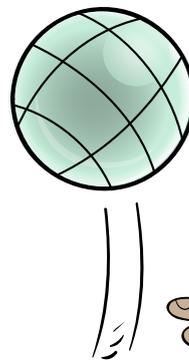
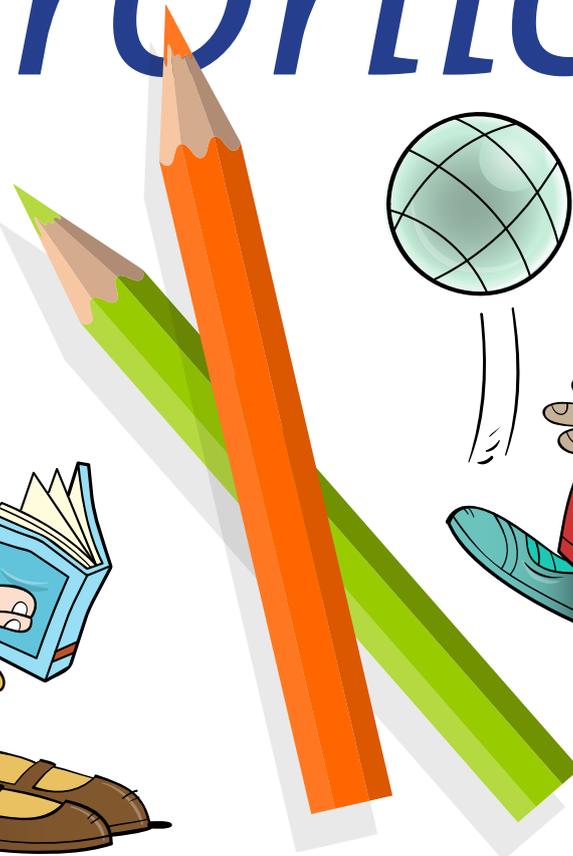
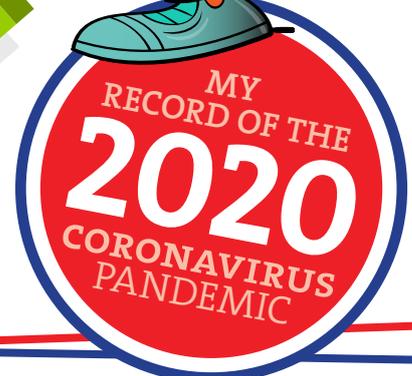


My personal

Corona Chronicle



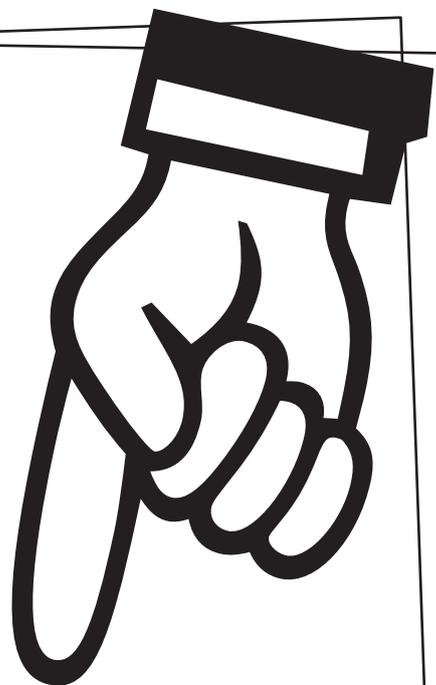
By: _____



Meet the Green Leaf Crew

"Hi, we're the Green Leaf Crew and we know all about pulmonary hypertension because we either have it ourselves, or know someone close to us with it.

We're at home in lock down just like you. We hope you have fun completing your Corona Chronicle as a personal record of life at home."



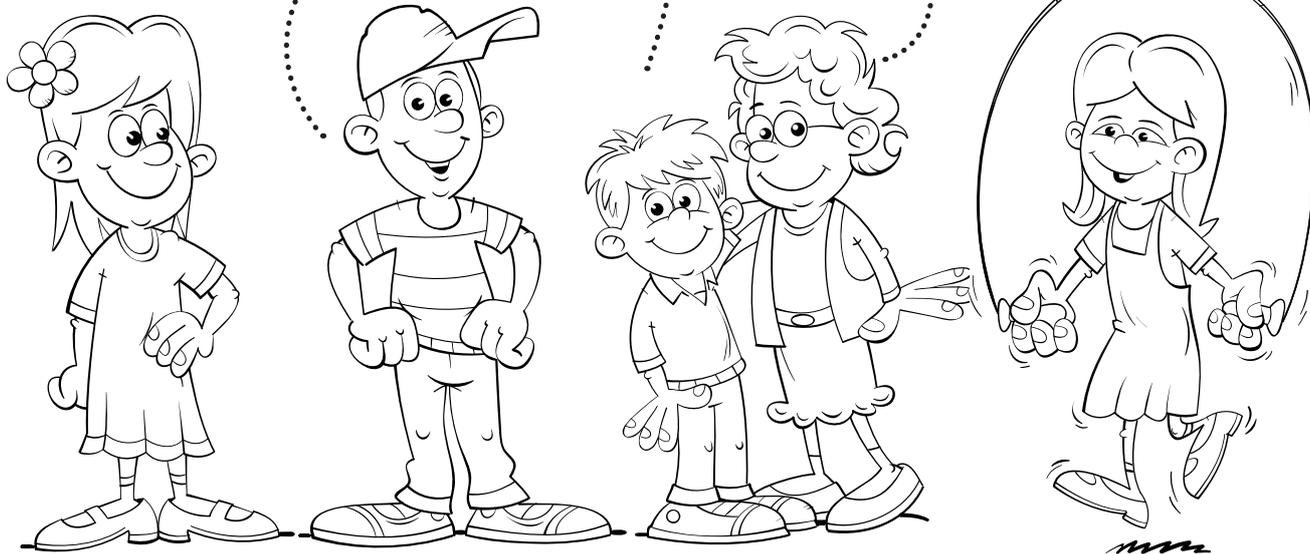
Hi, my name is Kitty and I'm 11. I really enjoy watching TV programmes about animals. My mum was diagnosed with PH when I was 9.

Hi, I'm Jude and I'm 4. I like watching cartoons and playing dinosaurs with my friends. I was born with PH.

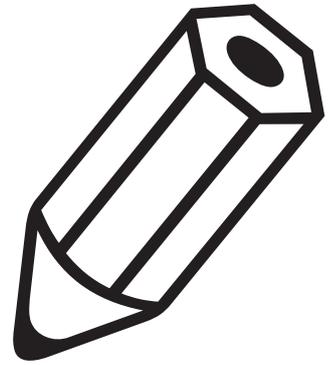
Hello, Su here! I'm 8³/₄ and really enjoy Zooming with my friends and I love horses. I have just been diagnosed with PH.

Hi everyone, I'm Corey and I'm 9³/₄. I really like reading (science fiction is my favourite) and going for walks with my dad and our dog. I've had PH since I was 5.

Hello! I'm Lexi and I'm 9¹/₂. My favourite subject at school is geography and I really like listening to pop music. My little brother Jude has PH.



Create your own record of this historic time...



Take time to fill in these pages for your future self to look back on. Here's some ideas of things to include:

- Some photos of this time
- Any artwork you created
- A journal of your days
- Family & pet pictures
- Local newspaper clippings
- Special memories



Draw a picture here of the people you are at home with.

All about ME!

What is your age?

What is your height?

What is your weight?

What is your shoe size?



MY FAVOURITES



Toys:

Colour:

Animal:

Food:

Movie:

Book:

Activity:

Holiday:

Song:

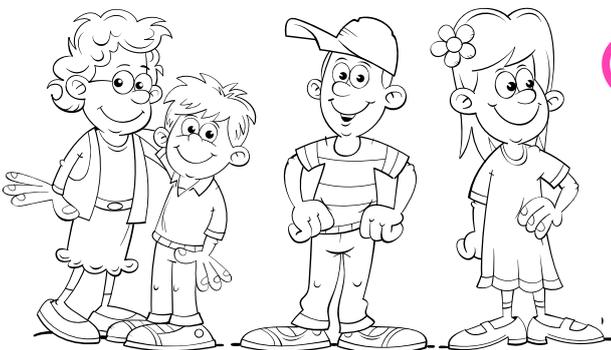
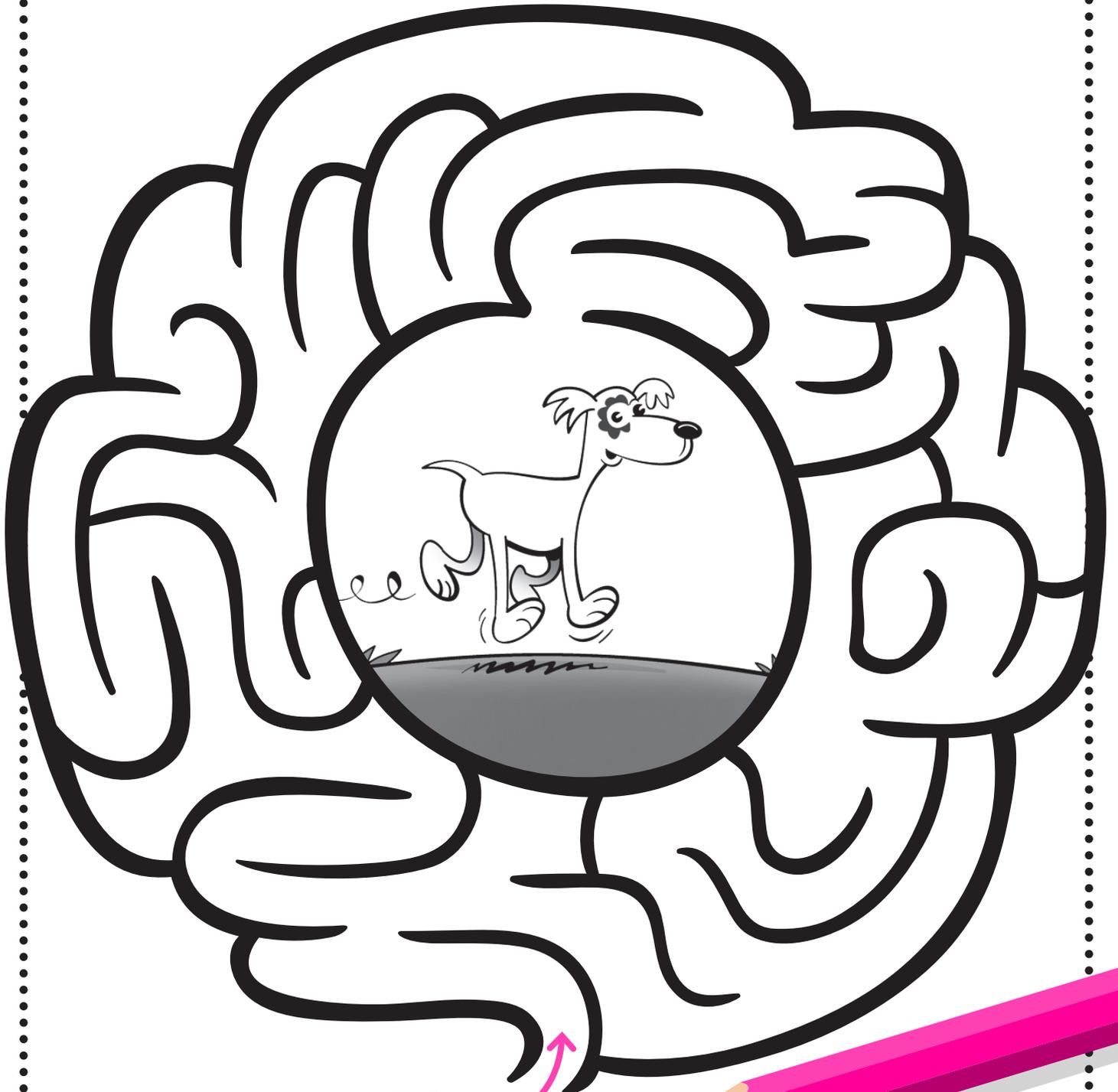
Pop star:

My BEST friends are...

WHEN I GROW UP I WANT TO BE...



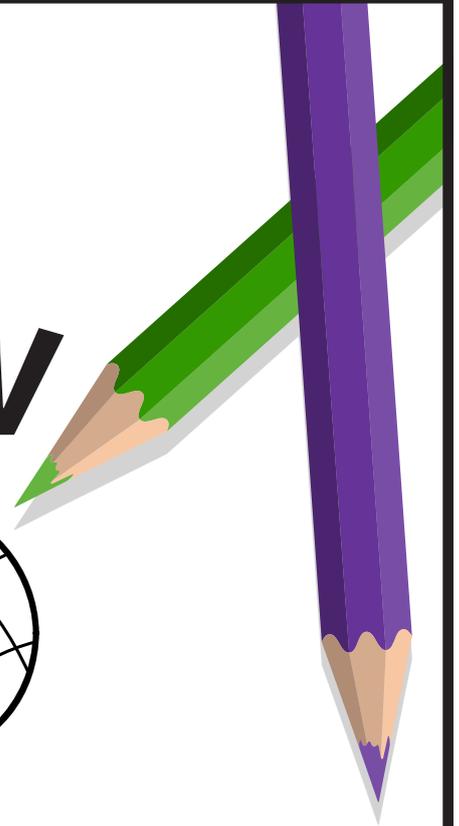
Can you help the Crew find
a way to **Patch**, their dog?



**FUN
FACT**

Human teeth are just as
strong as shark's teeth!

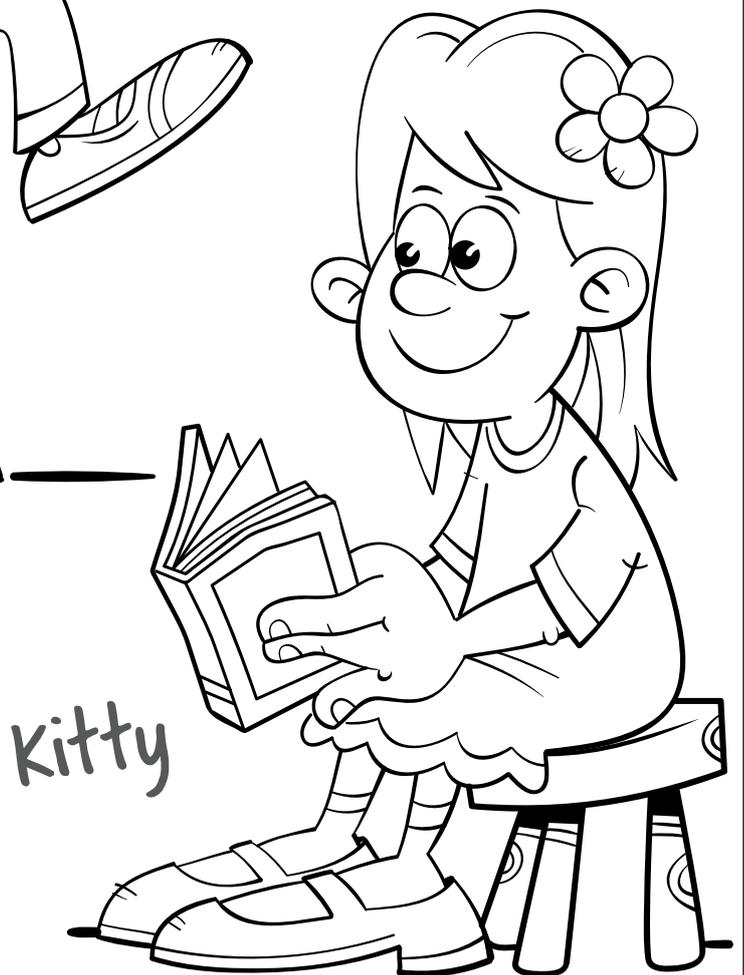
Colour in *the crew*



Corey

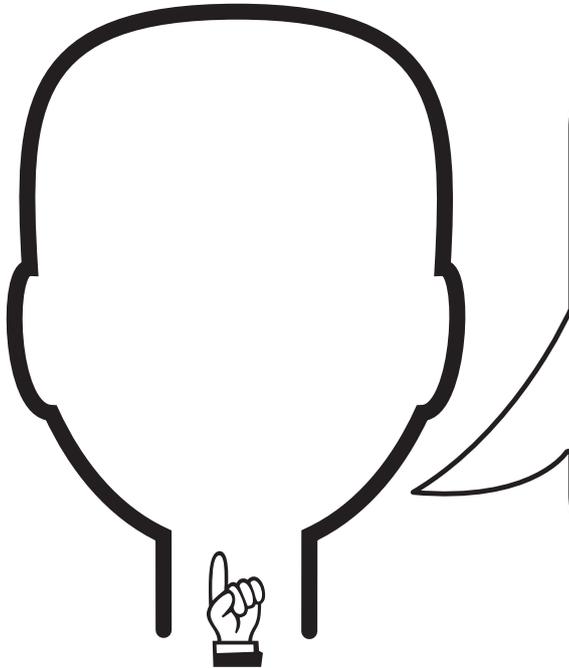


Patch



Kitty

How I'm Feeling



Words to describe how I feel:

How my face looks



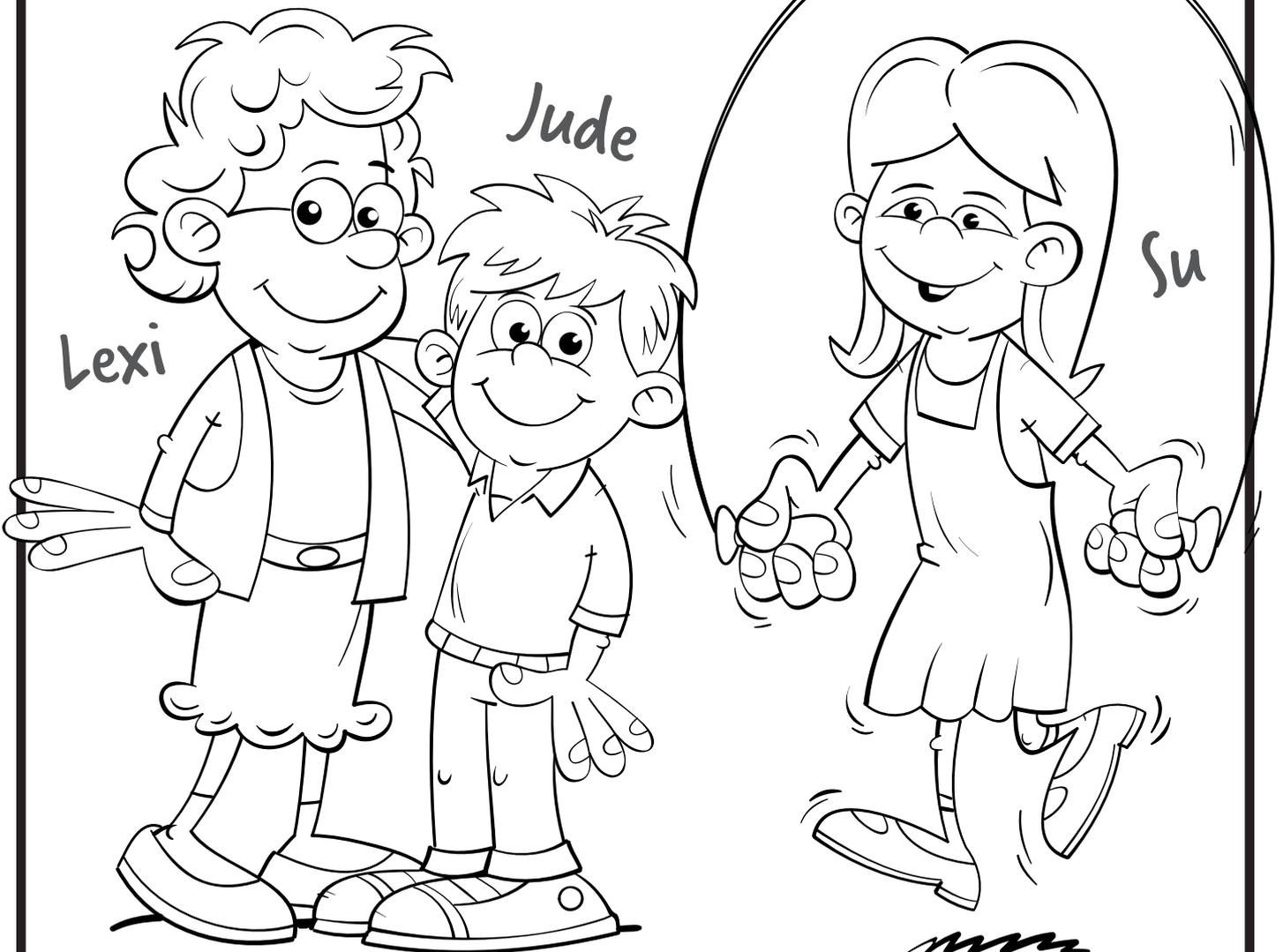
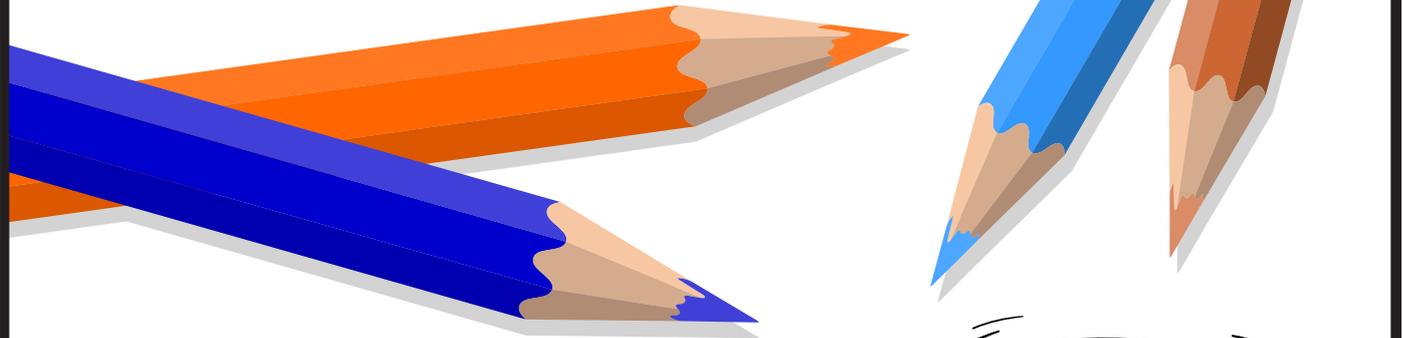
WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR:

THE THREE THINGS I AM MOST EXCITED ABOUT WHEN THIS IS OVER:

- 1
- 2
- 3

Colour in *the crew*



REMEMBER...

you're not STUCK at home

you're SAFE at home! 😊

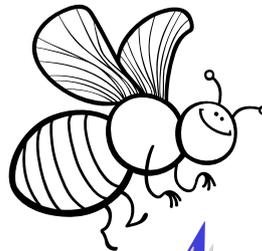
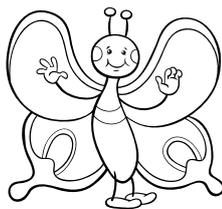
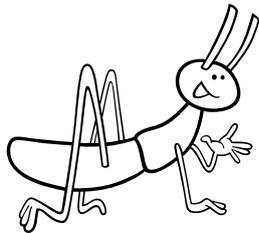
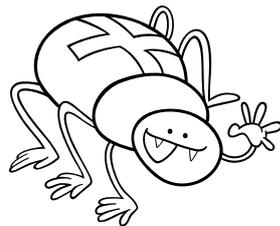
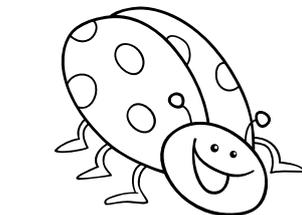
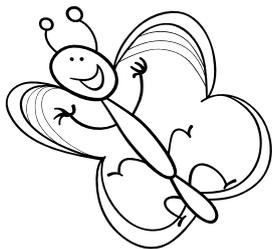
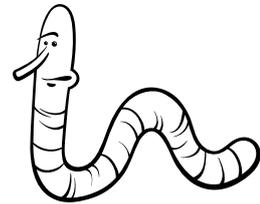
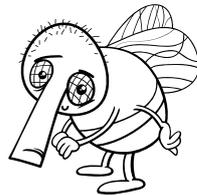
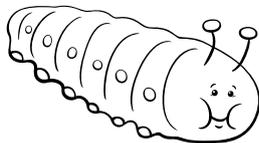
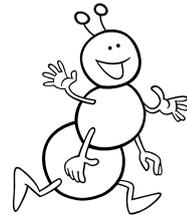
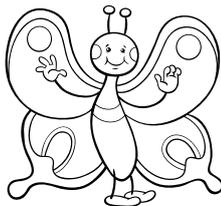
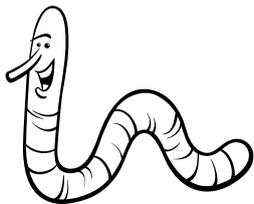
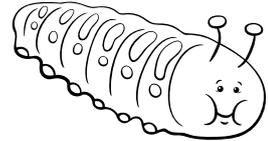
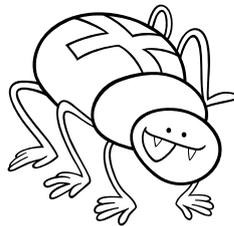
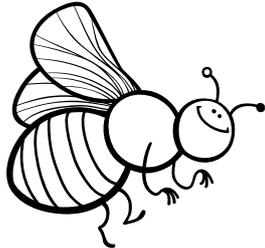
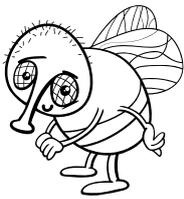
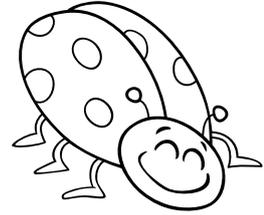
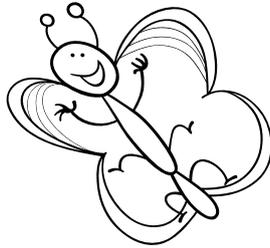
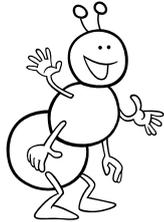
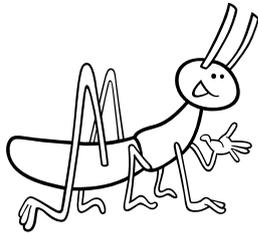


OUR HANDPRINTS

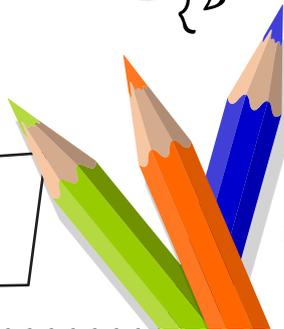
Print the hands of all the people in your home below. You could overlap them in different colours to make a pattern!



Can you help **Corey** find the **two identical creatures?**



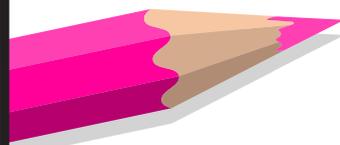
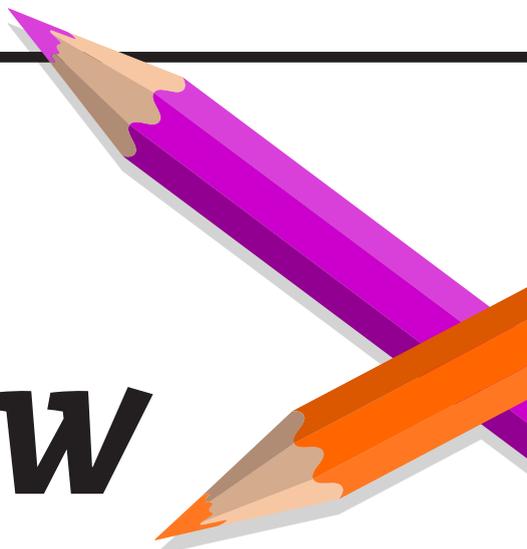
Now colour them all in!



Check the answer on last page



Colour in *the crew*



Jude

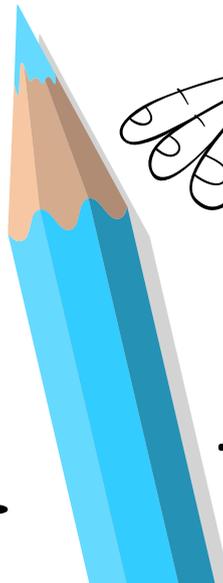
FUN FACT Your blood makes up about 8% of your body weight.



Corey

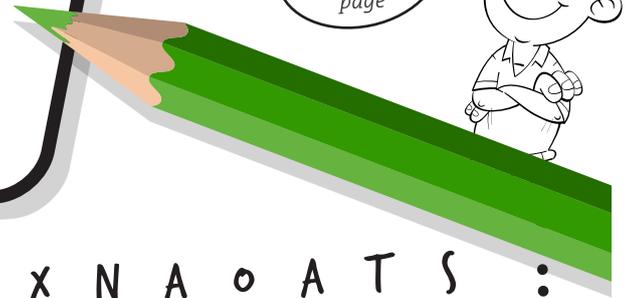


Lexi



Healthy food word search

Check the answers on the last page



P O T A T O E S N S L X N A O A T S
 B W L Z P A V D S Y K E G U V F C A
 A X D C A R R O T S A L O M T R C P
 L S Z W Y U S C U C U M B E R S A H
 O R A N G E S H R L D S Q O W X B Y
 R U M S P R O V T S M I V C C D B P
 D W C S T I B S N U O S P Q A Z A Y
 Q O W T E B M E U Y T X E Y V A G A
 G C A V N T S P A C R Y P A L P E O
 R H L Y T C V U R N A S P V I P T N
 A H S X O Q Z E C B S K E L F L V W
 P A O J M E L O N V R V R C L E O P
 E L P S A X L Q Z C W J S O O S D C
 S Q A L T D P M D C O L Y X W M L E
 G J B R O C C O L I X K A S E T Y L
 A X Q D E B A N A N A S M D R J L E
 V Z W B S B Q L S A Z W M U K S A R
 B E R R I E S J P L E T T V C E L Y

Carrots
 Apples
 Grapes
 Bananas

Beans
 oats
 Cucumber
 Tomatoes

Lettuce
 Potatoes
 Peppers
 oranges

Celery
 Broccoli
 Cabbage
 Berries

Nuts
 Melon
 Cauliflower
 Sprouts

How many of these healthy foods do you like? Why not ask a friend too?

FUN FACT

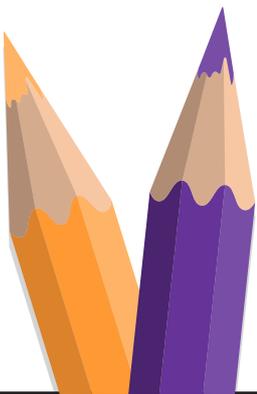
Your heart beats around 100,000 times a day!



What makes you HAPPY?



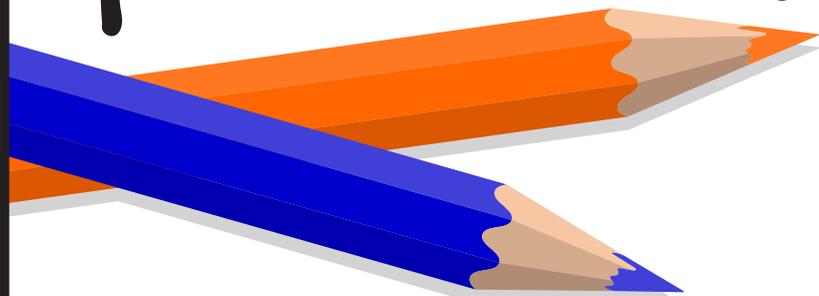
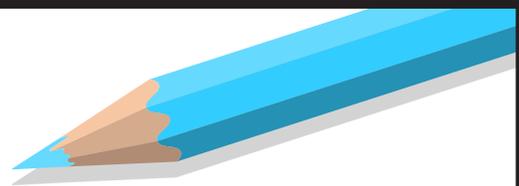
Here's some space for you to draw your favourite things.
Maybe it's cuddling with your family pet? or playing with
your best friend? or perhaps a hobby you love doing?
Why not share yours with others and see what they've drawn?



**FUN
FACT**

The left side of your body is controlled by the right side of your brain and the right side of your body is controlled by the left side of your brain!!

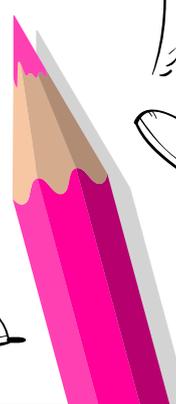
Can you spot the difference?



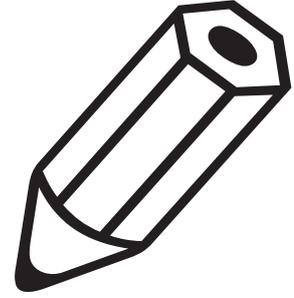
There are FIVE differences between each pair of characters. Can you spot them all? Then have fun colouring them all in!



Check the answers on the back page



INTERVIEW YOUR PARENTS...



**WHAT HAS BEEN THE
BIGGEST CHANGE?**

How are you finding
home schooling?

How are
you feeling?



**3 TOP MOMENTS FROM
THIS EXPERIENCE:**

What are you
most thankful for?

**WHAT ACTIVITIES
HAVE YOU MOST
ENJOYED DOING?**

BEST TV SHOW:

BEST MEAL:

BEST SNACK:

FAVOURITE TIME OF DAY:

BEST FAMILY GAME:

Have you
set yourself any
personal goals
for after this time...

