

# Journal:

# MAKING HISTORY WITH MY FAMILY

You are making history. By staying home, along with millions of families around the globe, you are doing something that has never been done before!

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**DAILY CORONAVIRUS JOURNAL**

[www.theindylearningteam.org](http://www.theindylearningteam.org)



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People around the world are being asked to stay home with their families to stop the spread of the Coronavirus. Some children will be happy to give up school for awhile. Others will be sad or nervous or really bored. All of these feelings are normal.

Through it all, remember that you are doing something really important. In fact, you are making history. By staying home, along with millions of families around the globe, you are doing something that has never been done before! And you are making the world healthier and safer.

In this historic moment, The Indy Learning Team wants you to keep a journal of your daily activities and thoughts. What are you doing? Who do you miss? What's for dinner? Write and draw about things big and little. This journal is for you to keep, to help you remember your place in history.

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Below is a list of emotions to help you describe  
how you feel...



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**Below are two journal ideas per day. The first is for all children and the second one to challenge young writers.**

### **DAY 1**

- Start your journal with a picture of the people who live with you. Parents, grandparents, aunts, uncles, brothers, sisters, cousins, friends, and pets. Write everybody's name, too.
- Write more! Is there anybody away from home because they couldn't travel due to the virus? Is anybody new living with you for the same reason? Is anybody home more often due to work or school closures?

### **DAY 2**

- Draw a picture of the thing that you miss most about school. Write what makes this thing so great. If you don't miss school, draw & write about why.
- Give more details in your pictures and in your writing about what you miss--or what you don't like--about school. Think about sights, sounds, and even smells. What emotions do you feel?

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### **DAY 3**

- Draw a picture of a friend or family member that you can't see right now. Write their name and why you can't see them. Write two emotions that you feel because of this. Write a profile of this person.
- Describe how you met and why you get along so well. What do you two like to do together? Where do you hang out? What does he or she look like? What does this person often say or do? How do you feel about having to wait to see this person?

### **DAY 4**

- Shopping! Is there any food or clothes item that your parents couldn't buy because shelves at the store were empty? A favorite food? Toilet paper? Draw and label a picture of the missing item. What emotion do you feel because that item is missing?
- Stores run out of items when people buy more than what they need. How can shoppers and stores make sure this doesn't happen? Write four or more ideas.

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### **DAY 5**

- Draw a picture of the game you are playing most often since you have been out of school. Write the name of the game and who plays it with you.
- Describe this game for people from the future. Tell how it is played, what parts or devices are used, and how many people play. Why do you like it? Does it make you laugh? Do you have to think fast? Or be creative? How do you feel when you win? Or lose?

### **DAY 6**

- Draw a picture of a TV show or YouTube channel you have watched in the past week. Write the name of the show and who is in it.
- Describe this show for people of the future. Who is in it and what do they do? Is it funny or scary or does it teach you about science or history? Why do you watch it? Is there one thing you don't like about it? Share your opinions.

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### **DAY 7**

- What was your favorite meal this week? Draw it and label all the parts including the cups and cutlery you used.
- Describe this food to someone who has never had it. What are the ingredients and how is it made? Is it creamy or saucy? Spicy or sweet? Thick and chewy or something you slurp? How does it smell? Who makes this food? How do you feel after you eat? Happy? Sleepy? Full?

### **DAY 8**

- Draw a picture of a place you went outside this week--your yard, your street, a park, a bike ride perhaps. Label yourself & any people with you. Write the name of the place.
- Write about what it's like to be outside after you've been indoors for awhile. Picture it in your mind and write what you see and hear and smell and touch. What can you do outside that you can't do inside? How do you feel when you get outside?

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### **DAY 9**

- Draw a picture for someone who is sad or sick. Can you draw a time that you were together with that person and did something fun? Or draw something that he or she likes, like balloons or flowers.
- Write a letter to someone who is feeling sick or sad. Remind them of a time that you were together and doing something fun. What will you say to show them that you care about them and want them to get better?

### **DAY 10**

- Draw a picture of a place that you would go right now if you could. A playground? Your grandparents' home? Disney World? A whale watching boat? The moon? It's up to you. Write a caption that names the place and the people who are there.
- Write about all the things you would do at this special place. How will you get there and how long will it take? What will you see and do (eat, smell, hear & touch!) from sun-up to sun down. How will you feel when the day is over and you are falling asleep?



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### **DAY 11**

- Draw how you keep in touch with people that you can't see in person. Label whether it is talking on the phone, texting or using FaceTime, Facebook, Zoom, a video game, or another way.
- Write about who you connect with through technology and how. What technology do you use and which do you like best? How was technology part of your friendships and family before Coronavirus? How has it changed since Coronavirus?

### **DAY 12**

- Draw pictures of the different workers in your family. Who watches the children? Who cooks? Who has a job outside of the home and what do they do?
- To stop the spread of Coronavirus, some people have to work or study at home. Others have to work more hours--at hospitals, at grocery stores, at pharmacies and other places. Write about the work your family does and how it has changed because of Coronavirus.

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### **DAY 13**

- Draw a picture of what you do to keep Coronavirus out of your body. For example: wash hands, wipe counters, wave instead of shaking hands. Write a caption for your picture.
- Do some research (ask an adult for help) and write about Coronavirus. What is a virus and how does it spread? What can we do to keep it from spreading? How is Coronavirus different from other viruses that make us cough or get a fever? Can you draw a picture of Coronavirus?

### **DAY 14**

- What chores do you do at home? Sweep the floor? Make your bed? Read to a little sister? Draw and label a picture of your chore and anything you use to do it.
- Write about how your family shares chores. After you explain what you do to help out, think about how everyone works together. Who cooks? Who drives? Who does laundry? Who changes diapers? Who works harder than anyone else? What can you do to thank this person? How would you like people to show you their thanks?

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### **DAY 15**

- Ask your parents or grandparents about an historic event they lived through. Ask what it looked like so you can draw it and label your picture.
- Use the same questions reporters use to learn more about this historic event. Ask your parents when and where did it happen? Who was involved? Why did it happen and how? What was the outcome of this historic event? Write what you learn!

### **DAY 16**

- Is there a special building that you cannot visit because of the Coronavirus (church, synagogue, mosque, library, senior apartment, sports stadium)? Draw that building and the people you would like to see there. Write a caption for your picture.
- Write a full description of this special building. Is it made of brick or wood? Is it painted or decorated in a special way? What do you do there and why is it special?

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### **DAY 17**

- Pretend that you are a household object, like a refrigerator or a guitar or a computer or anything you wish. Draw a picture of yourself as that thing and label what you are and how it feels to be that thing.
- Write a story about your life as that household object. Are you cold or hot? Bumpy or smooth? How does it feel when people touch your keyboard or open your door? Do people take good care of you? Can you communicate with other household objects or animals?

### **DAY 18**

- What superhero do we need right now? What powers would she have? Draw that superhero and label her powers.
- Write a story with your superhero as the main character. Who are your minor characters? A villain and innocent bystanders perhaps? Where will the story be set? A big city? A scientist's lab? Most important, your story must have a conflict--a problem to solve. Will your superhero save the day?