

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

If you can't print the sheets, try downloading the PDFs and editing them on your computer. Alternatively you could try downloading the images from our Facebook page and then insert these into a Word document. You could then create textboxes in the places you want to write, over the top of the image. Once you've completed your sheet it would be great if you could send it to the museum to go into our permanent collection!