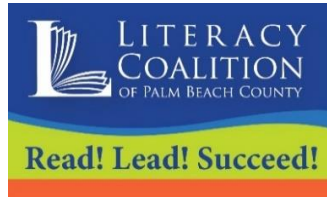


READ and THINK before you ACT.



Leading through Reading

Writing and Drawing History (K-2)

READ

A journal is an enjoyable way to understand your thoughts and emotions.

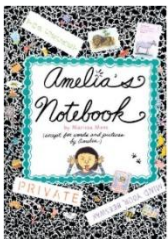
In a journal, you can write words and draw pictures about what you see, think, and feel.

A journal helps you to understand yourself and sort through your feelings about what is happening.

THINK

Watch these videos and think about what happens in the story called Amelia's Notebook.

Click on [Part 1](#) or [Part 2](#) and then click on the CC at the bottom of the screen to turn closed captioning so that you can read as the video plays.



Part 1 Amelia's mom gives her a notebook because she and her family are moving. Many things are about to change. Amelia will not get to see her friend, Nadia. There are many things for Amelia to worry about. Amelia and her sister argue. If you were Amelia, what would you write and draw about in your journal?

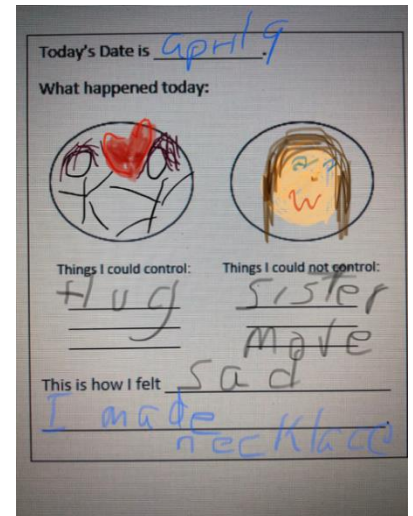
Part 2 Amelia has her first day at her new school. At first, she feels lost and afraid, but soon she makes a new friend and gets a phone call and present from Nadia. She writes and draws about it in her journal.

ACT

Make Your Own Journal

If you have a spare notebook or blank sheets of paper, you can make a journal.

- Write and draw in your journal everyday.
- Write the date or day of the week at the top of each page.
- Draw what happened in the day and write words to describe your picture.
- Write and Draw about things you could control and things you could *not* control.
- Describe one or more of the feelings that you had during the day.
- Before you finish, write or draw what was the best part of your day. There is positive in every day. Find something that you did well or something that you are grateful to have.



This could be Amelia's moving day journal page.

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Lead! Read! Succeed! projects to nbirardi@literacypbc.org