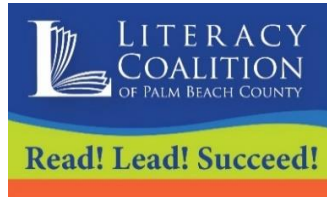


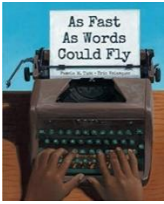
READ and THINK before you ACT.



## Leading through Reading

### Writing and Drawing History (3-5)

#### READ



In the book [As Fast as Words Can Fly](#), a young boy is a writer. He listens to the enthusiasm of his father and writes powerful letters. At first, he writes the letters by hand and then he learns how to type.

When children write, it is powerful! Writing is not only a way to influence and document history, it is a fantastic way to manage fear, anger and anxiety. During this time, you may have less time to chat with friends, but you can write, and you can draw.

#### THINK

What books have you read that are written in the form of a journal? Journal writing is a very powerful, yet easy way to write. Can you find an empty notebook or some pieces of paper to write about your thoughts and feeling about what is happening?



[Diary of a Worm](#) is a fun ebook you can get at home from the PBC Library System or enjoy this [video](#).

#### ACT

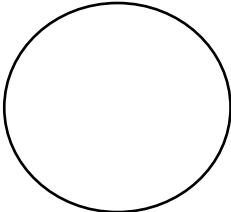
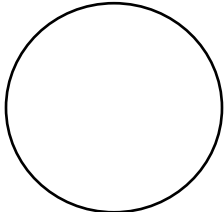
##### Make Your Own Journal

If you have a spare notebook or blank sheets of paper, you can make a journal. The diagram to the right is an example of how you can set up each page in your journal. Try to:

- 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.

Today's Date is \_\_\_\_\_.

What happened today:

	
Things I could control:	Things I could not control:
_____	_____
_____	_____
_____	_____

This is how I felt \_\_\_\_\_

\_\_\_\_\_

The best part of my day was \_\_\_\_\_

\_\_\_\_\_

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](mailto:nbirardi@literacypbc.org)