

My COVID 19

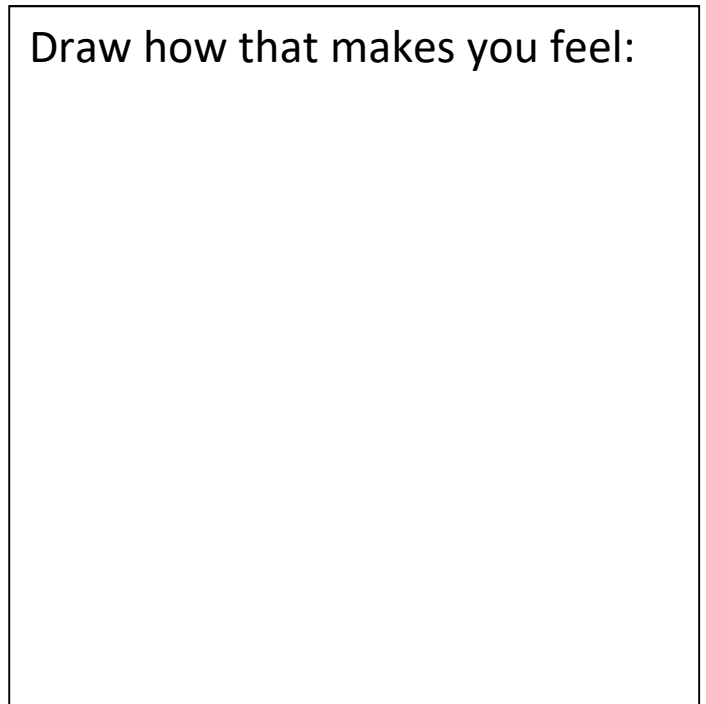
Family Journal

By _____

A Partnership of Putnam Museum and Science Center and
Vera French Community Mental Health Center

How has your family or other people you know been affected by the COVID-19 virus?

Draw how that makes you feel:



You are a Historian

We are living during an extraordinary moment in history, and you have a story that other Quad City kids will want to hear many years from now.

Your family can be part of the Putnam's COVID 19 archive by sending us photos or video of your family participating in these Home Challenges, by sending photos or a copy of your journal, or by writing your own story to tell future generations of Quad City youth.

This journal provides some fun activities and shares guidance from Vera French mental health professionals on how to talk about the impact of the COVID 19 virus on your family and on our community.

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Home Challenges

Visit www.Putnam.org and try an experiment on our Learning Experience page. Take a picture and email it to museum@putnam.org.

Draw the experiment here and describe your results.

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About me...

My name is: _____

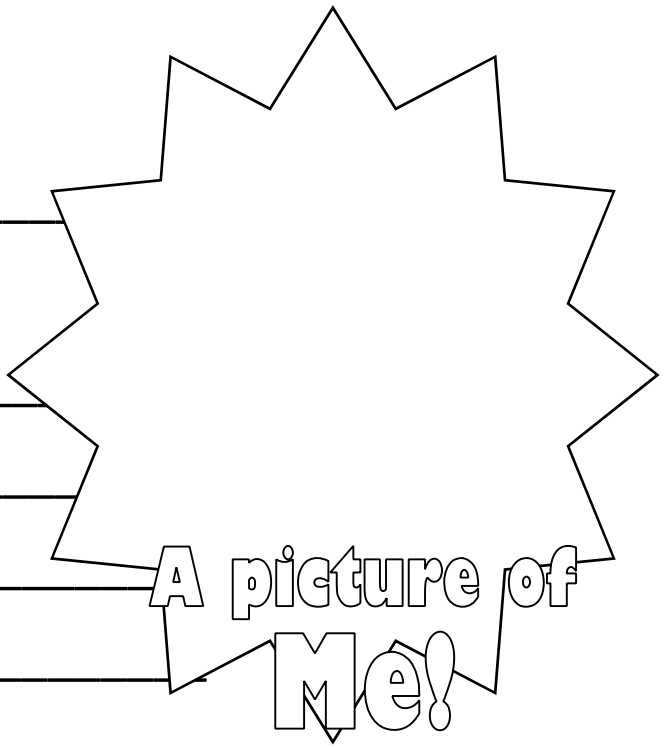
I am _____ years old

My favorite color is: _____

My favorite food is: _____

I am really good at: _____

I am still learning how to: _____



What do you miss that you look forward to doing after the COVID 19 virus goes away?

What is something positive that has come from this experience?

Are you staying inside because of the COVID 19 virus? Where do you spend most of your time?

What is your favorite place inside right now?

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Just for fun!

Write a silly Mad Lib story by completing this list of words. Fill them into the blanks on the next page and read the story aloud.

Person (noun) _____

Thing (noun) _____

Place (noun) _____

Descriptive word (adjective)

Place (noun) _____

Group of people (plural noun)

Thing (noun) _____

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Draw a picture of you in your favorite place where you are staying:

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My Mad Lib Story!

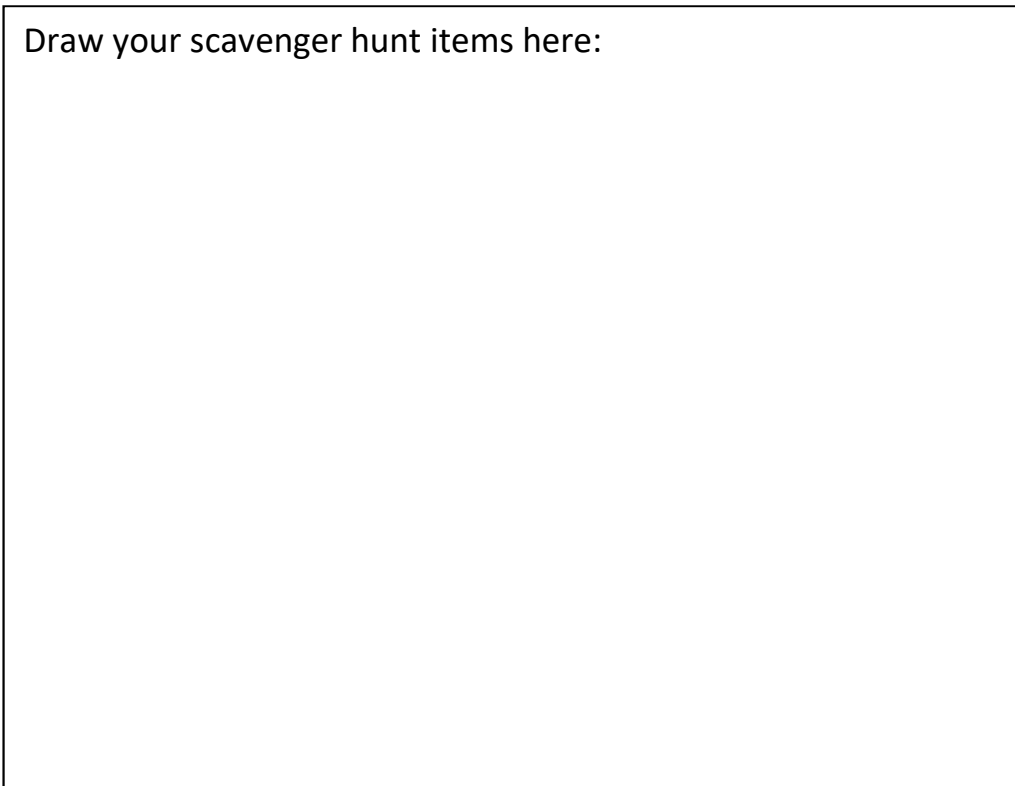
My _____(person) wants me to wash my
_____(thing), stay at _____(place), and be
_____(descriptive word). I miss my _____ (place) and my
_____(group of people), but when we are all back
together again I can visit the Putnam's _____(thing).

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Home Challenge!

Create your own indoor scavenger hunt and share your list with a friend to find items in their home. Ask your friend to make you a list, too. Take a picture and send it to museum@putnam.org.

Draw your scavenger hunt items here:



What change will the COVID 19 virus create in our community? In our world?

What is the biggest change in your life from the COVID 19 virus?

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What would you want a Quad Cities kid a hundred years from now to know about this time in our community's history?

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Home Challenge!

Build a fort inside your house. Take a picture and send it to museum@putnam.org.

Design your fort here:



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Be Part of the Putnam Museum's COVID 19 Collection

Complete any of these home challenges and send us a picture or video for the collection. If you want to submit your journal to the Putnam Museum, please either submit digital photos to us at museum@putnam.org, mail it to us or bring it in once we reopen. We can't wait to see you, but in the meantime, stay safe and be well.

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Draw a picture of the most fun you have had while staying inside?

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Let's Talk!

How to talk to your kids about the COVID 19 virus:

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

How to help with the big emotions kids might be feeling:

<https://youtu.be/nsTlxKbbQAY>

Keeping children healthy while school's out:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

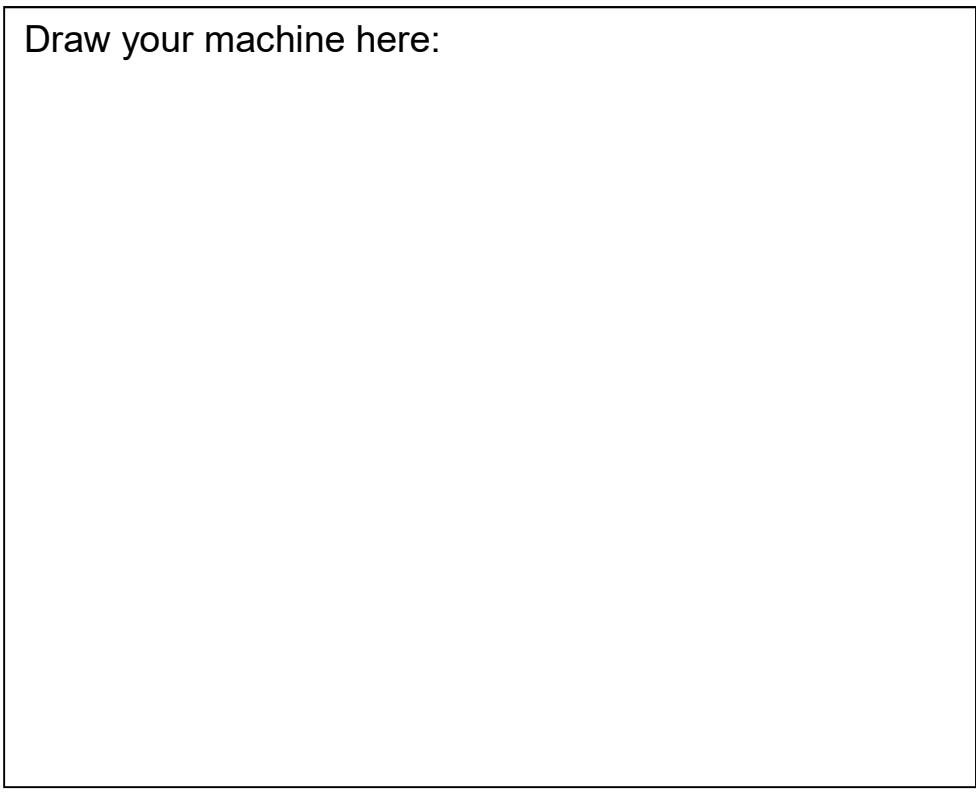
Tips for schooling at home: <https://youtu.be/9Bljm64qdDU>

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Home Challenge!

Search online for “Rube Goldberg machines.” Construct your own home-made machine. Take a picture and send it to museum@putnam.org.

Draw your machine here:



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Thank you for participating in the Putnam Museum’s Contemporary History Project documenting the COVID 19 health crisis in our community.

While completing this journal and having this important conversation as a family, you may notice your child showing signs of anxiety, fear, or grief. If you need support, reach out to your local mental health provider.

Quad City area citizens can call Vera French at (563) 383-1900 to schedule a video telehealth appointment or visit the Vera French website at <https://www.verafrenchmhc.org/>.

