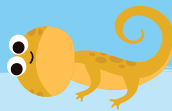
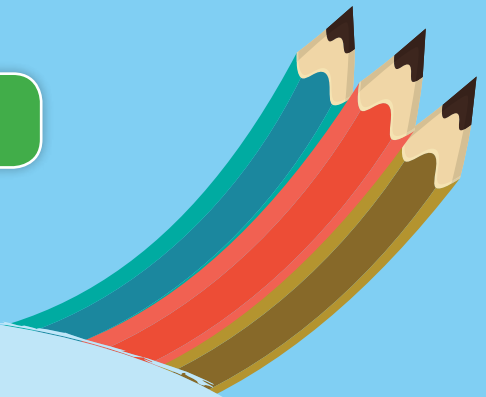




# Stay Home Journal

For Class 3 to 6



Name: \_\_\_\_\_

Class: \_\_\_\_\_



## INTRODUCTION

As you stay home being part of our community battle against Covid-19, make time for some reflection and creativity. Do the activities and tasks presented in this e-book in a notebook or in a printout of this book if you have access to a printer.

The tasks are designed to make you think, engage in stimulating conversations and build connections with people at home and in your friend circle, while practising physical and social distancing. Wishing you safety and good health as you enjoy the activities!





How do you find learning from home different? List as many points as you can in the table.

SCHOOL	HOME



You surely miss school. Write what you miss.

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Do you learn from a computer, tablet or your parent's mobile phone? Write the following:

My device: \_\_\_\_\_

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Apps: \_\_\_\_\_

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Learning schedule: \_\_\_\_\_

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Who helps you learn at home?

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Subjects: \_\_\_\_\_

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Teachers: \_\_\_\_\_

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Do you interact with teachers? \_\_\_\_\_

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Have you submitted any assignments online?

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How? \_\_\_\_\_

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Are you connected with your classmates for learning?

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How?

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Why is it important for us to stay home right now?

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# HOME

What do you enjoy about being home?

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How has the lockdown affected your play?

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Do you have siblings? What do they do while staying home?

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Do your parents do their office work from home? What have you observed?

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Do you exercise these days? How?

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What physical activities do you do as exercise?

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What do you do for entertainment? Watch movies or TV?  
Listen to music? Describe in detail.

Movies: \_\_\_\_\_

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TV shows/web shows: \_\_\_\_\_

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Favourite programme: \_\_\_\_\_

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Favourite channel/streaming service: \_\_\_\_\_

\_\_\_\_\_

Board games: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Indoor games: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Any other activity: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_



# HYGIENE

Good hygiene is the most important way to stop the virus.  
List your habits related to cleanliness.

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# FOOD

Eating healthy strengthens your immunity.

**My breakfast:**

Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____
Sunday	_____

**Snacks:**

Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____
Sunday	_____

**Lunch:**

Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____
Sunday	_____

**Dinner:**

Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____
Sunday	_____

Do you eat anything unhealthy because you like it? What are you doing to break the habit?

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# HOBBIES

List your pastime and extracurricular activities. What do you love about each?

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# FRIENDS

How do you keep in touch with your friends?

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What are two things you want to do when you go back to school?

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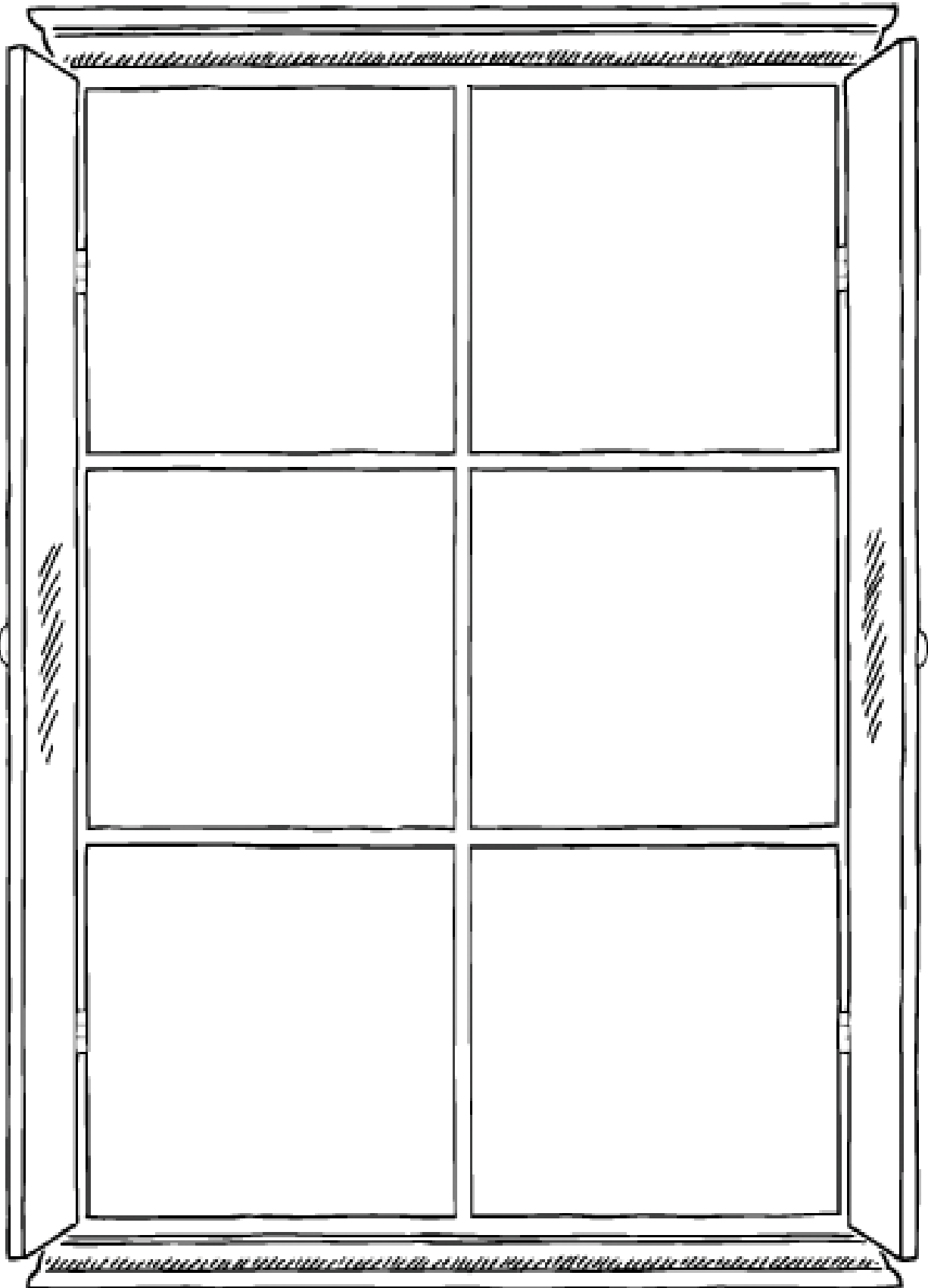
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Visualise your classroom and draw its picture.



Draw what someone might see if they stopped by your house and peeked in a window.





# FRIENDS

What is your feeling about the terrible things happening across the world due to coronavirus? Express your thoughts. Write what you can do.

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What valuable lessons have you learned as a result of staying at home?

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# OUR HEROES

Give some examples of people who are being heroes in our world right now. Explain why you think what they are doing is heroic.

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How might the world change for the better because of what is happening right now? Think of a few ways and explain why those changes would be helpful.

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