

Are you feeling a bit stressed out and worried? We've put together a 5 minute diary page that you can fill in each day to help yourself now and to help the historians of the future! Historians and museums rely on listening to memories, reading diaries and piecing together news stories from the past to find out how people really felt during life changing events. Writing down our feelings is also a great way to stay mindful and help take away some of those anxious thoughts we might be having in these uncertain times. To help museums of the future, don't forget to send us your completed diary entries, either at the end of each day or all together! Don't forget to include any specific Harrow stories you might have! Have a go at our Headstone themed colouring page too! Show us your creations!

#MindfulForMuseums #HeadstoneAtHome
#MuseumsAtHome

MINDFUL FOR MUSEUMS

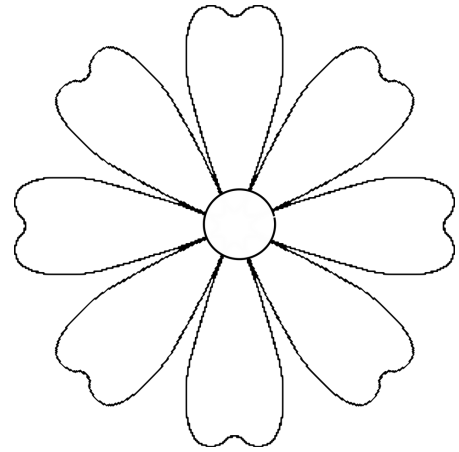
Help your mind today and museums of the future.

Today's date:

Three things that made me happy today:

- 1.
- 2.
- 3.

How am I feeling out of 8? Colour in the petals!



One thing I accomplished today:

News from today that worried me:

News from today that inspired me:

One thing I'd like someone in the future to know about today:

What I did this morning:

What I did this afternoon:

What I did this evening:

This section can be used for anything you like. Maybe you'd like to write a whole diary entry for the day, draw a picture, press a flower, record a recipe, glue a photo...