

History in the Making Journal Challenge

I am sure you agree that we are living through unusual times. One day, students your age will be studying these experiences in our history textbooks, which means you are part of history as it is being made! Your memories will inform future generations about what it was like to live through these momentous events.

So, why not keep a diary, recording your experiences, thoughts and feelings, every day until school reopens.

- You can record your story in words, in photos, in drawings. You can record videos and take snapshots of news headlines as the stories develop. (Remember to look at the positives too: clap for the NHS was a spontaneous, heartwarming community action that would not have happened without the current situation. We don't want to forget these golden moments. Check out <https://www.positive.news/> too, as a helpful balance to the usual media!)
- You can interview people you know, in person or online, to record a variety of experiences other than just your own.
- You could do this together, as a group of friends or as a family.
- You can share it, or keep it totally private. It's your journal, your choice.

Did you also know that putting words to your feelings is also one of the best ways of coping with stressful times? So you would be creating a piece of living history at the same time as looking after your wellbeing – a win-win situation 😊.

I'd love to know if you do this, and I will never ask you to share your journal unless you want to.

Miss Jordan