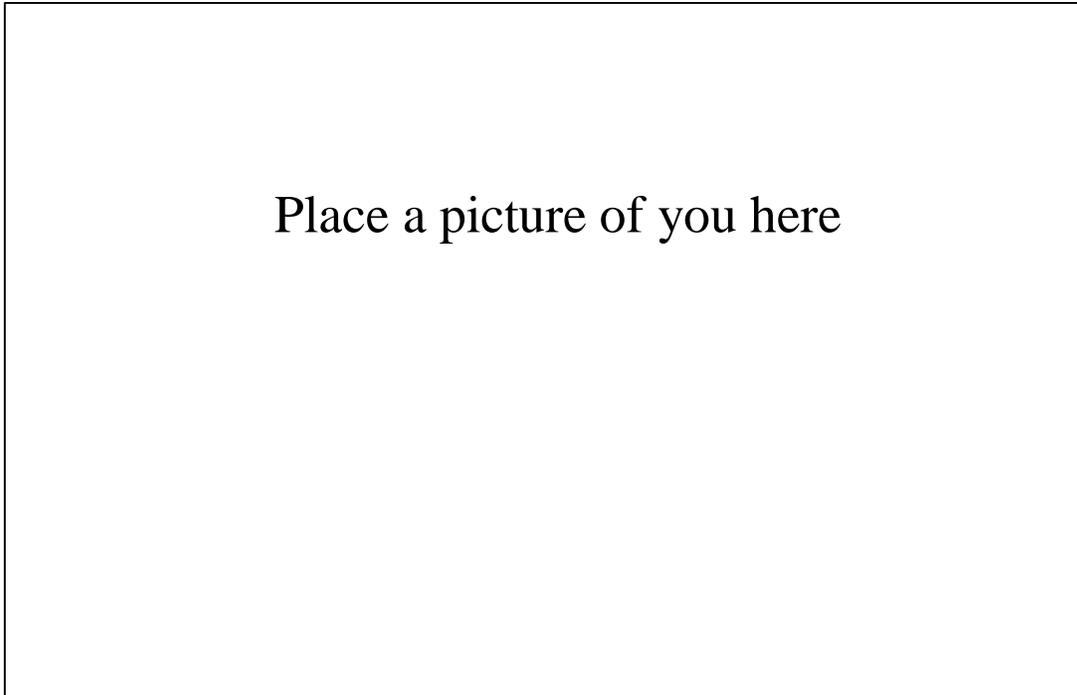


Social Distancing: Making History

A 4-H Journal for Cloverbuds

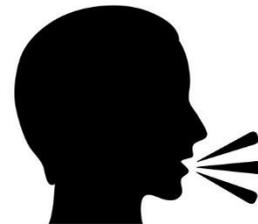
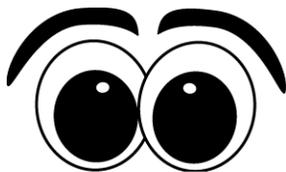
Be the eyes, ears and voice of history!



My Name Is: _____

Club/County: _____

I am _____ years old



Guide to Encouraging Reflection for Adults:

Journals are meant to be art of thought. Kids should be encouraged to write, draw, doodle and if they like, video tape their experiences. Use this as a guide. Ask the questions and give the medium that works for the child to express their feelings.

Use the Daily Journal page as is or as an example. The creativity is up to the author!

Questions to Ask to Prompt Thinking:

- I woke up this morning and I felt....
- Something that I miss today is.....
- People are acting very.....
- If only I could....
- This reminds me of...
- I wish that people would just....
- I am worried because....
- I am NOT worried because...
- If only I could help....
- I think this was all worth it because...
- We don't have enough.....
- I need help....
- When I look around I see....
- I like that....
- Before I go to bed it helps me sleep if I...
- Something I do every day is....
- One thing I really want to remember about this is....

Note:

Before asking these questions, set the scene, but don't provide examples. Explain what you are about to do, that you want talk about what is happening. Avoid providing examples, this often accidently puts words in their head and then the answer you get isn't authentic. Tell your Cloverbud that they should answer how they really feel and not how they think you want them to answer.

Start with: Do you know what is happening right now?

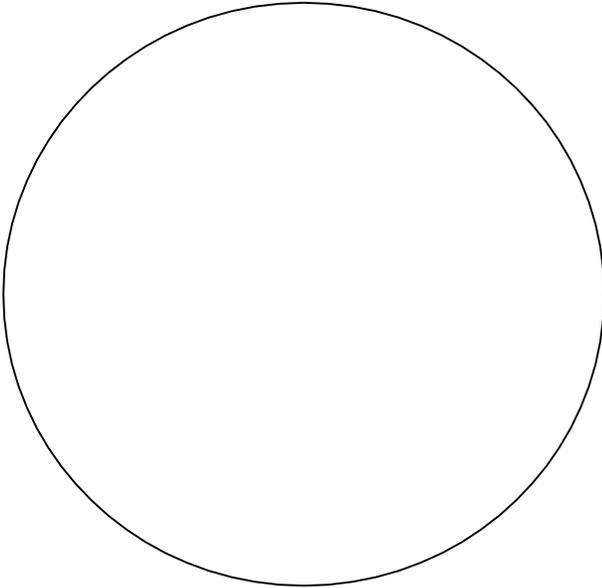
Daily Journal Page

Today's Date is: _____

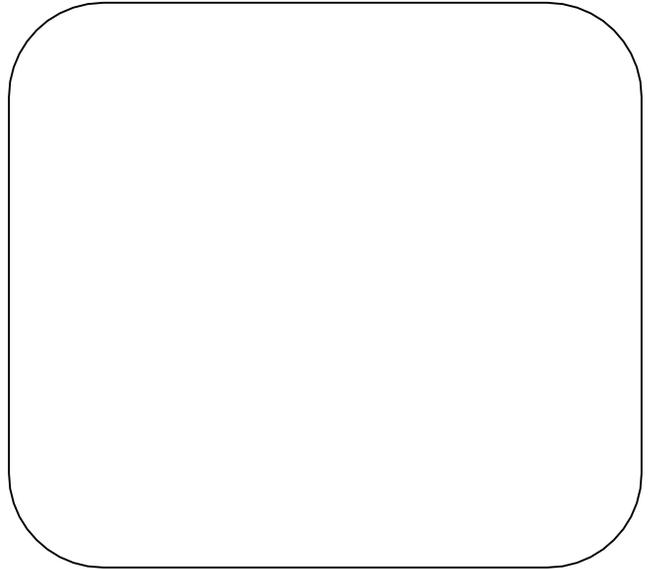
This is Day: _____

Today

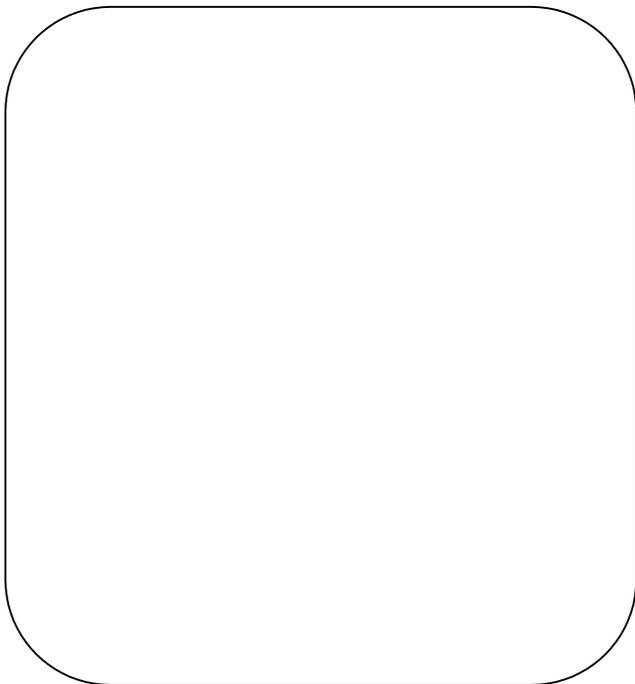
I am Feeling



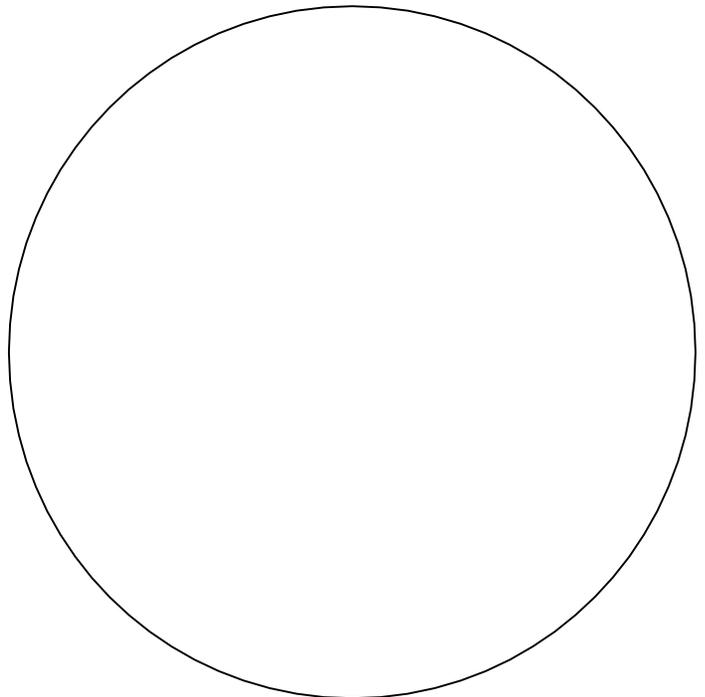
I am hearing



I am seeing



I am doing



Stress: How are you coping?

During times of change and uncertainty, loss of schedule and normalcy we experience tremendous amounts of stress! Talk to your child about stress, what it feels like and how you cope with it in positive ways.

What is something that you really enjoy doing?

Who can you go to if you need help?

Draw and Color! For fun!

