

COVID-19 Lockdown Diary for: _____

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|---------------------------------|--|-------------------------------|--|
| Date: | | Days in Isolation: | |
| Number of cases in New Zealand: | | Number of cases in the World: | |

Space to write about how you are feeling, what you did today, something you learnt, what's happening in the world and in New Zealand, something you achieved, challenges faced

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What are you are grateful for today?

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