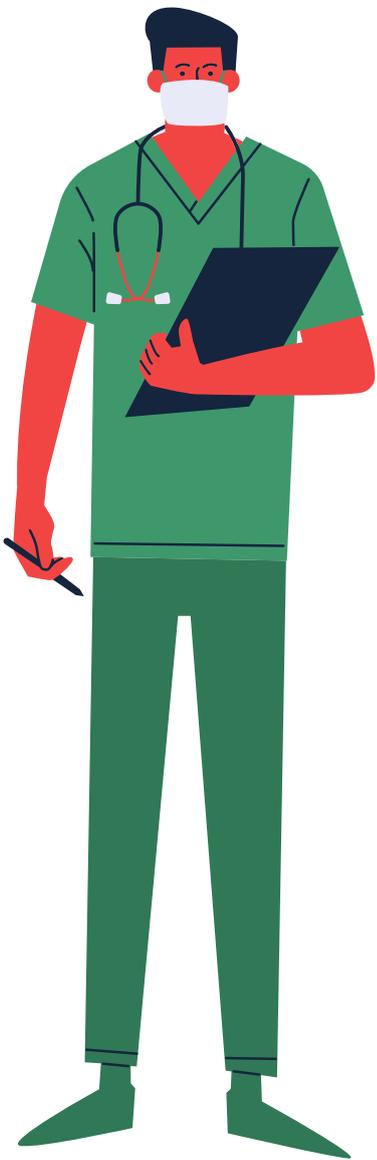
Write a poem  
using these  
words.

Love, world, can,  
together, hope, I.

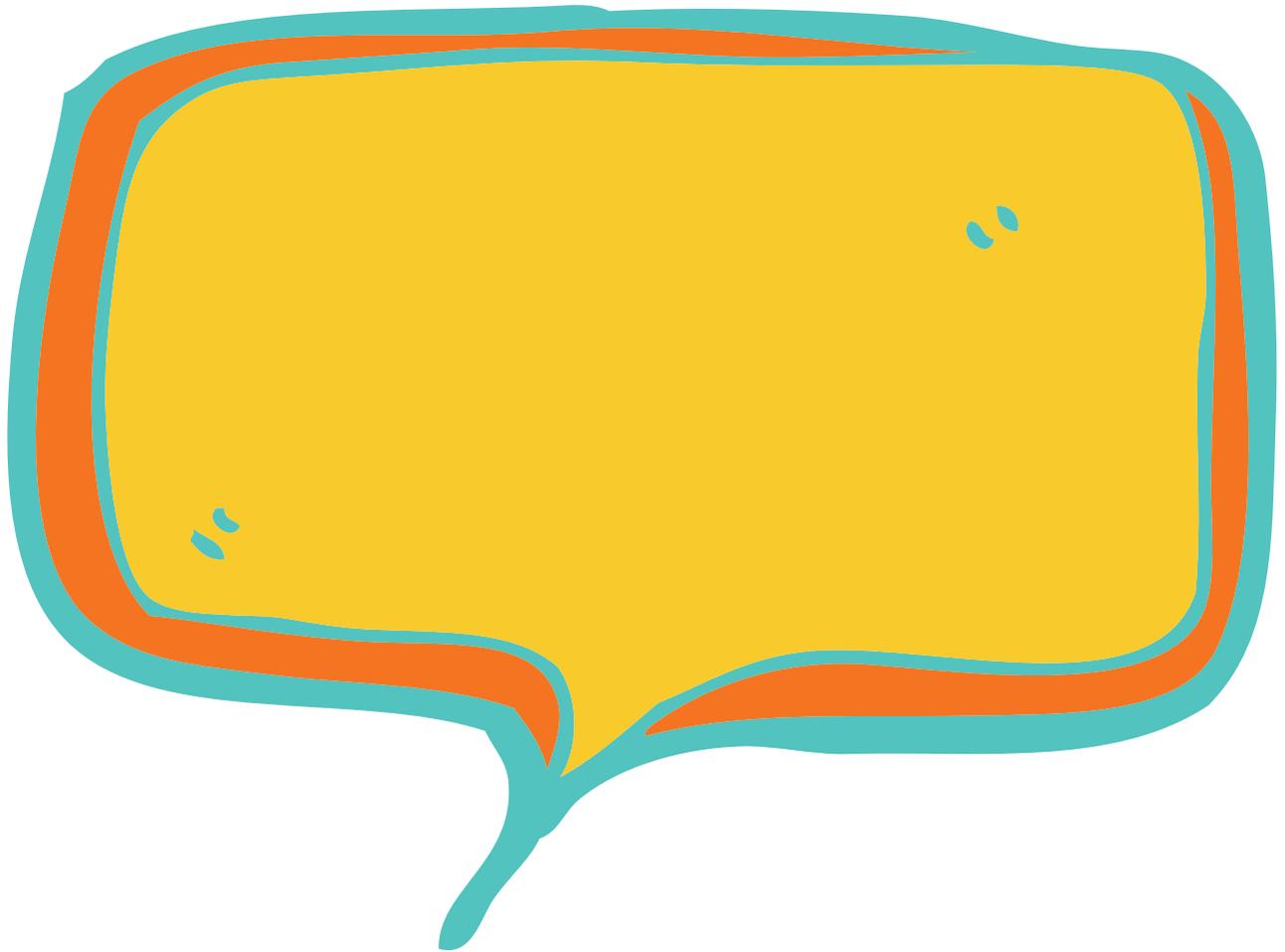


**CREATE A POSTER TO**  
**EDUCATE**  
**PEOPLE ABOUT COVID19**

Use items from the next  
page to create your poster.



DESIGN *for*  
CHANGE



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.