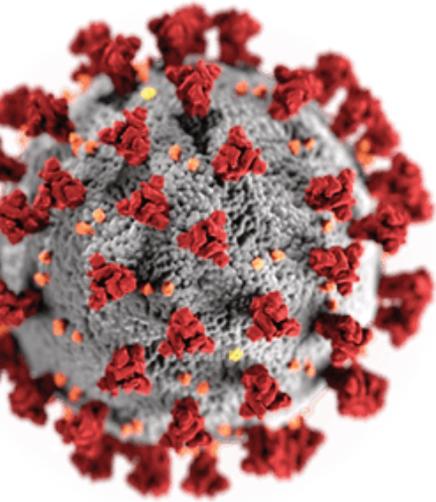


Writing History



People have been keeping journals for centuries.
There are even journals that date back almost 2,000 years!

Because they are used to record day-to-day life, journals are a great **primary source** for historians to see what the world was like long ago. A primary source is an artifact, document, image, or any other source of information that was created at the time under study.



COVID-19 has changed our world very suddenly and historians in the future may decide to study this time period. That means that any journal kept now, during the COVID-19 pandemic, could be used as a primary source in the future. By recording your experiences now ***you are writing history!***

But keeping journals can be important for reasons other than historical research. It has been suggested that putting your thoughts down on paper, writing about what you are feeling and experiencing can have many mental and even physical health benefits. You can always keep your journal private but maybe you will consider sharing it with historians and researchers some time in the future.

So let's keep a COVID Chronicles Journal!

How to get Started

Keeping a journal is easy because there aren't any rules! All you need is some sort of notebook. You can fill its pages with whatever you like.

- Try to write daily. Be specific and provide as much detail as possible.
- Describe your school-at-home day. How is it different from your regular school experiences? What do you miss about school?
- What do you miss most about life before the stay-at-home order? What do you miss the least?
- What are you doing with all your extra time? Binge-watching tv shows and movies? A hobby? Writing or creating art? Sleeping?
- How are you getting exercise?
- How are you keeping in touch with your friends?



*For more journal entry inspiration, check out the sample questions at the end of this packet!

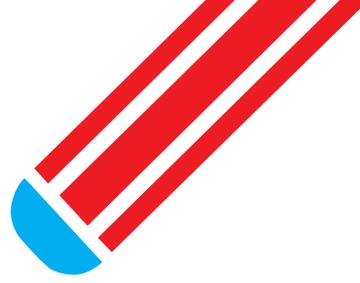
Get Creative

Remember that there are no rules to journal keeping. Feel free to get creative!

- Is there a certain song that you keep singing or listening to while you are safe-at-home? Write the lyrics down and explain why you like it.
- Start a writing project with a friend using Google Docs or email. Print it out when it's finished and tuck it between the pages of your journal.
- In 20 years historians will be studying and writing about the COVID-19 pandemic. Write a letter to them.

Or if you don't want to keep a traditional journal...

- Write a chapter on COVID-19 for a history book to be studied by students in the future.
- Write a story about your time at home from your pet's perspective.
- Write and illustrate a children's story about COVID-19.
- Write a comic book about COVID-19 or your life safe-at-home.



Journal Prompts

1. When do you remember first hearing about the corona virus or COVID-19?
 - a. When did you realize that daily life was going to change significantly?

2. Where are you sheltering? Are you staying home? At a family member's house?
 - a. Who are you with on a day-to-day basis? Has it brought you closer together?
 - b. How has your daily routine changed as a result of the quarantine?
 - c. How are you feeling about your current situation? Do you feel isolated? Are you enjoying your time away from school?

3. How are you coping with social distancing? Is it a challenge?

4. Have you started any new hobbies or learned new skills while in quarantine?

5. What's something you miss doing?

6. What celebrations have you had to cancel or postpone? Birthdays, weddings? How did you celebrate?

7. How do you think this pandemic will impact the future? What will be different? What will be the same?

