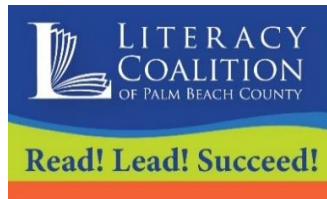


READ and THINK before you ACT.



Leading through Reading

READ

Writing History (6-8)



As you watch history about the coronavirus unfold throughout the world, across our nation, and in our own homes and neighborhoods, it may stir up emotions inside of you. One of the best ways to deal with those emotions is to find a healthy way to express yourself. Writing is not only a way to document history, it is a fantastic way to manage fear, anger and anxiety. During this time, you may have less time to chat with supportive classmates and friends, but if you have storage space on a computer, phone or tablet, or a spare notebook or sheets of paper, you can write.

Writing can not only help to reduce your stress and cope with feelings of loss or sadness, it also may help you to sort through your problems and concerns by tracking them day-to-day. Writing provides both a safe place to vent and a tool to uplift you. It is a safe place for positive self-talk. It is a way to recognize and change negative thinking to positive appreciation and hope.

THINK

How do you think it would be helpful to write about this time in our country? Would writing help you to sort through your frustrations? Why would it be interesting to document this time in history from your own perspective? Who is [Anne Frank](#) and [how did she document history](#)?



YOU CAN WRITE!

YOU ARE AN
AUTHOR!

YOU ARE WITNESSING
HISTORY BEING
MADE.

ACT Tips for documenting this time in history, your thoughts and your feelings:

- **Keep paper or technology handy.** Make it easy to grab your things and express yourself.
- **Write every day.** Make a habit. Regularly let your words flow onto the screen or paper.
- **Write freely.** Do not worry about spelling or other writing mistakes. You can fix it later.
- **Keep it private.** At first, make your writing a place for only you to record what you see, what you think, and what you feel. This way you can write what you want without worrying about what others think of your thoughts and feelings. Later, you can share parts or all of what you have written.
- **Find a daily positive.** At the end of your daily writing time, save a space to note one or more things that you are grateful for. First, glance back at what you have written. If you have already noted things that are going well, you may repeat them. If you have not written about one good thing, take time to find one and write it down.
- **Review.** It is important to be in touch with your thoughts and feelings. Each week, find time to read what you have written. This will help you to process what you have seen, thought, and felt over the last week or so.
- **Acknowledge.** Know that these are difficult times. Be sure to put down one or more things that make this National situation different than the days that you knew before the virus made us stay home. Take time to recognize that you are important. Feel confident that what you see, think and feel matters. Be sure to note things that you and others did well, especially if you helped someone or learned of someone doing a good service.

References: [University of Rochester](#)

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