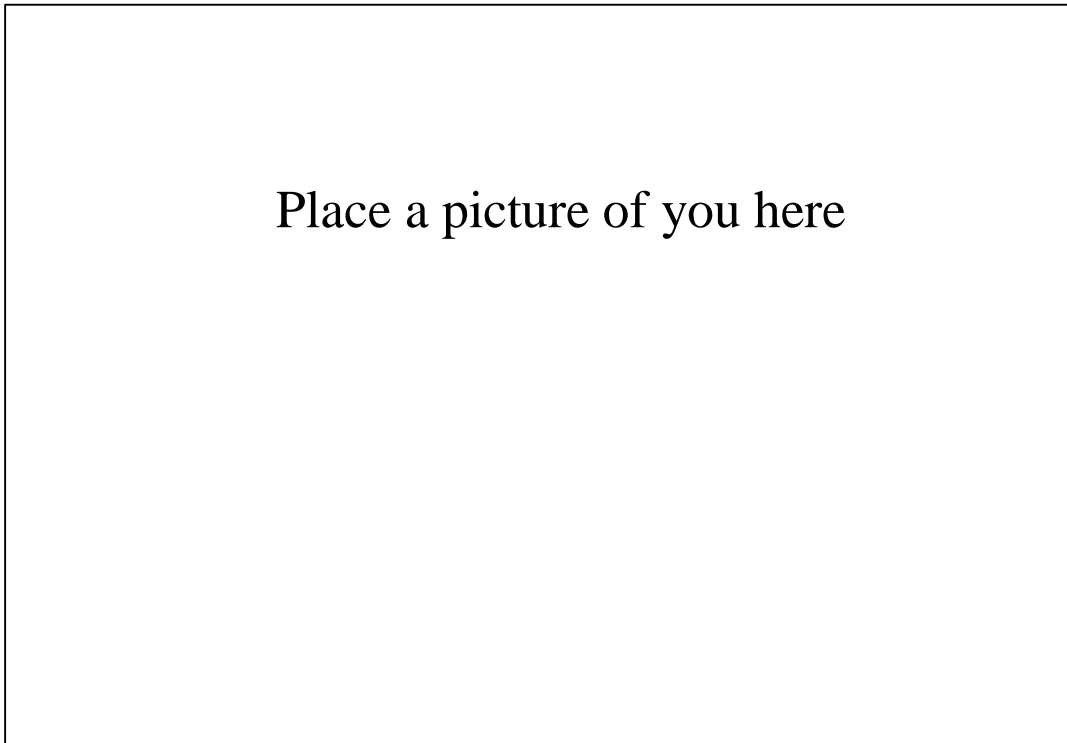




Social Distancing: Making History

A 4-H Journal



Place a picture of you here

Member Name: _____ Age: _____

Club/County: _____

One of the pillars of 4-H youth education is citizenship, and part of your citizenship is being witness to the history being made around you. What you are seeing right now will be talked about, shared and written about for many years. Will you remember where you were, what you did and how the world changed around you?

This journal will help you keep record, share your story and be a keepsake for years to come.

Adapted by UVM Extension 4-H from a packet developed for Cornell Cooperative Extension of Chemung County 4-H, Sasha Diederich, 2019.

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Daily Journal Page

Your daily journal page will ask the same few questions every day. Then leave space for drawing, a daily *your choice* prompt and anything else you'd like to write to remember.

Use the below guide to how you can design your journal pages.

Today's Date is: _____ This is Day: _____

Where are you?: _____

The quote or montage of the day is:

Today I saw:

Today I heard:

What I did today was:

Something unique about today was:

Something positive about today was:

Something I struggled with today was:

Your Choice Prompt:

Stress: How are you coping?

During times of change and uncertainty, loss of schedule and normalcy we experience tremendous amounts of stress!

What are things that you can do to help mediate the stress in your life? What do you like to do that you can do anyw
