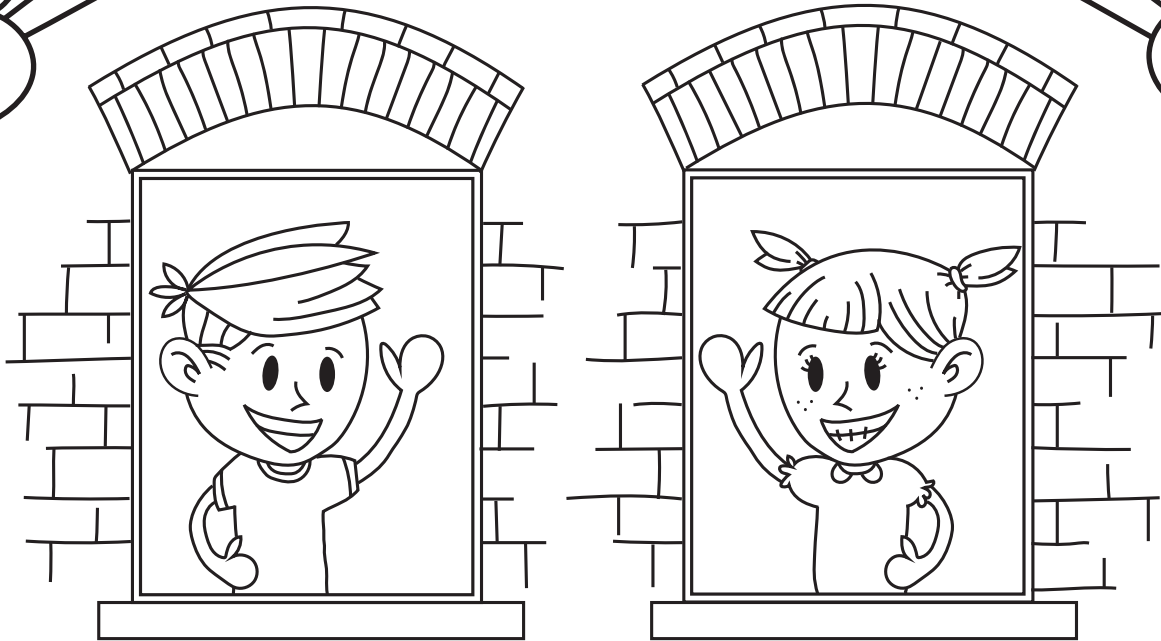




Swindon Town FC
Community Foundation



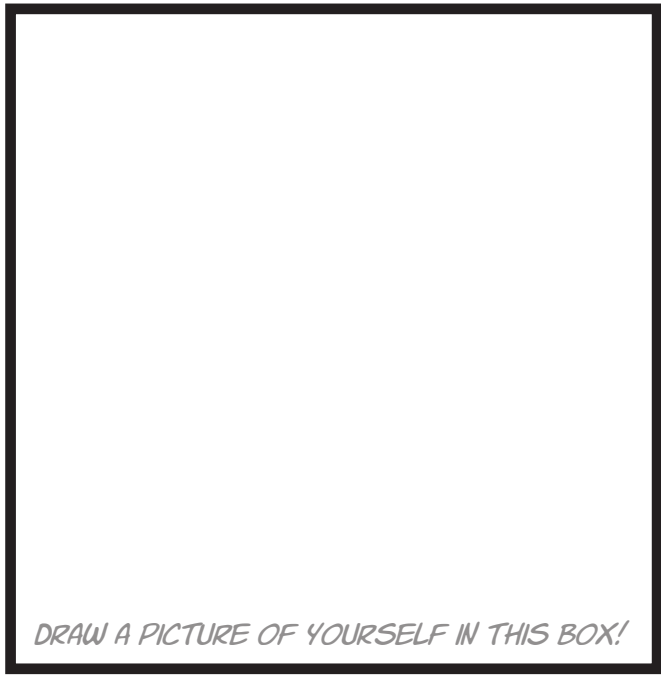
MY LOCKDOWN DIARY!

NAME

AGE



ALL ABOUT ME!



DRAW A PICTURE OF YOURSELF IN THIS BOX!

MY NAME IS _____ AND I AM _____ YEARS OLD! I AM _____ TALL AND I WEIGH _____. I LIVE IN _____ AND FOR THE LAST COUPLE OF MONTHS I HAVE BEEN IN LOCKDOWN WITH _____.

MY FAVOURITE ...

TV SHOW : _____
PLACE : _____
SONG : _____
FILM : _____
FOOD : _____

BOOK : _____
DRINK : _____
COLOUR : _____
VIDEO GAME : _____
HOBBY : _____



DRAW THE CLUB BADGE OF YOUR FAVOURITE TEAM IN THIS BOX!

FOOTBALL FAVES :

FOOTBALL TEAM : _____

FOOTBALL PLAYER : _____

FOOTBALL GROUND : _____



MY SOCCER SKILLS!

DURING THE LOCKDOWN WE'RE MISSING OUR FOOTBALL AT FOUNDATION PARK! BUT WE HOPE THAT EVERYONE IS STILL KEEPING UP THEIR FOOTBALL AT HOME!

MY FOOTBALL:

TEAM I PLAY FOR: _____

POSITION I PLAY: _____

BEST GOAL I'VE SCORED : _____

BEST TEAM I'VE PLAYED : _____

KICKUPS I CAN DO : _____

BEST TRICK I CAN DO: _____

FAVOURITE STFC SOCCER SKILLS VIDEO* : _____

YOU BE THE COACH!

DESIGN A TRAINING SESSION OR DRILL THAT CAN BE DONE IN YOUR GARDEN OR AN OPEN SPACE!




USE THIS BOX TO DESIGN YOUR TRAINING DRILL!

* YOU CAN FIND ALL OF THE STFC SOCCER SKILLS VIDEOS ON OUR WEBSITE : WWW.STFCFOUNDATION.COM/



OUT AND ABOUT!

IT'S IMPORTANT TO GET OUT AND ABOUT ONCE A DAY, FOR EXERCISE, FRESH AIR, AND A CHANGE OF SCENERY. FILL OUT THIS PAGE ON ONE OF YOUR WALKS AROUND YOUR NEIGHBOURHOOD.



DRAW A MAP OF YOUR JOURNEY TO AND FROM YOUR HOME. DRAW IN LANDMARKS LIKE BUILDINGS AND TREES.

CHECK THE BOX FOR ALL THE THINGS THAT YOU SEE!

- | | |
|------------------------------------|-------------------------------------|
| A DOG <input type="checkbox"/> | A FOOTBALL <input type="checkbox"/> |
| A CAT <input type="checkbox"/> | A BUS <input type="checkbox"/> |
| A DUCK <input type="checkbox"/> | A NURSE <input type="checkbox"/> |
| A DIGGER <input type="checkbox"/> | FLOWERS <input type="checkbox"/> |
| A RED CAR <input type="checkbox"/> | A CYCLIST <input type="checkbox"/> |
| A JOGGER <input type="checkbox"/> | A TRAIN <input type="checkbox"/> |
| A RIVER <input type="checkbox"/> | A FLAG <input type="checkbox"/> |

TODAY I WENT FOR A WALK WITH _____ . WE WALKED TO _____ AND BACK, AND IT TOOK _____ MINUTES. THE MOST INTERESTING THING I SAW ON MY WALK WAS _____ . I'M LOOKING FORWARD TO GOING OUT AGAIN TOMORROW!

RAINBOWS!



DURING LOCKDOWN, RAINBOWS HAVE BEEN A SYMBOL OF RESPECT FOR OUR CARERS, AND HOPE FOR THE FUTURE! COUNT HOW MANY YOU SEE ON YOUR WALK :

FIND AN INTERESTING AND BEAUTIFUL LEAF ON YOUR WALK AND PASTE IT HERE! IF YOU CAN'T PASTE IT THEN DRAW IT IN THIS BOX.



MY DAILY ROUTINE!



DURING THE LOCKDOWN ALL OF OUR DAILY ROUTINES HAVE CHANGED QUITE A LOT! WRITE AND DRAW WHAT A DAY IN YOUR LIFE LOOKED LIKE DURING THE QUARANTINE.

9:00 AM

3:00 PM

11:00 AM

5:00 PM

1:00 PM

7:00 PM



A LETTER TO MYSELF!

HERE IS A SPACE TO WRITE YOUR FUTURE SELF A LETTER FOR WHEN THE LOCKDOWN IS ALL OVER! YOU CAN TALK ABOUT YOUR EXPERIENCES, HOW YOU'VE FELT, AND REMIND YOUR SELF ABOUT ALL OF THE THINGS YOU WANTED TO DO DURING LOCKDOWN!



A LETTER FROM LOCKDOWN!

HERE IS A SPACE FOR YOUR PARENTS/CARERS OR SOMEONE ELSE IN YOUR HOUSE TO WRITE A LETTER TO YOU TO READ IN THE FUTURE. THEY CAN TALK ABOUT THEIR EXPERIENCE OF LOCKDOWN WITH YOU AND SHARE THEIR THOUGHTS AND MEMORIES!



MY LOCKDOWN FITNESS!

IT'S REALLY IMPORTANT TO MAKE SURE THAT WE KEEP FIT AND ACTIVE DURING THE LOCKDOWN! ON THIS PAGE THINK ABOUT WHAT YOU'RE DOING TO STAY FIT!

CAN YOU DESIGN A FITNESS ROUTINE OF SIX EXERCISES YOU CAN DO AT HOME OR IN A GARDEN? REMEMBER TO INCLUDE A WARM-UP AND A COOL-DOWN!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

DURING LOCKDOWN I AM KEEPING FIT BY _____ .
 THIS EXERCISE WORKS MY _____
 _____ MUSCLES.
 I ENJOY THIS EXERCISE BECAUSE _____ .
 AT THE MOMENT AN EXERCISE I'M NOT ABLE TO DO, THAT I USUALLY DO, IS _____ .
 SO I AM LOOKING FORWARD TO WHEN I CAN DO THIS AGAIN! BUT FOR NOW, I'LL STICK WITH _____ !



DRAW A PICTURE OF YOURSELF DOING YOUR FAVOURITE EXERCISE!



HAND PRINTS

ON THIS PAGE CAN YOU COLLECT THE HAND PRINTS OF ALL THE PEOPLE IN YOUR HOUSE DURING LOCKDOWN? YOU CAN DO THIS WITH PAINT, OR BY DRAWING AROUND THEM AND COLOURING THEM IN!

A large, empty rectangular box with a thick black border occupies the central portion of the page. This box is intended for children to draw or paint handprints of the people in their household during the lockdown period.



LOCKDOWN INTERVIEW!



INTERVIEW YOUR PARENTS, OR SOMEONE ELSE IN LOCKDOWN WITH YOU. ASK THEM THESE QUESTIONS AND WRITE DOWN THEIR ANSWERS IN THE BOXES BELOW!

1. PLEASE INTRODUCE YOURSELF :

2. HOW ARE YOU FEELING TODAY ?

3. WHAT HAS BEEN THE BIGGEST SURPRISE DURING LOCKDOWN ?

4. WHAT HOBBIES / ACTIVITIES HAVE YOU ENJOYED DOING ?

5. WHAT HAS BEEN THE MOST DIFFICULT THING ABOUT THE LOCKDOWN ?

6. AND WHAT HAS BEEN THE BEST THING ?

7. WHAT IS THE FIRST THING YOU WILL DO WHEN LOCKDOWN IS OVER ?

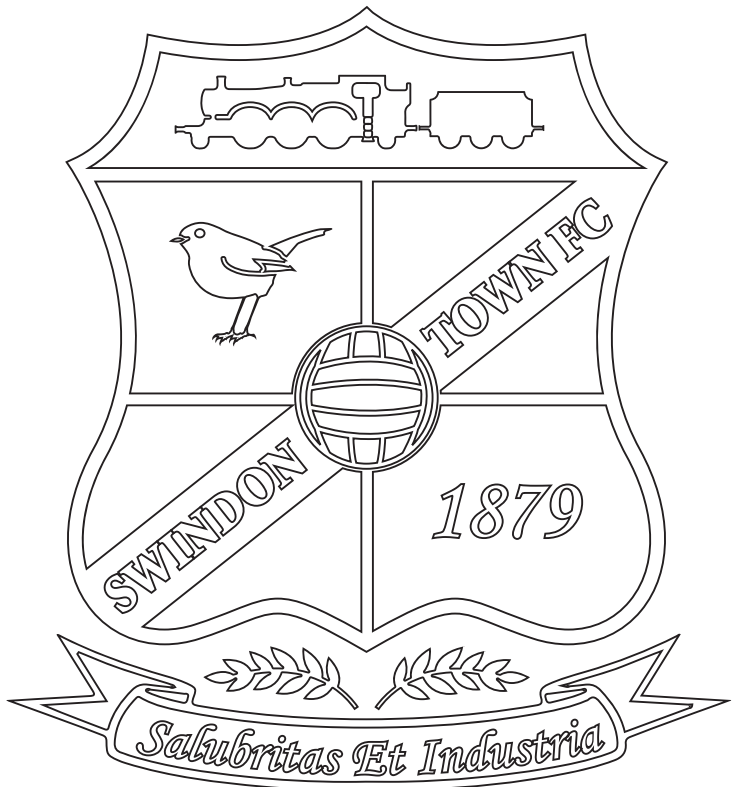
8. WHAT ARE YOU MOST THANKFUL FOR ?



WHAT I'VE LEARNT

THIS TIME MAY HAVE BEEN DIFFICULT, BUT IT HAS ALSO BEEN A CHANCE TO LEARN AND EXPERIENCE NEW THINGS. HERE YOU CAN THINK ABOUT ALL THE THINGS YOU'VE LEARNT OR DONE FOR THE FIRST TIME DURING LOCKDOWN!

<p>A FACT THAT I DIDN'T KNOW BEFORE ...</p>	<p>A DISH THAT I'D NEVER COOKED BEFORE ...</p>	
<p>A SINGER / GROUP THAT I DISCOVERED I LOVED ...</p>	<p>A FILM I'D NEVER SEEN BEFORE ...</p>	<p>A BOOK I'D NEVER READ ...</p>
<p>A FOOTBALL SKILL I TRIED FOR THE FIRST TIME ...</p>	<p>A HOBBY / ACTIVITY I'D NEVER DONE BEFORE ...</p>	<p>A SONG I LEARNT ALL THE WORDS TO ...</p>
<p>A FOOTBALL SKILL I TRIED FOR THE FIRST TIME ...</p>	<p>AN EXERCISE I DID FOR THE FIRST TIME ...</p>	



Swindon Town FC Community Foundation

***YOU ARE LIVING THROUGH A MAJOR HISTORICAL EVENT !
FILL OUT THIS LOCKDOWN DIARY AND KEEP IT SAFE, AND YOU'LL BE
ABLE TO LOOK BACK AND REMEMBER JUST HOW YOU FELT DURING
THIS EXPERIENCE.***

STAY SAFE ! STAY HEALTHY !

FROM EVERYONE AT THE SWINDON TOWN FC COMMUNITY FOUNDATION.