



Sandra Magsamen®

Introduction

In 2020, we all experienced the event of a lifetime. The Covid-19 virus. An event where the whole world was impacted by the same situation that required every single citizen of the planet to respond collectively.

As the Covid-19 virus spread, we as individuals and families were all tasked with doing our part to not only protect ourselves, but also our friends, neighbors and communities. We each approached this challenge in our own ways and we each developed unique solutions. The world seemed to have been flipped upside down and it was up to all of us to turn it right side up again. To say the least, this was a historic year!

Before our memories of this monumental year begin to fade, it is important that we document our stories, share our feelings and work to process this past year! A lot of important lessons were learned, relationships developed and perspectives gained.

This journal includes 7 chapters that can be completed one chapter per day, all at once, or as you please!

The back cover of this journal includes an envelope that is to be used as a time capsule! Fill the envelope with newspaper clippings, digital articles, magazine headlines, photos, notes, and art that memorialize this year.

All about us

When the world stayed apart,
we stayed in together!

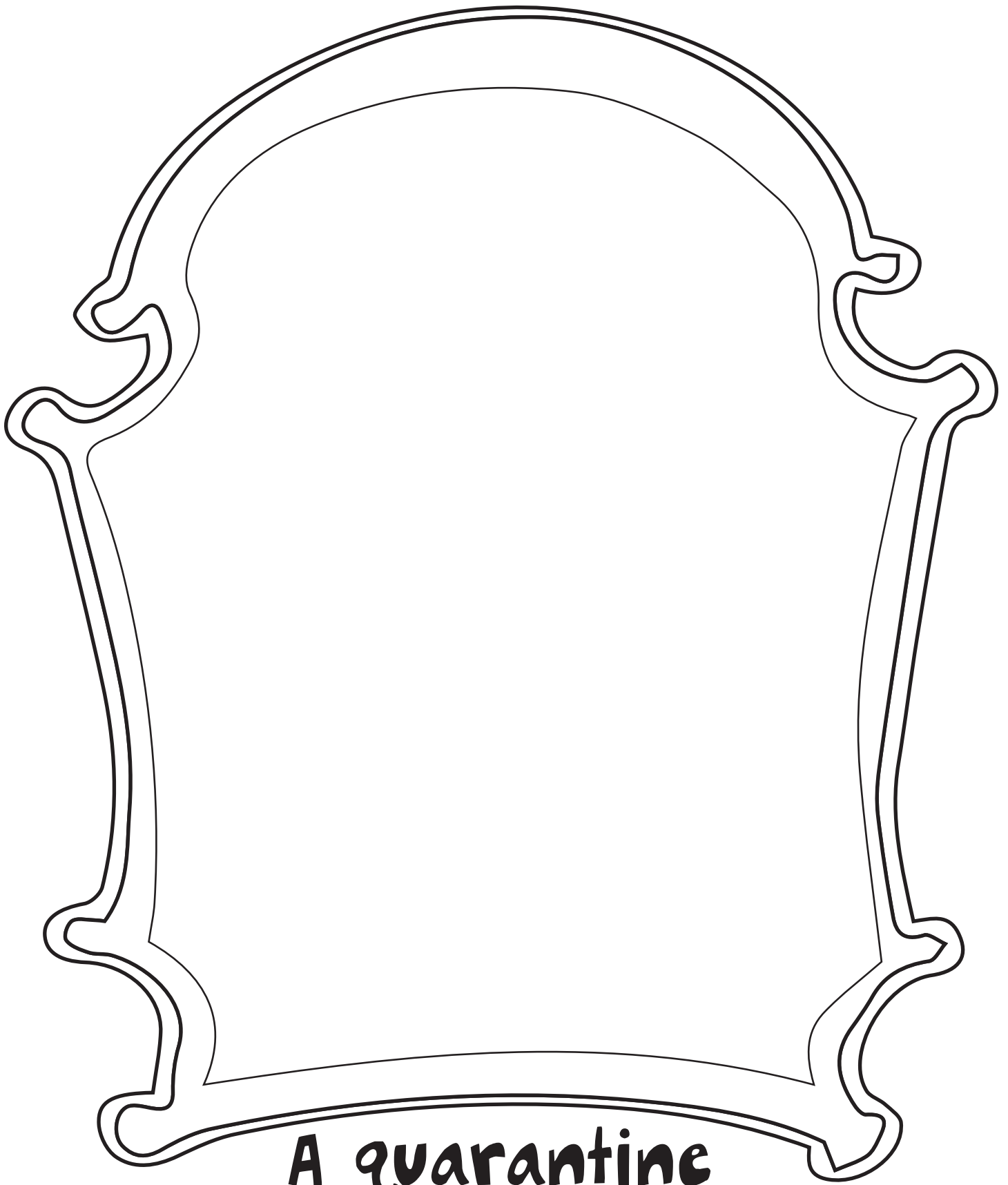
Today's date

Who we are

Where we live

Our ages

Our occupations/grades in school



A quarantine Portrait!

Have each person who quarantined together
draw themselves above!

All about us

We were asked to quarantine.

Let's recall who we were with and what life looked like in the beginning.

Lockdown lowdown

Covid-19 came to our country on

We started lockdown on

Our work/school closed on

We began working from home on

Our early thoughts on Covid-19 were

Tell your story!

Give a detailed description of where you were when you found out the country was going into lockdown. What steps did you take?

[illegible]

All about us

During quarantine,
we all learned a new language!

**Find and circle
the words below!**

epidemic

facemask

pandemic

hand wash

coronavirus

social distance

widespread

germs

outbreak

soap

homeschool

stay home

quarantine

vaccination

covid

disinfect

global

wipes

cough

spread

antibodies

q	c	k	s	i	k	c	g	h	b	r	s	s	n	s
h	o	m	e	s	c	h	o	o	l	v	u	o	s	y
u	s	r	p	p	m	y	u	v	p	e	d	c	a	f
f	h	h	i	a	i	m	c	i	i	t	i	i	s	p
b	a	y	w	n	f	d	i	g	q	d	s	a	q	r
w	n	c	d	d	r	g	e	l	j	t	i	l	k	e
t	d	p	e	e	e	e	s	m	w	g	n	d	l	f
n	w	c	r	m	r	r	l	b	i	b	f	i	u	w
o	a	o	e	i	a	m	r	c	d	c	e	s	r	a
i	s	u	q	c	r	s	o	i	e	e	c	t	z	n
t	h	g	x	z	o	o	k	x	s	q	t	a	e	t
a	g	h	l	f	t	r	c	o	p	o	w	n	n	i
n	r	u	d	g	c	e	o	z	r	v	c	c	i	b
i	u	b	v	l	h	u	x	n	e	e	y	e	t	o
c	y	v	s	o	t	s	p	c	a	u	r	v	n	d
c	l	j	p	b	x	w	l	k	d	v	w	d	a	i
a	z	f	r	a	r	m	s	h	s	z	i	e	r	e
v	c	e	e	l	y	k	i	z	f	e	t	r	a	s
x	a	x	a	e	m	o	h	y	a	t	s	z	u	h
k	c	g	d	x	p	s	w	d	r	g	x	r	q	s

Our quarantine experience

"The new normal"

List the top 10 things that changed in our lives this past year

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

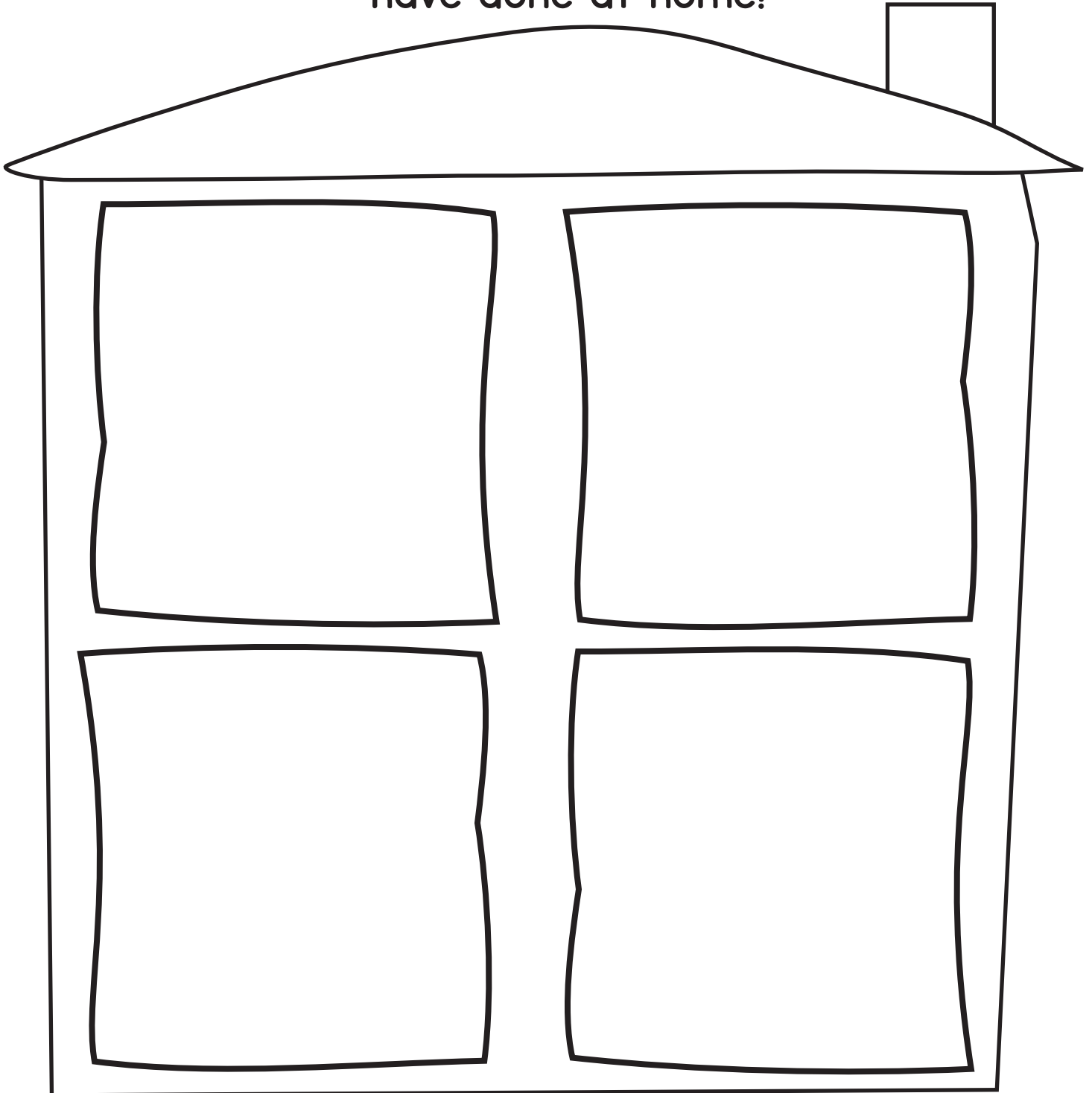
Together time!

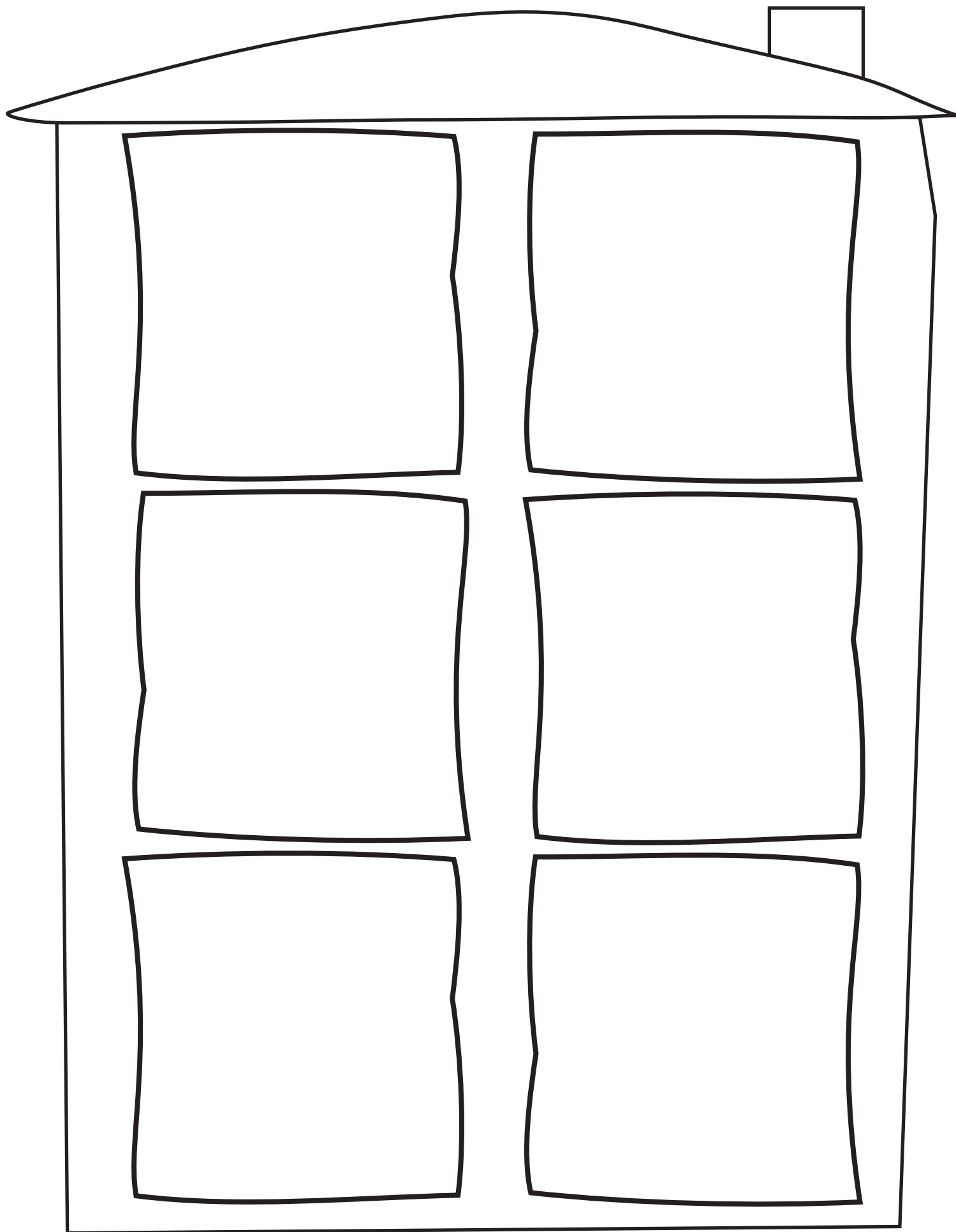
Color in things you have done during quarantine.



Our quarantine experience

Draw your favorite things that you have done at home!






Let's chat

This is an unprecedented time. It's time for unprecedented kindness!

Interview family, friends, classmates and neighbors!




What do you miss most?



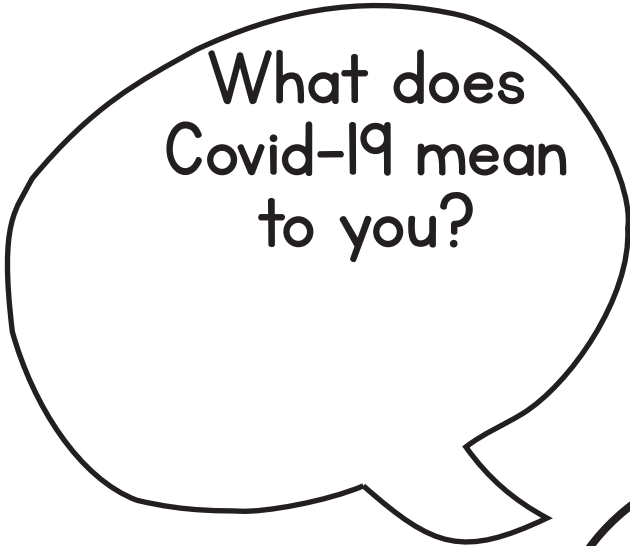
What has been the biggest change for you?




How has this year changed you?




What have you enjoyed doing most?




What does
Covid-19 mean
to you?



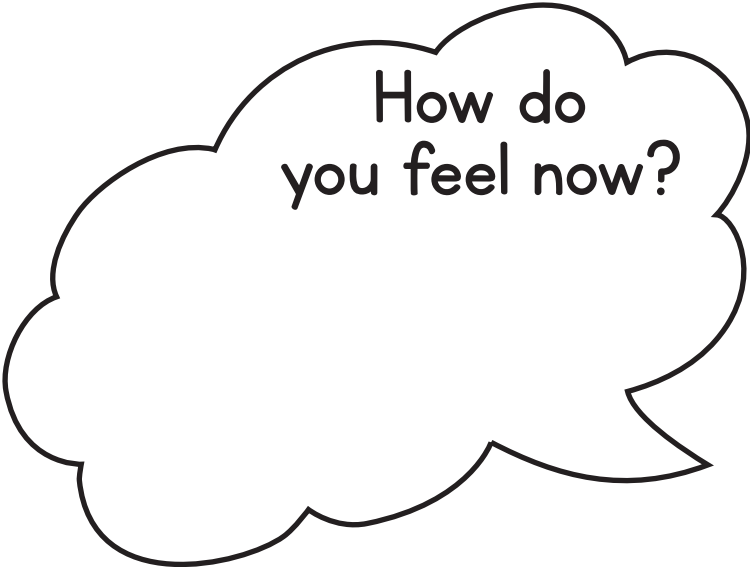
What will
you remember
about this time?



Where is
the first place
you plan to go?

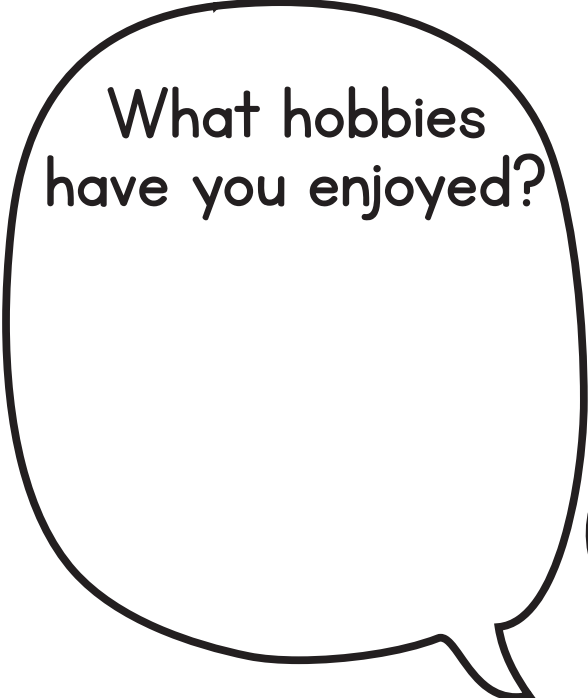


Do you prefer
work/school at
home?

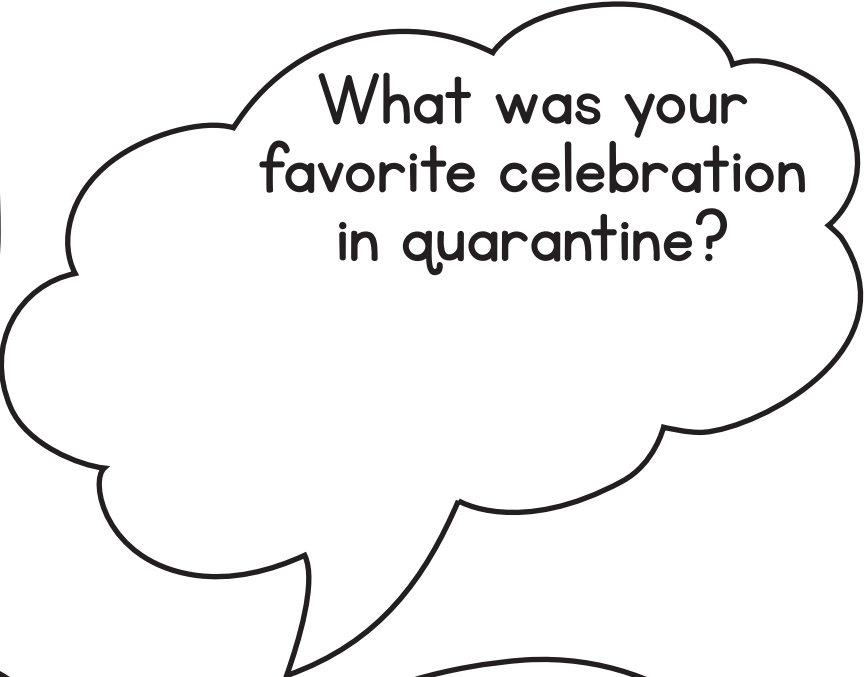


How do
you feel now?

Let's chat



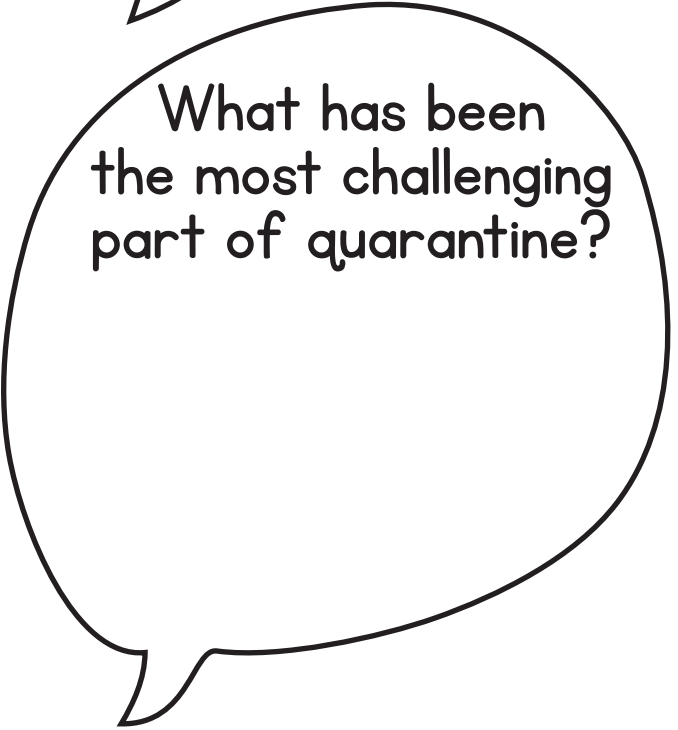
What hobbies
have you enjoyed?



What was your
favorite celebration
in quarantine?




How is work/
school from home?



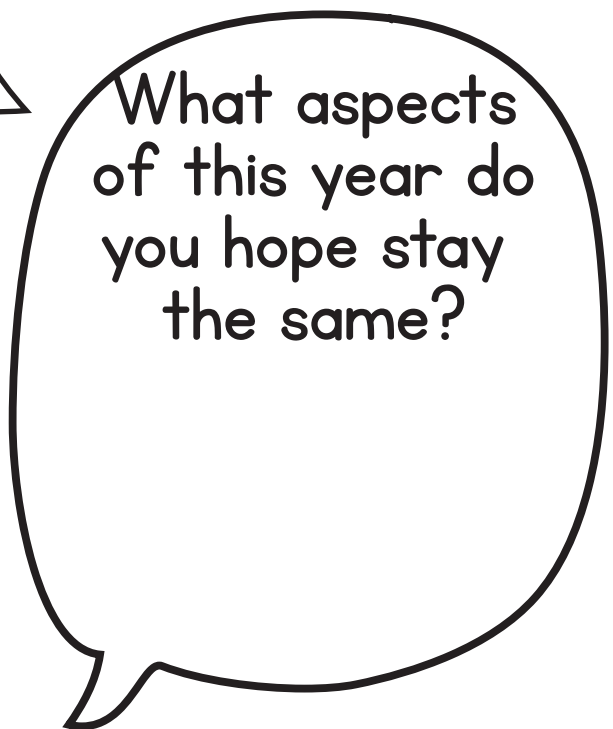
What has been
the most challenging
part of quarantine?



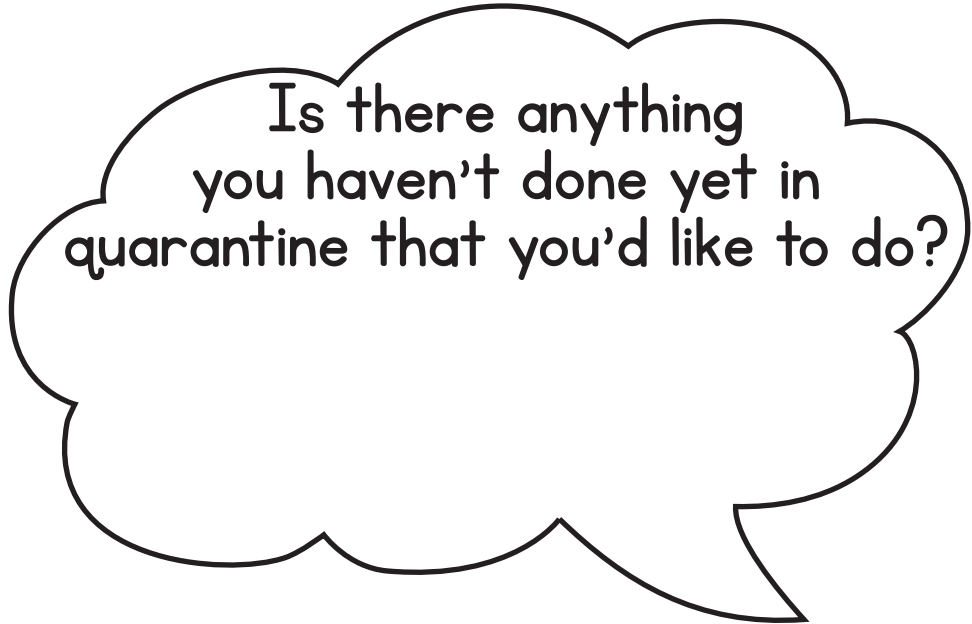
What is your
favorite
quarantine memory?



What have
you learned in this
year?



What aspects
of this year do
you hope stay
the same?

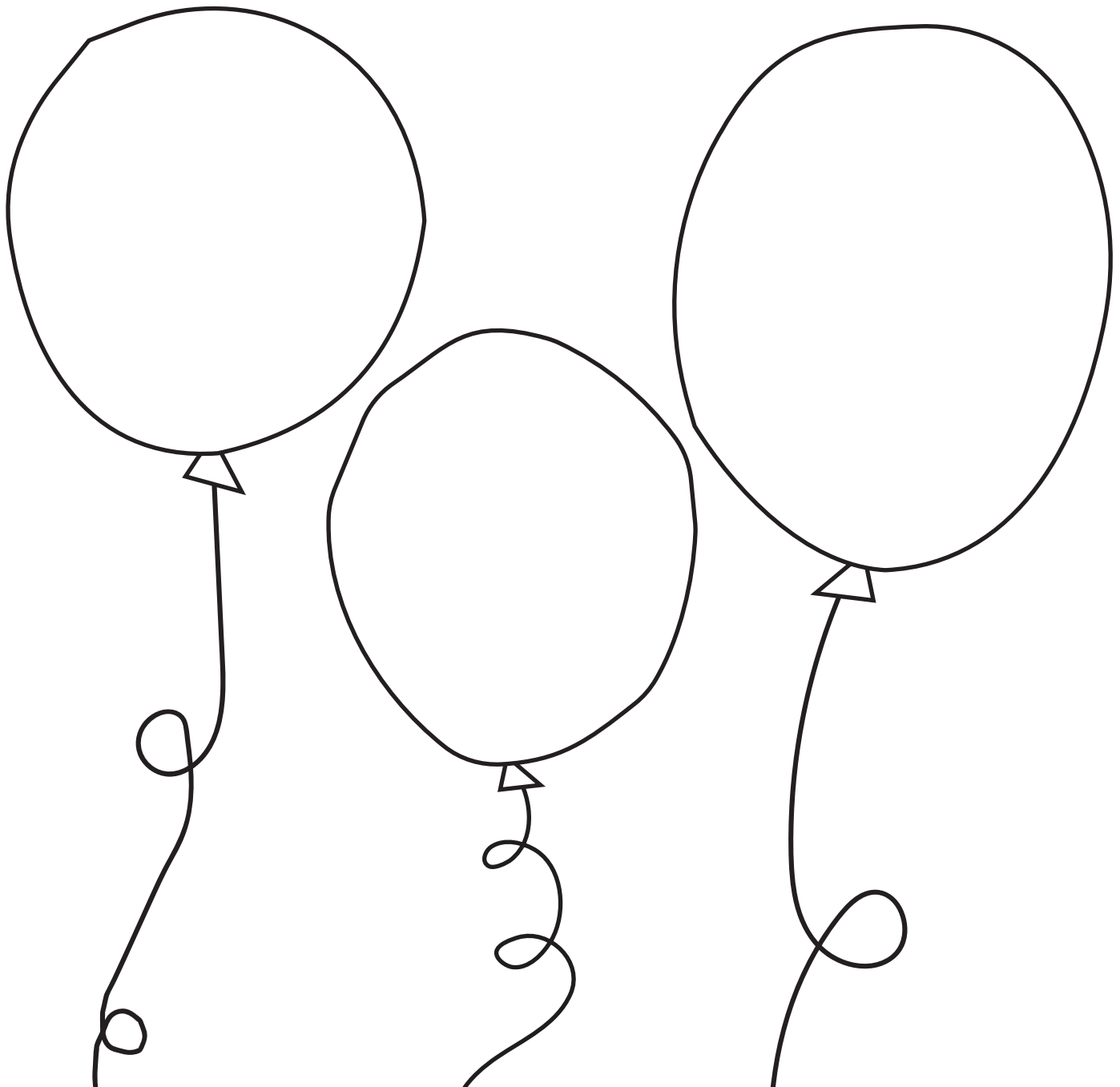


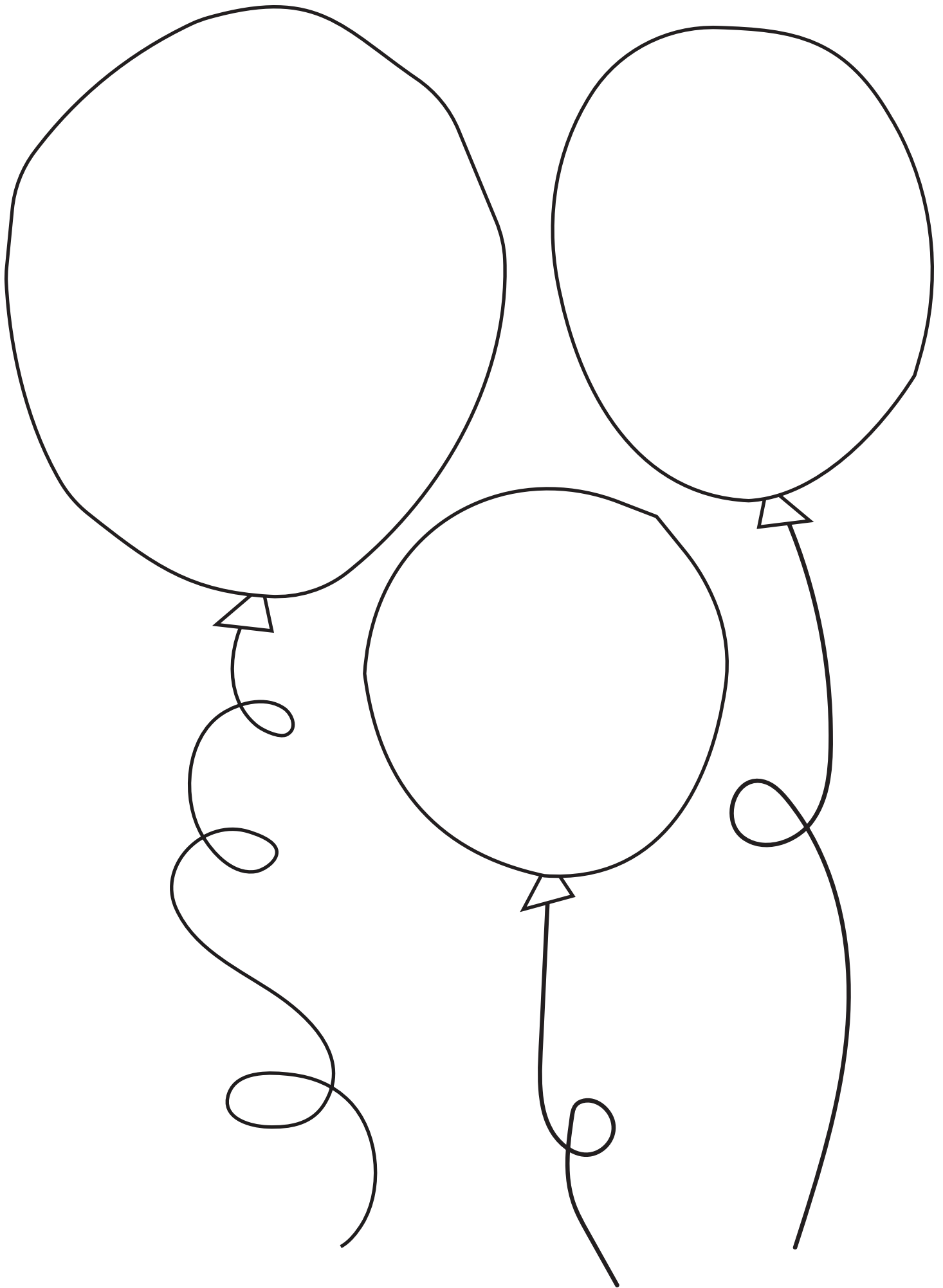
Is there anything
you haven't done yet in
quarantine that you'd like to do?

Meaningful moments

We are all in this together!

Have you celebrated special occasions or holidays at home? Use the balloons below to share the special days and how you celebrated in your own way!





Meaningful moments

Our quarantine favorites!

Our favorite books this year were...

Our favorite movies this year were...

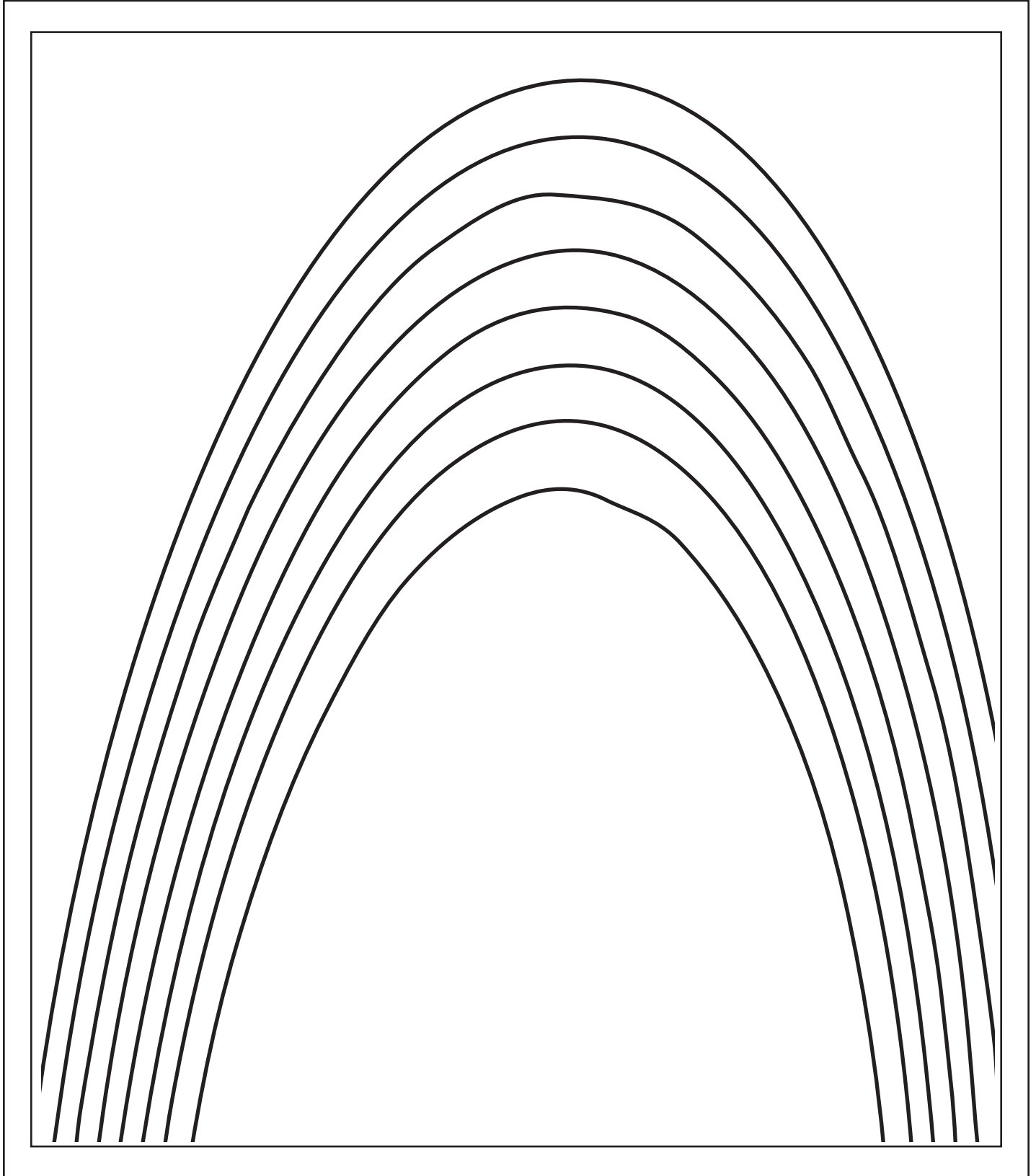
Our favorite games this year were...

Our favorite holiday we celebrated this year was...

Our favorite memory of this year together is...

**Did you see windows with rainbows?
Did you make one?**

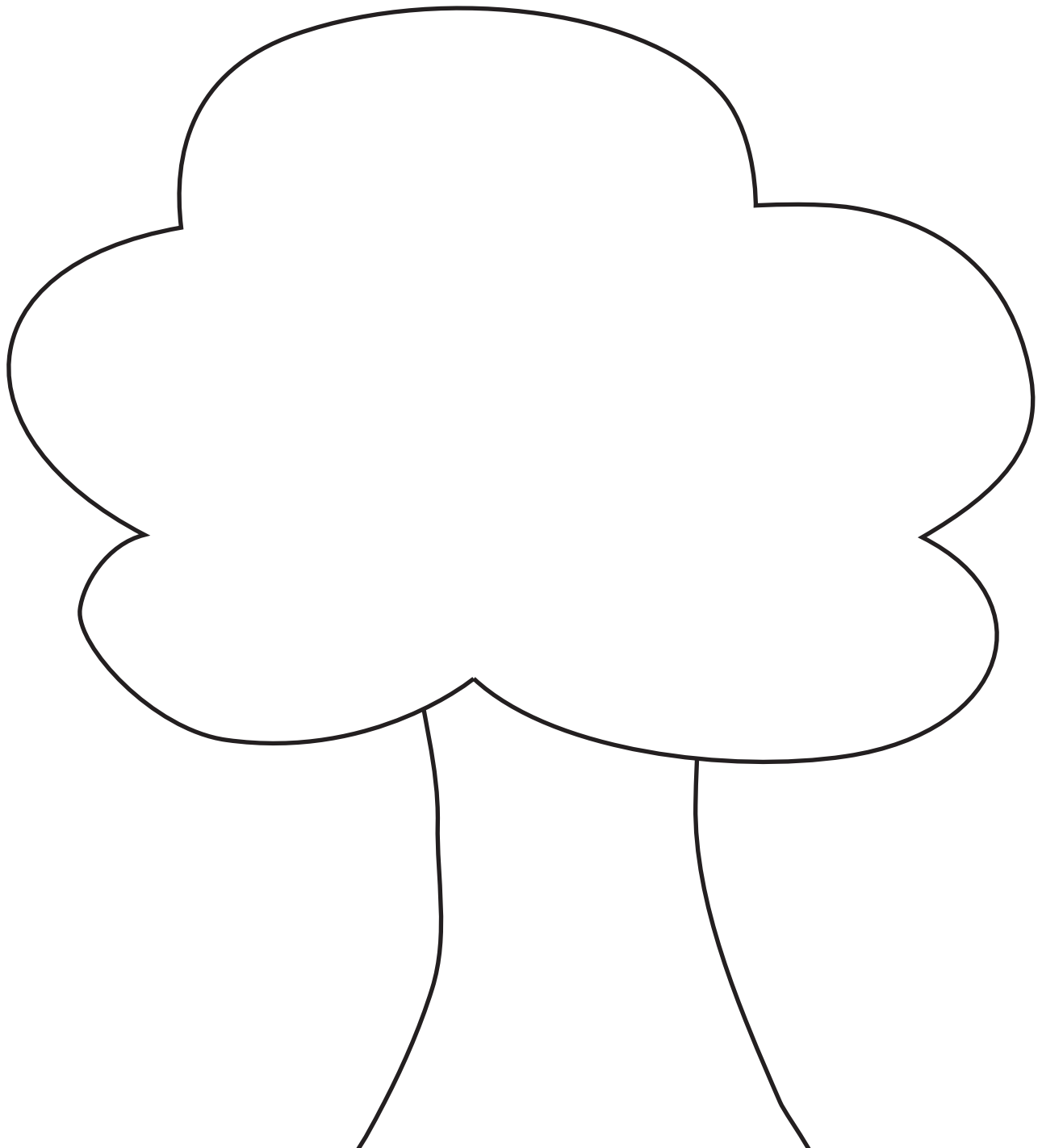
Color in the rainbow!

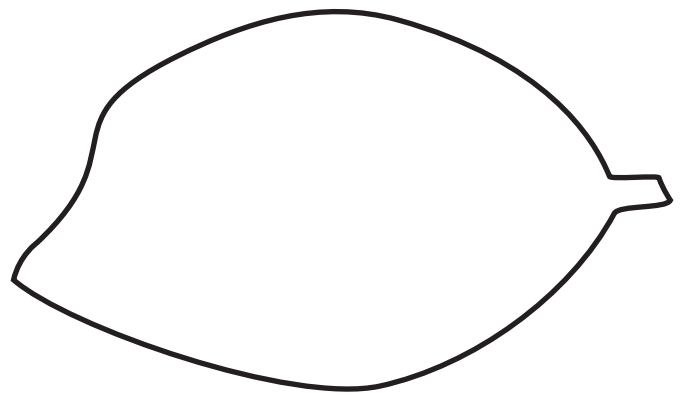
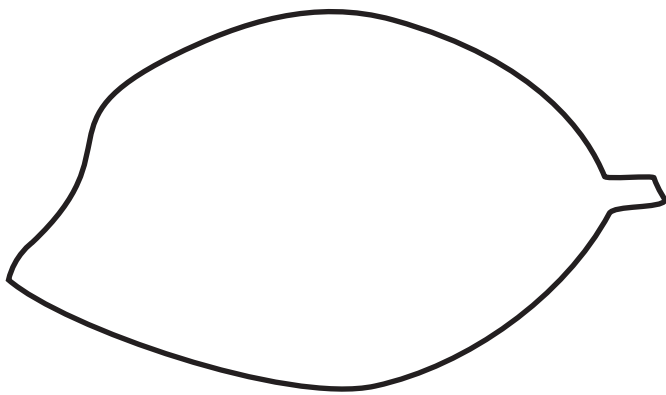
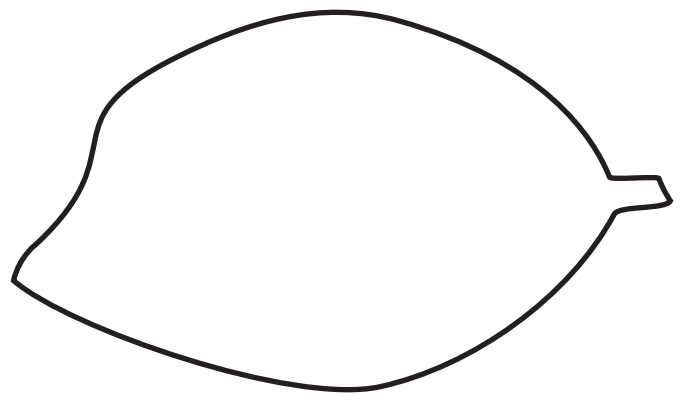
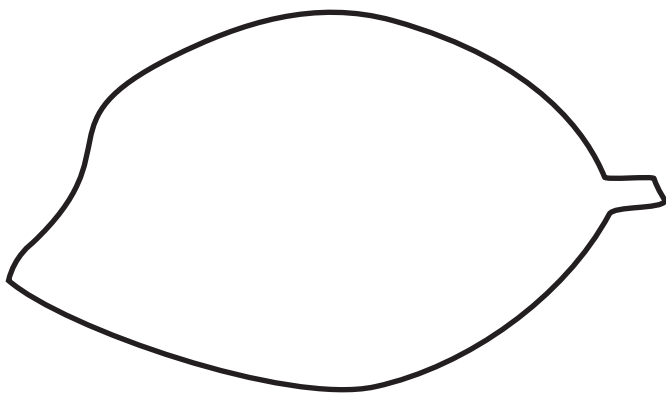
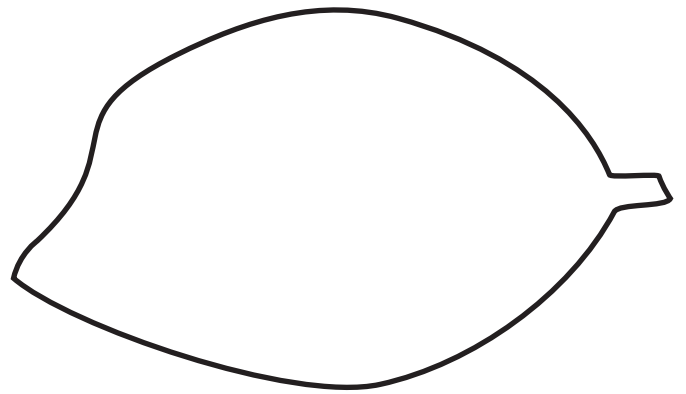
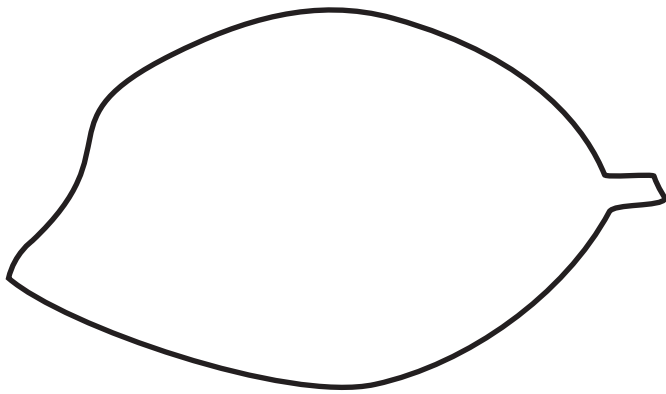
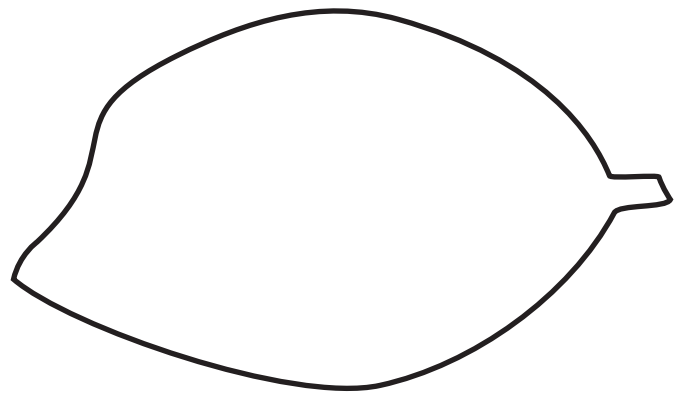
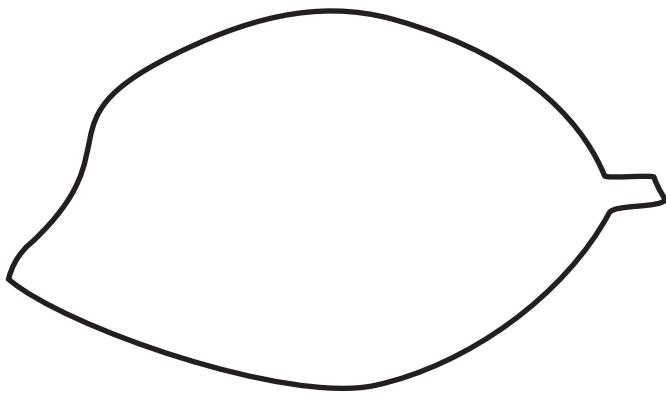


We are thankful

"In the middle of difficulty, lies opportunity."
-Albert Einstein

Write all the things you are thankful for on the leaves on the next page, color, cut out, and glue them on your gratitude tree!

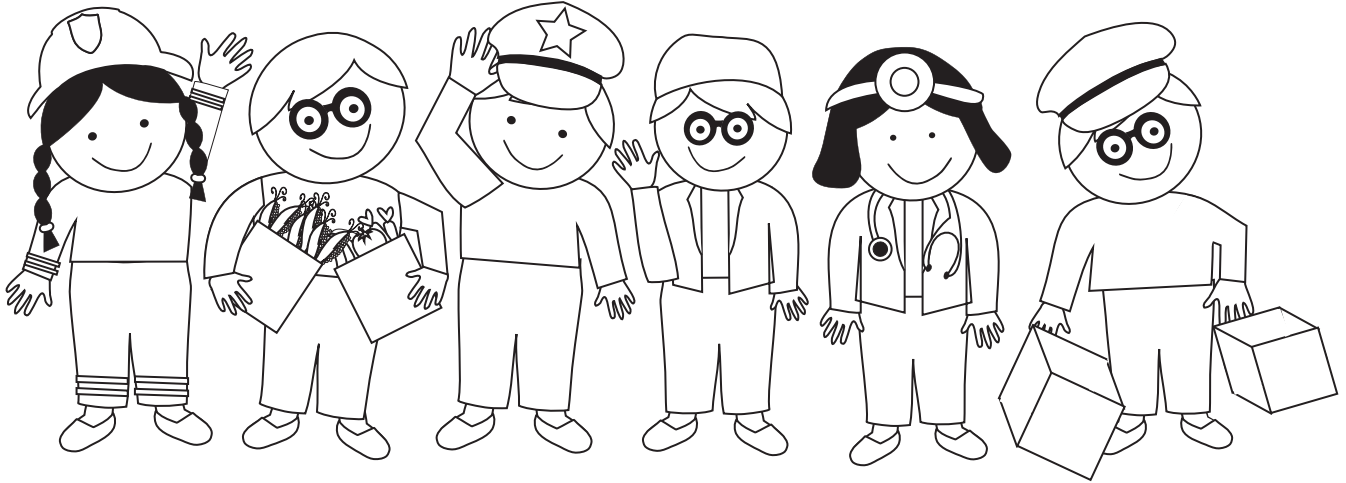




Heroes

Heroes are among us!

Color in the heroes!



Who were the heroes in your life this past year and why?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Dear future

Dear future _____,

This year has been one like no other! We all had challenges, have had big changes to our routines, and have learned a lot of new things about ourselves and the world around us. Things like _____

_____.
Some of our favorite quarantine activities are _____
_____ and _____.

One thing we will miss about quarantine is _____
_____. There are also things we
definitely will not miss! Things like _____
_____ and _____.

The hardest thing about quarantine has been _____
_____.
_____, but we overcame that challenge by _____
_____.

This time next year, we hope there will be no Covid-19 because we
would love to _____
_____.

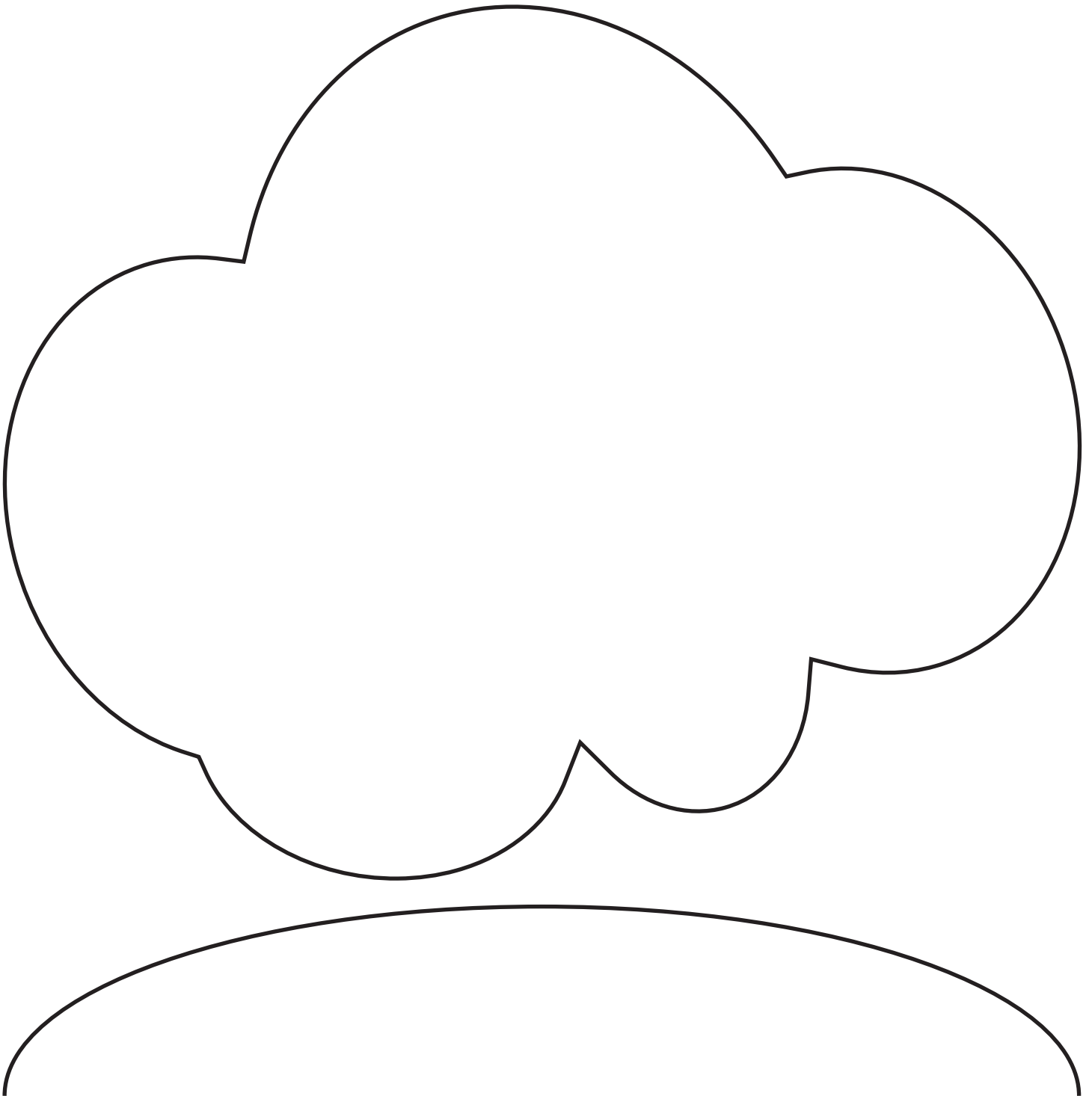
Some advice for our future selves would be to _____
_____.
_____.

And don't forget, the most important thing in life is _____
_____.

Signed _____

The silver lining

Write down some of the positive things
that came out of this
year in quarantine and what you'd
like to take with you into the future.



Sandra Magsamen **studio**

"My dream is very simple - to create art that connects people one heart at a time."



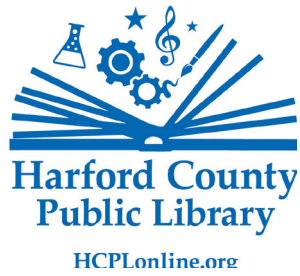
Sandra Magsamen has touched millions of people, one heart at a time. Her products have been warmly embraced for over 30 years. As an artist, art therapist, mom, and award-winning author, Sandra uses her own creativity and spirit to design gifts, books, and collections that help people express themselves and connect with one other. Sandra reminds and teaches

us to explore and experience each day with more heart, meaning, purpose, and joy.

Sandra's studio team is made up of Graphic Designers Karen Magsamen Botti and Hannah Magsamen Barry, who just so happen to be Sandra's sister and daughter, respectively (some of us quarantined together!)

**You may be six feet apart,
but you'll always be
in our heart!**

www.sandramagsamen.com
instagram: @sandramagsamen



BARRY GLASSMAN
Harford County Executive

This program is presented in partnership by
Harford County Public Library,
Harford County Department of Community Services
and from the studio of *Sandra Magsamen*®

