

Family Journal



Are you a storyteller? Do you like to write? Do you like to draw? Do you have a diary or a journal? Let's start a family journal this summer. What is a family journal, you ask? It is

a booklet where you can draw and/or write about the events of your life and that of your family. Family journals document things that happen to us and our family.

Historians want to use firsthand accounts of eras they are studying. Viewing the writer's handwriting, drawings, and important papers glued into the journal is like a view into the writer's brain. Those who read the journal can feel the same thoughts. A journal can become your good friend, a confidant. Journaling can inspire you to notice your senses, your thoughts and remember your actions. By putting your thoughts on paper you can begin to problem solve and notice more about yourself.



Writers use journal entries as a way of writing. *Diary of a Wimpy Kid* by Jeff Kinney and *The Color Purple* by Alice Walker are two examples of books written through journal entries. The Smithsonian Institute in Washington D.C. kept journals from people who experienced the 1918 Influenza Pandemic.

From a diary by Violet Harris, 15 years old, 1918:

It was announced in the papers tonight that all churches, shows and schools would be closed until further notice, to prevent Spanish influenza from spreading. Good idea? I'll say it is! So will every other school kid, I calculate. ... The only cloud in my sky is that the [School] Board will add the missed days on to the end of the term."

Imagine, years from now, what might be fun to read about the year 2020. What is unusual about your day? What was fun? What was scary? What was silly? Write

these stories in your journal. Interview your parents and tell their stories in the journal, too.

How to make a handmade book with cardboard, paper, glue and string

<https://www.wikihow.com/Make-a-Handmade-Book>

1. Make a Journal or choose a notebook.
2. Talk with your family about what to write about in your journal.
3. Find a special spot that will be your writing spot.
4. Choose your favorite writing and drawing tools (pens, pencils, or markers). Set them in your special writing spot along with your journal.
5. Write, draw, and tell a story about your day. Interview your mother, father, or sibling and write about their experiences.
6. Write an entry each day or each week. If you miss some entries, it is okay. Just start again.

Journal Entry Writing Prompts.

These are just starts. You will come up with great stories as you write about your life and that of your family.

- Describe the happiest day of your life.
- Who lives with you? Do you share a bedroom? Where in your house do you play on a rainy day?
- What games have you been playing with friends or family this summer? Why do you like these games? Do you play the games inside or outside? What do you do on a rainy day?
- If you could do anything all day tomorrow what would you do?
- Who or what are you missing during the COVID quarantine?
- Do you have a pet? If not, what pet would you like? How do you care for your pet? Do you go for walks with the pet?
- What is your favorite outdoor spot near your house?
- What is your favorite meal? Who cooks that meal for you?
- Describe the perfect vacation.
- Write about what you love about your family.
- Which room in your house is your favorite, and why?
- What's your favorite school subject? Why?

Enjoy!

Journaling during the Pandemic

<https://www.bostonglobe.com/2020/03/22/metro/journaling-during-pandemic-yourself-historians/>

The Joy of Journaling for Families

<https://www.metroparent.com/daily/family-fun/family-activities/journaling-for-families/>

Journaling for Kids

<https://www.homeschooling-ideas.com/journaling-for-kids.html>

26 Things to include in a Family History

<https://legacybooks.com/26-things-to-include-in-a-family-history-book-beyond-photos-and-text/>

Smithsonian Institute: What We Learn From 1918 Influenza Diaries

<https://www.smithsonianmag.com/history/what-we-can-learn-1918-influenza-diaries-180974614/>

Diary entry during the Great Depression

<https://www.traveldiariesapp.com/en/diary/fa36434d-0b4a-448f-b547-6d70cbb93148/chapter/11838d2f-d158-4e7f-a640-9b11a0dca9fc>

Family Diaries Kept During Spanish Flu Give Ohio Descendants Hope During Coronavirus.

<https://www.nbcnews.com/news/us-news/family-diaries-kept-during-spanish-flu-give-ohio-descendants-hope-n1191221>

1920s Diary from England

<http://www.homepages.ucl.ac.uk/~ucjtjur/1920sdiary.htm>