

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, because 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 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 thoughts about the book.

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