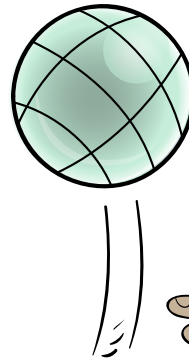
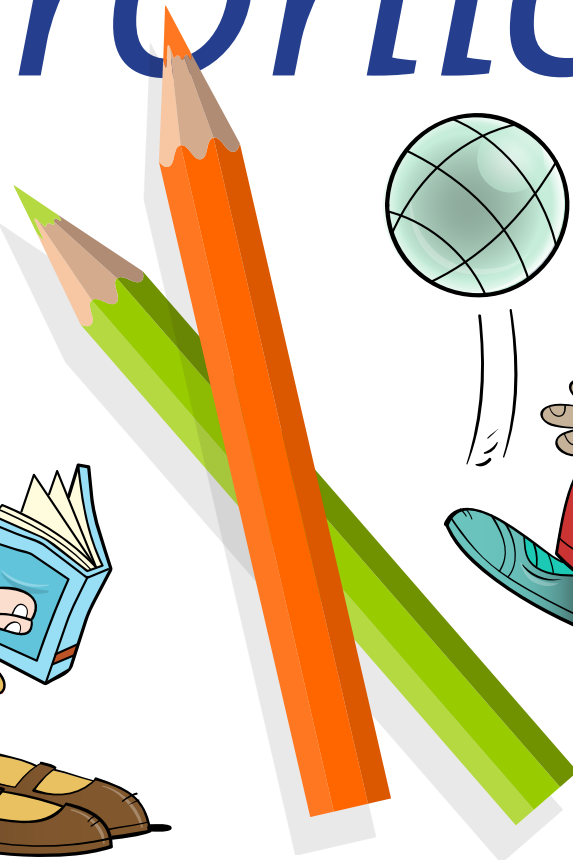
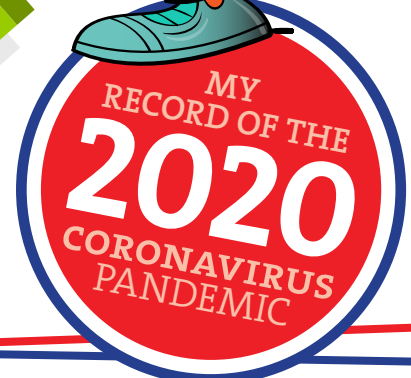


My personal

# Corona Chronicle



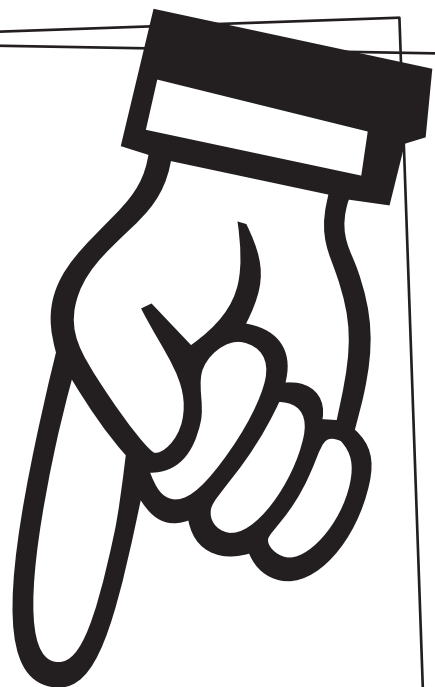
By: \_\_\_\_\_



# 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."*



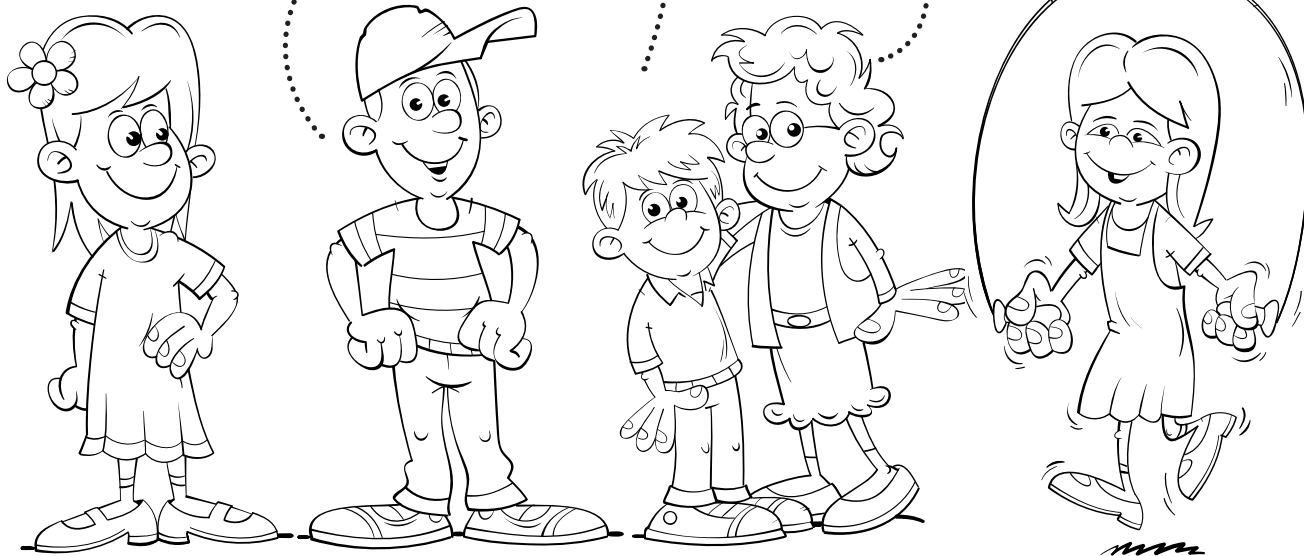
Hi, my name is Kitty and I'm 11. I really enjoy watching TV programmes about animals. My mum was diagnosed with PH when I was 9.

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

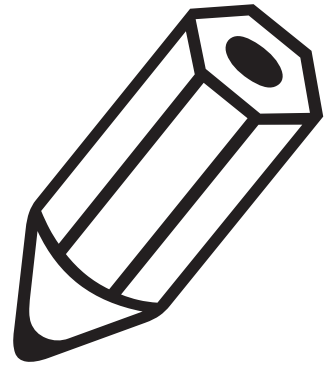
Hello, Su here! I'm 8<sup>3</sup>/<sub>4</sub> and really enjoy Zooming with my friends and I love horses. I have just been diagnosed with PH.

Hi everyone, I'm Corey and I'm 9<sup>3</sup>/<sub>4</sub>. 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 9<sup>1</sup>/<sub>2</sub>. 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:

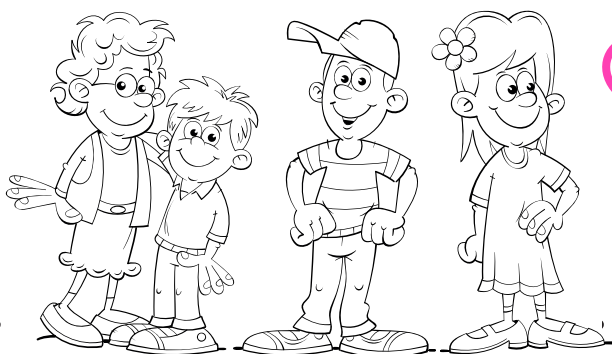
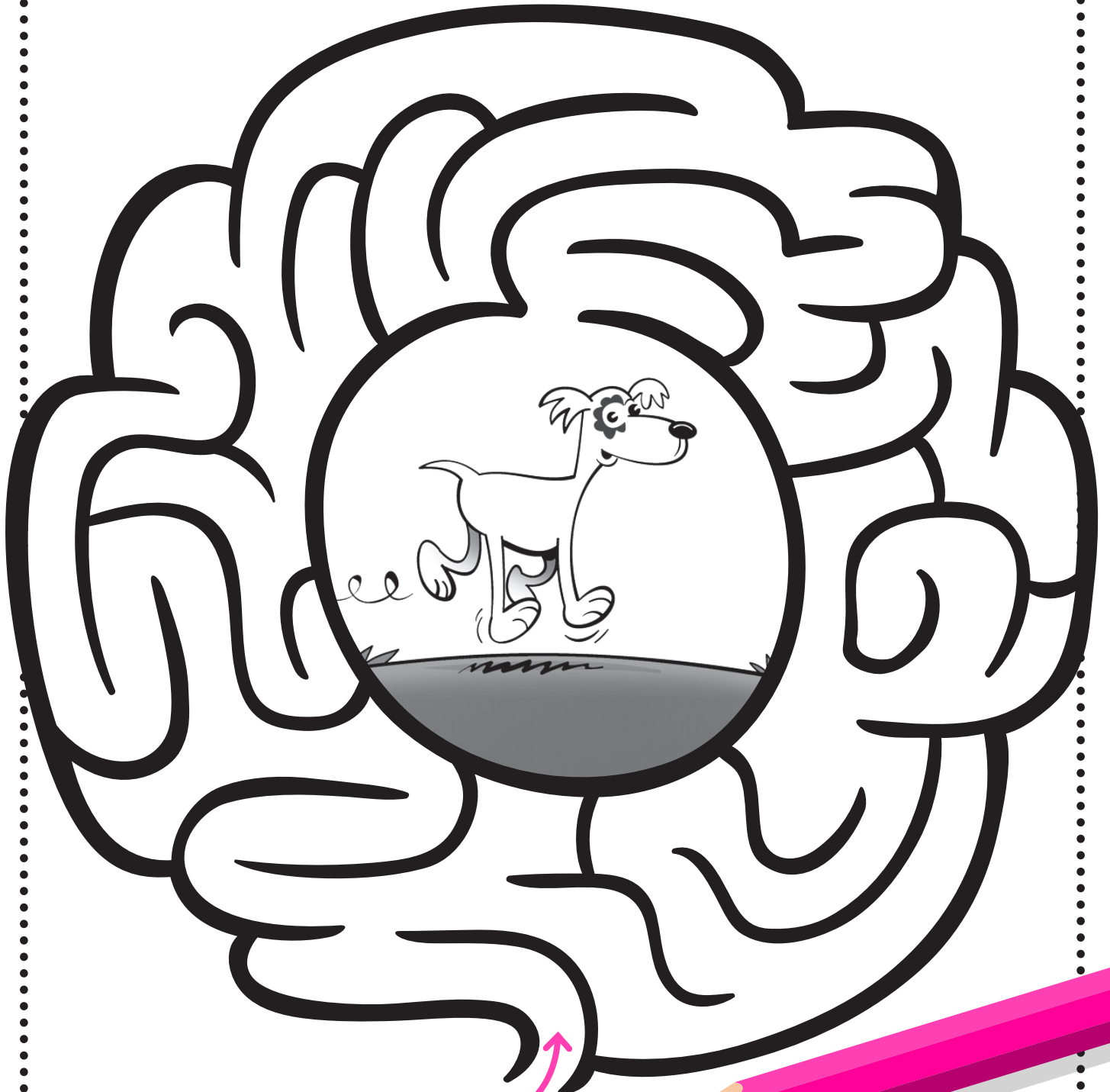
Song:

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!

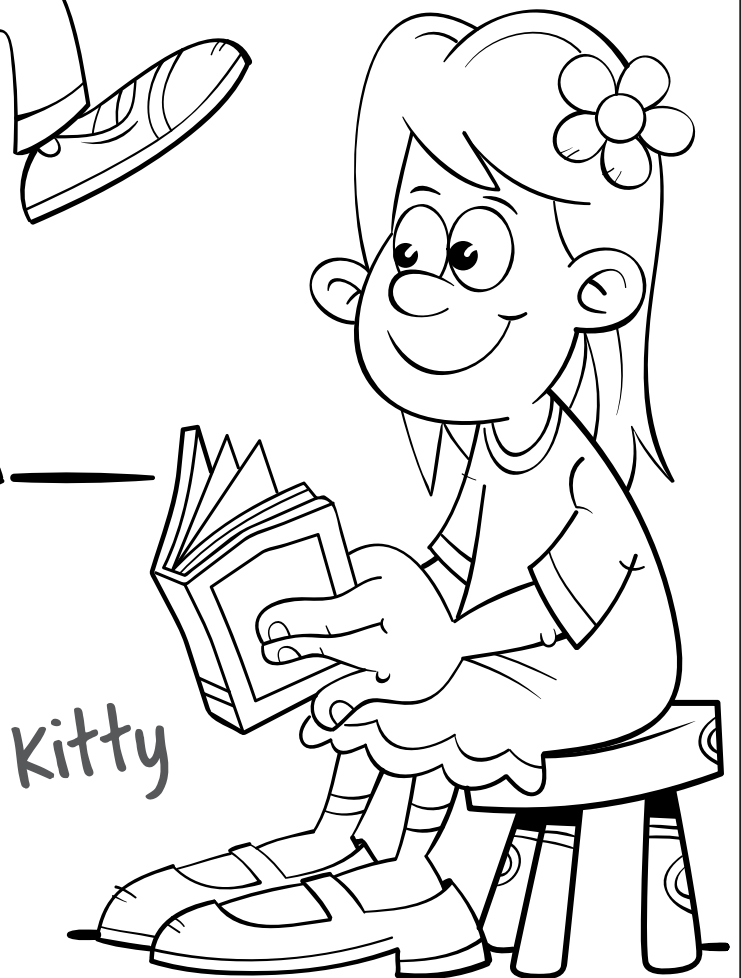
# Colour in *the crew*



Corey

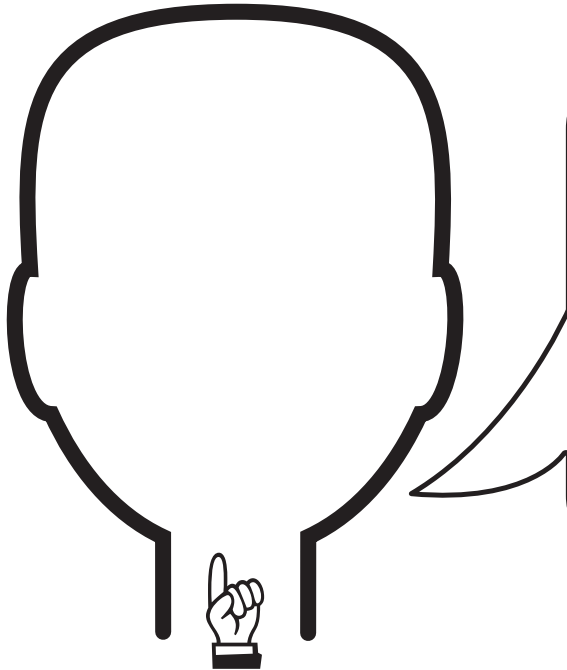


Patch



Kitty

# How I'm Feeling



*Words to describe how I feel:*

*How my face looks*



WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

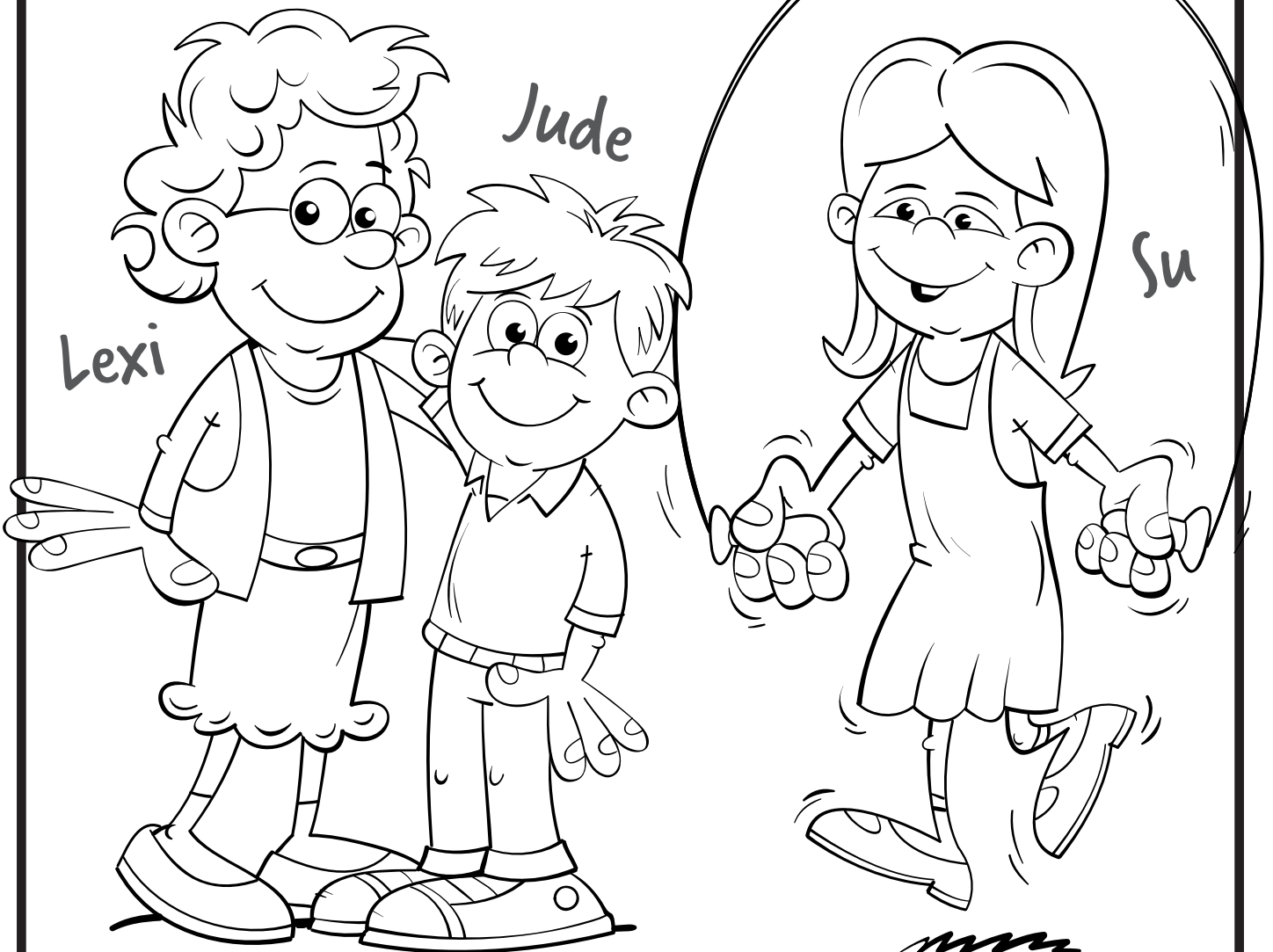
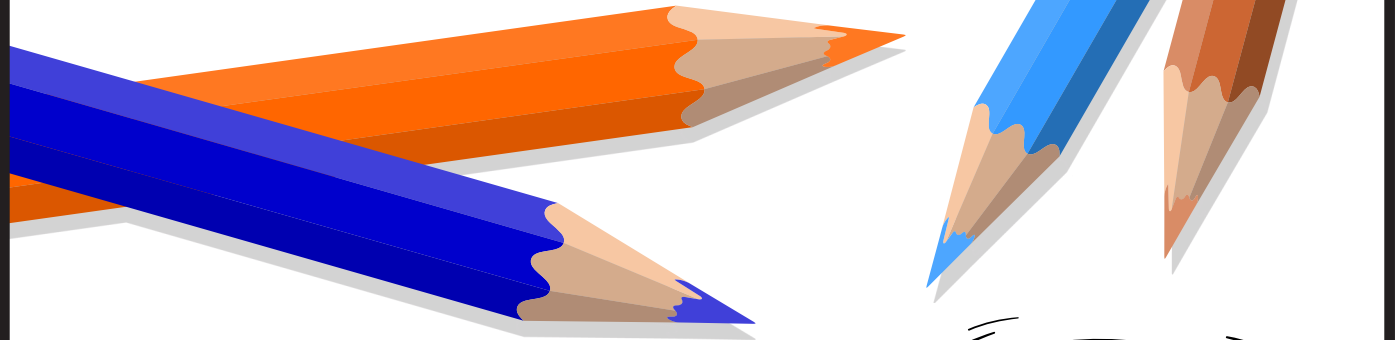
**I AM MOST THANKFUL FOR:**

**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! 😊

1

2

3

4

What I  
am doing to  
keep busy at  
home...

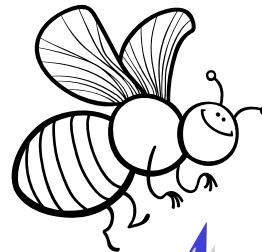
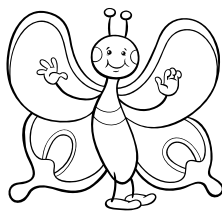
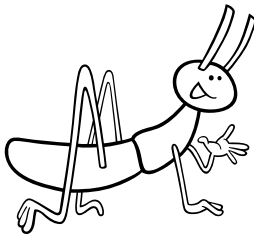
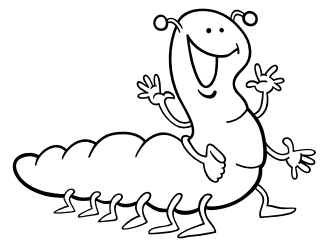
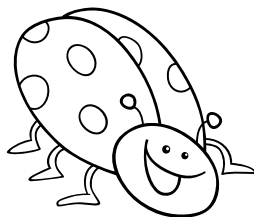
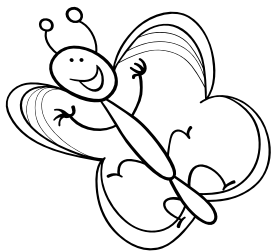
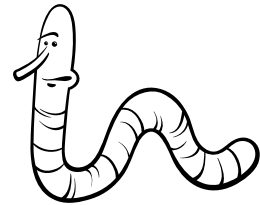
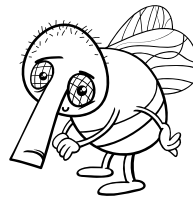
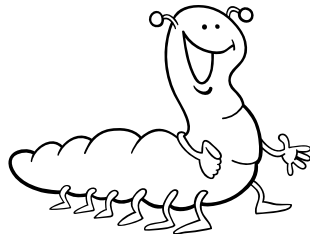
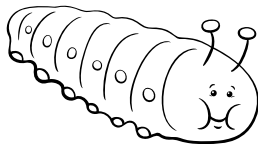
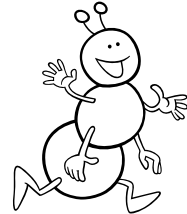
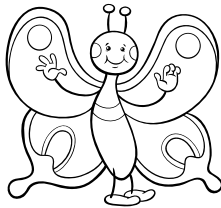
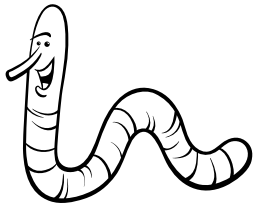
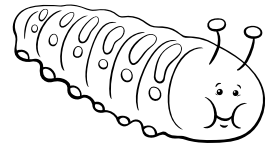
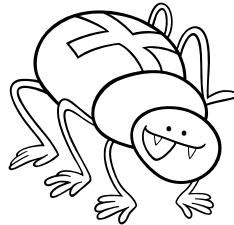
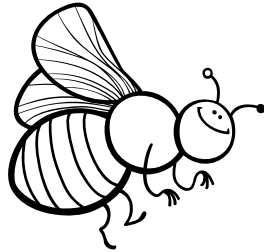
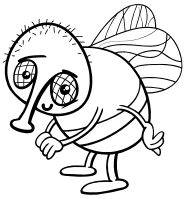
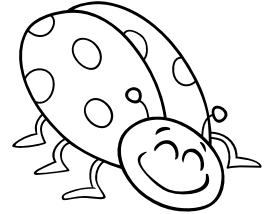
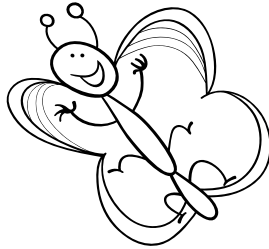
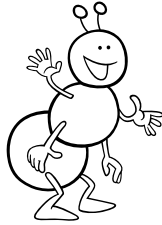
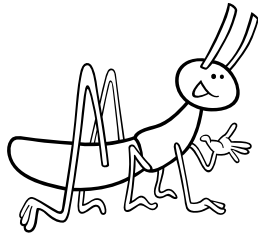


# OUR HANDPRINTS

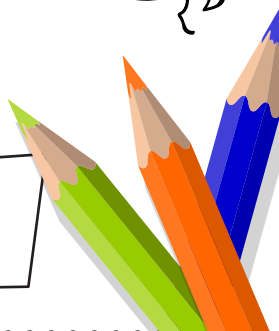
*Print the hands of all the people in your home below. You could overlap them in different colours to make a pattern!*



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



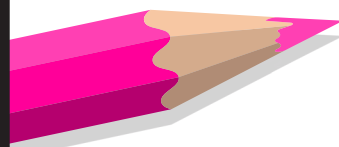
Now colour them all in!



Check the answer on last page



# Colour in *the crew*



Jude

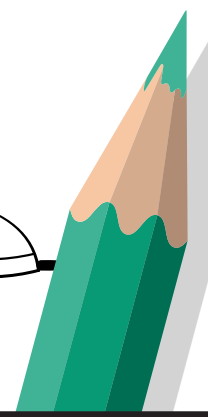
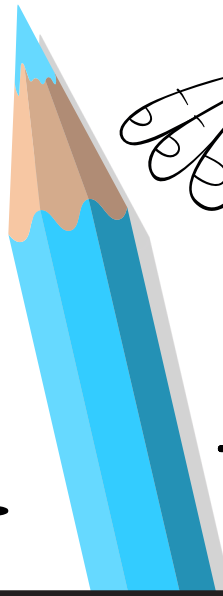
**FUN FACT** Your blood makes up about 8% of your body weight.



Corey

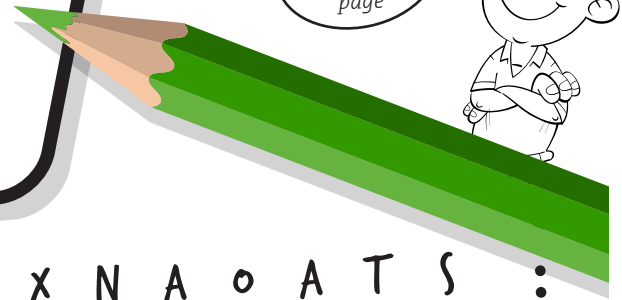


Lexi



# 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**

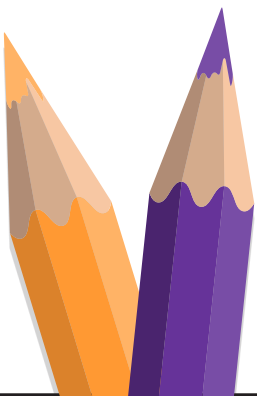
Your heart beats around 100,000 times a day!



# What makes you HAPPY?

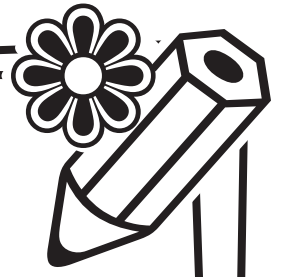


Here's some space for you to draw your favourite things.  
Maybe it's cuddling with your family pet? or playing with  
your best friend? or perhaps a hobby you love doing?  
Why not share yours with others and see what they've drawn?



**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!!



# SPECIAL OCCASIONS!

*What special occasions are you celebrating during this time..?*

*Birthdays, Anniversary, Easter or any family events, make a list below:*

*Event*

*Date*

*How you celebrated*

<i>Event</i>	<i>Date</i>	<i>How you celebrated</i>





LETTER  
TO ME!



Date: \_\_\_\_\_

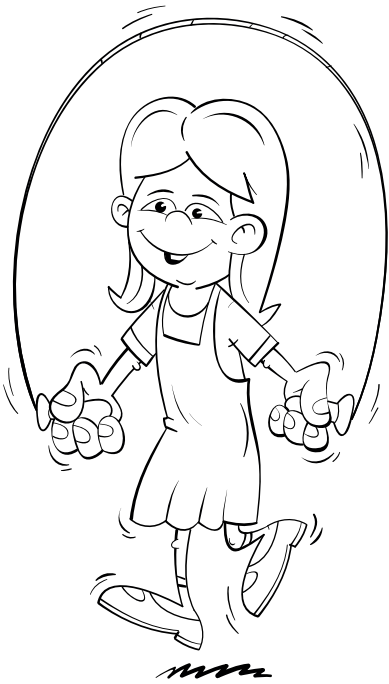
*Dear me,*

Lined writing area with 13 horizontal lines.

Love me XXX

# Can you spot the difference?

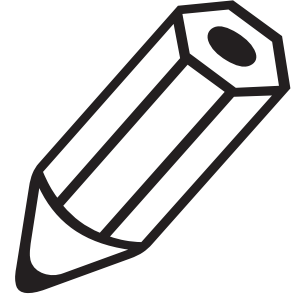
There are FIVE differences between each pair of characters. Can you spot them all? Then have fun colouring them all in!



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...

# LETTER

from your

# PARENTS!



Date: \_\_\_\_\_

Dear

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

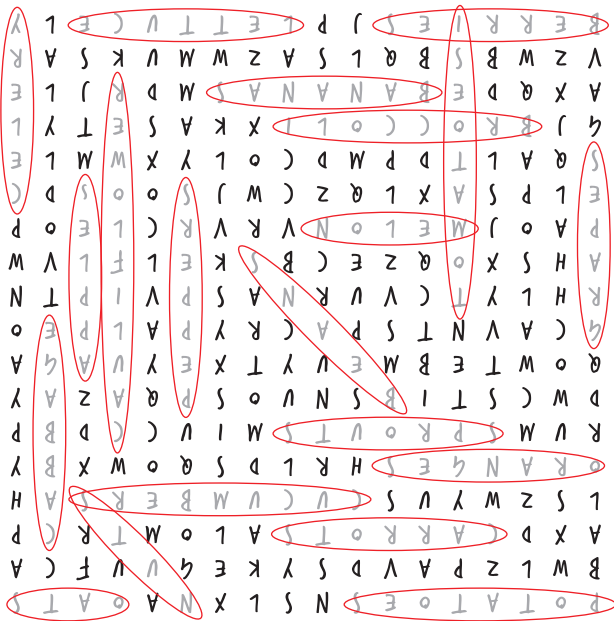
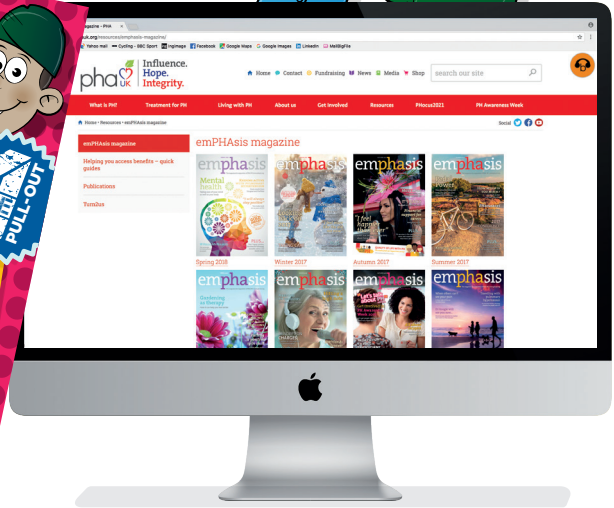
Love...

\_\_\_\_\_ XXX

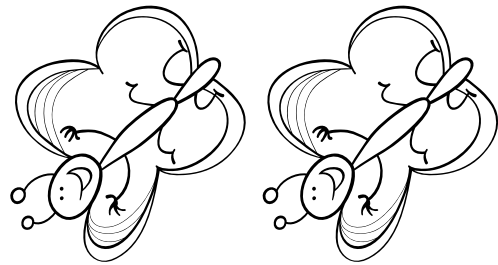
# Want to read more of the Green Leaf Crew?

pha<sup>UK</sup> Influence. Hope. Integrity.

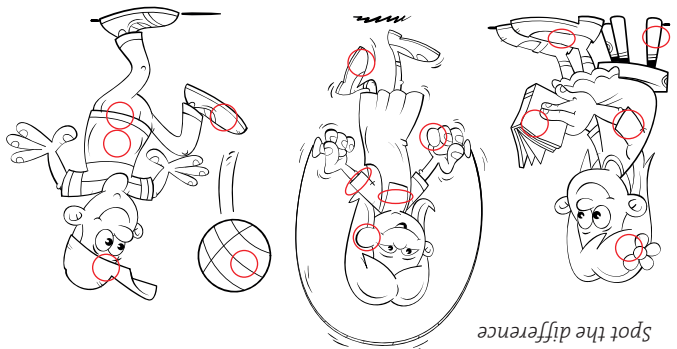
Visit the PHA UK website where you'll find the regular Green Leaf Crew comic strip in Emphasis, our quarterly member magazine.  
[www.phauk.org/resources/emphasis-magazine](http://www.phauk.org/resources/emphasis-magazine)



Healthy food word search



Identical Creatures



Spot the difference