

## **A Notebook for You**

**This notebook is just for you**—to keep a record of your life in any way you'd like while you are away from school. Everyone's experience will be different. This is a place for you to write, sketch, draw, paint, doodle, or do anything else that is useful to you. For example, you could write a poem, tape in colorful pictures, draw comics of your day or describe a memorable moment. In the future, this notebook could be an important record of what you were thinking about, the things you did, and how you felt during this unusual time.

**Date each entry**, as this is a history of your life during this time.

Here are some possible ideas to get you thinking:

- **What each day is like for you**-- what's hard, fun, stressful, restful, comforting, worrisome . . .
- What's on your mind today-- big things and/or little things you are thinking about
- Stories-- stories you've heard, experienced, or imagined
- An activity you did today—such as playing a game, cooking, watching movies, connecting with friends, listening to music, taking photos, going outside
- An act of kindness you did for someone or someone did for you.
- A chore you did today
- Staying in contact with family, friends, and neighbors

You may want to save some pages to **keep a record of what you are reading** during this time. You could list the title and author of each book you read, the genre (such as fiction, nonfiction, memoir) and, perhaps, a few lines on your thoughts about the book.

**Most of all, use the notebook any way that suits you!**