

Diary Entry

This diary entry could just be one day or it could be over several days from the past year.

It does not have to be 100% true at all, but it should reflect a typical day you experienced in lockdown or a significant day/experience in lockdown (Christmas, a birthday etc)

Think about your usual routine:

- When did you get up and how were you awoken?
- What did you do first?
- What did you eat for breakfast?
- What went on in the morning?
- What did you have for lunch?
- How was your afternoon?
- When did you have tea/dinner?
- What did you do in the evening?
- When did you go to bed?

These are the basics for your diary entry, but you should also include:

- Your thoughts throughout the day
- How you may have felt at different points of the day
- Anything you wondered about
- Any worries or optimism about the future

When you write a diary, you should write it as though you are speaking to a very close friend.

Someone who knows everything about you, so you can speak openly about your feelings in a diary and you can also talk and write in a more casual way. There may be some doodles here and there (think about Diary of a Wimpy Kid).

You may want to write just one day, or you could do several days in a row. You may even decide to do a few random days from different seasons of the year since lockdown first began.

Maybe you will just talk about a significant day in lockdown - like a lockdown birthday or lockdown Christmas. It is totally up to you.