



Camp AH-HA Make it Monday: Journaling

Today we encourage you to
record history through a journal

Who: You

What:

- Do you know what Abraham Lincoln, Albert Einstein, Benjamin Franklin, Leonard DaVinci and Maya Angelou all have in common? Beside being great leaders and thinkers and artists, they also were regular journal keepers.
- The practice of keeping diaries or journals has been around for hundreds of years. The earliest surviving diaries date back to the 1600s and were used to record business dealings such as sales in shops and public records like land purchases and marriages and the like.
- Samuel Pepys (pronounced PEEPS) lived in England in the 1600s. He kept a diary for over ten years. He recorded details about his life, where he went, what he saw as well as how he felt. The amazing thing is we are still reading his diary today and it tells a lot about what life was like in the 1690s.
- People throughout the centuries have kept journals or diaries as a way of remembering what they did or of talking about how they are feeling as certain moments in their lives.
- You don't have to be an adult to keep a diary. The author Louisa May Alcott (who wrote Little Women and many other books) kept a diary all her life starting when she could just begin to write. She wrote about her life growing up and her time as a nurse during the Civil War. Later she would use her diaries to help provide details for Little Women and her other books. Here is a poem she wrote in her diary at age 8:

Welcome, welcome, little stranger,
Fear no harm, and fear no danger;

We are glad to see you here,
For you sing "Sweet Spring is near."

Now the white snow melts away;
Now the flowers blossom gay:
Come dear bird and build your nest,
For we love our robin best.

LOUISA MAY ALCOTT.

- Historians use diaries to learn about what life was like in certain time periods. Diaries of famous and not so famous people are great *Primary Sources* to learn about history. A Primary Source is something that was written or created by people living through an event. So, diaries, letters, newspapers are all great primary sources.

How:

- Today, for Make-It Monday, we are encouraging you and your family to create a journal about what life was like during the 2020 stay at home.
- There are so many ways you can create a journal:
 - Start with a notebook and use construction paper, glue, markers, stickers and other craft supplies to decorate the cover. Then write inside.
 - Or if you would rather not hand write, you can use the computer. Be creative with fonts and pictures.
 - Maybe you are artistic. You can paint a picture, write a short story, create a collage, or even do a PowerPoint that helps you share your thoughts and feelings.
 - Or use an iPad or Chrome Book or phone and create a video journal
 - Or write your future self a letter. Tell your future self what this was like. Put the letter in an envelope and seal it up. On the front write Open in five years. Then save it and for five years!
 - Be Creative
- The important things to include no matter how you choose to journal:

- Your name and age
- Who did you stay at home with?
- What was the most fun part about staying at home?
- What wasn't so fun?
- Who did you miss the most?
- What did you miss the most?
- What did you and your family do during stay at home that you didn't usually do?
- And most important, how did this make you feel?
- You don't have to do something every day. A great journal can be just one day or one entry!
- Make sure you keep the journal in a safe place and look back on it in a year, or five years or even 25 years.
- Ask your older adults if they have a journal or diary. Maybe they would even be willing to share it with you!