

## Social Distancing: Making History

### A 4-H Journal

Place a picture of you here

Member Name: \_\_\_\_\_ Age: \_\_\_\_\_

Club/County: \_\_\_\_\_

*One of the pillars of 4-H youth education is citizenship, and part of your citizenship is being witness to the history being made around you. What you are seeing right now will be talked about, shared and written about for many years. Will you remember where you were, what you did and how the world changed around you?*

*This journal will help you keep record, share your story and be a keepsake for years to come.*

# Before You Get Started

Tips for being the eyes, ears and voice of history and tell your story:

- First, a caution, in preparing to take on this project and, in general, it is imperative that you take a break from the news, media and social media. The more you look at what is going on around you, the more stressful and confusing it can be. Take time to focus on how you are feeling, what you are thinking and how you are coping with the changes you are experiencing.
- As much as your daily life seems boring, or even perhaps un-important, what we are currently experiencing during the COVID-19 outbreak is very unique and is history in a very special way. Think about what you might want to remember someday, what you are learning from experience and what you might learn in the end.
- Be intentional, focus on the fact that this journal is more than just notes, a diary or a task your 4-H program asked you to do- write like you are writing history!
- Step away; step away when you are thinking too much and need a break- no problem. Take writing at your own pace!
- Find a time that you are able to have a moment of quiet and clarity, sit and let your thoughts come to you and go onto paper.
- Is writing totally not your style? Draw, video tape, paint and use your interests to find a way to tell a story- let this just be a guide!
- Be Creative! Print more copies, add them to a notebook- pick a different notebook and just write the prompts in. Use the extra space to draw or again, add your own in. Give your story a creative cover and maybe a title of its own.

The details should you decide to share this with your club, county or perhaps an outside group:

- Share only what you feel comfortable sharing.
- Take pieces and parts, or the entire thing.
- Consider turning this into a communications project through a speech, poster or other format.

Reflection, writing prompts, think, intention, meditate- *what??*

- Whatever you want to call it, I'm sure you've heard it called many things. What we are asking you to do is think about how something really makes you feel and write it down. Think about how its impacting your life, your family, your world. Do it with intention, be aware, be serious.

Go forth from here, use the prompts as helpful ways to do all that is written above. Record history for your club, your community, your country and your world!

## First Things First: What is Motivating You?

1) Why are you here, why did you choose to take action for this project?

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2) What would you have been doing two or three weeks ago, before you were asked to stay home?

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3) What is different about today?

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4) Thinking about where you *should* be and where you **are**, how does that make you feel?

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5) What do you think of this entire situation?

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# Daily Journal Page

Your daily journal page will ask the same few questions every day. Then leave space for drawing, a daily *your choice* prompt and anything else you'd like to write to remember.

Use the below guide to how you can design your journal pages.

Today's Date is: \_\_\_\_\_ This is Day: \_\_\_\_\_

Where are you?: \_\_\_\_\_

The quote or montage of the day is:

Today I saw:

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Today I heard:

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What I did today was:

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Something unique about today was:

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Something positive about today was:

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Something I struggled with today was:

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*Your Choice* Prompt:

## **Daily *Your Choice* Prompt**

- I woke up this morning and I felt....
- Something that I miss today is.....
- People are acting very.....
- If only I could....
- It is strange to me that....
- This isn't so bad because....
- This really isn't much different because...
- I have learned to like....
- I am coping with my stress by....
- Something this experience is teaching me is....
- 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 know someone who got sick and they....
- I am sick and I feel.....
- I am confused about...
- I think this was all worth it because...
- We don't have enough.....
- I have helped someone by...
- I need help....
- When I look around I see....
- I need to figure out how to...
- I have found resources that help me...
- Someone helped me.....
- I appreciate that....
- Before I go to bed it helps me sleep if I...
- Something I do every day is....
- Not having a set schedule makes me...
- This is hard for my family because....
- How do you feel about the government (federal or state or local) decisions that are made right now? Two weeks ago?
- One thing I really want to remember about this is....
- Something I really hope the world learned and remembers is....

# Stress: How are you coping?

During times of change and uncertainty, loss of schedule and normalcy we experience tremendous amounts of stress!

What are things that you can do to help mediate the stress in your life? What do you like to do that you can do anywhere, that you can still do now?

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What strengths do you have, that are helping you feel better? Who can you go to if you need help?

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**DRAW!**

## Some Tips and Resources:

- Have a plan! Know what you can do every day to reduce your stress and keep resources at hand for when your stress increases. Know who you are comfortable with and can go to when you need help.  
<https://parentandteen.com/teen-stress-management-plan/>
- Mindful breathing: <https://www.pbs.org/parents/crafts-and-experiments/practice-mindfulness-with-belly-breathing>
- Coloring and Art
- Games
- Nature: <https://www.plt.org/educator-tips/nature-walk-activities>
- Mindful Art Journaling: <https://artfulhaven.com/category/art-journaling/mindful-art-journaling/>
- Find creative ways to co-journal with your friends. If you can't be together, learn together!

