

“Instead of worrying about what you cannot control, shift your energy to what you can create.”



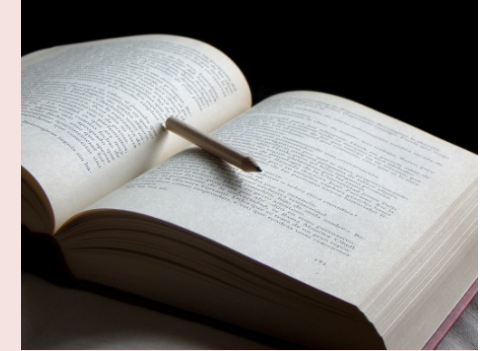
Dear Children,

Being quarantined can be a boring time or an exciting time, the days can be tedious or constructive and creative the choice is yours.

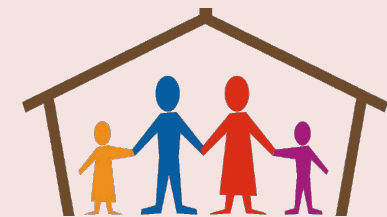
You are living in an unusual , unique time in history.. such that hasn't been witnessed ever, so record your daily thoughts, feelings, activities and fears.

You can record your experiences in a digital format on your parent's phone or laptop. Remember to maintain a physical journal to backup your digital content.

Write about.....



- Your daily activities
- Your feelings about being confined at home
- Missing your school , your friends
- How it feels when the whole family is together at home 24x 7 ?
- Your parents spending more time with you
- The activities do you do together
- The new skills you have acquired
- Your helping with the household chores



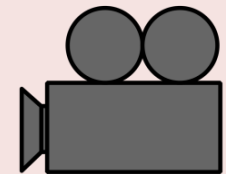
Draw.....

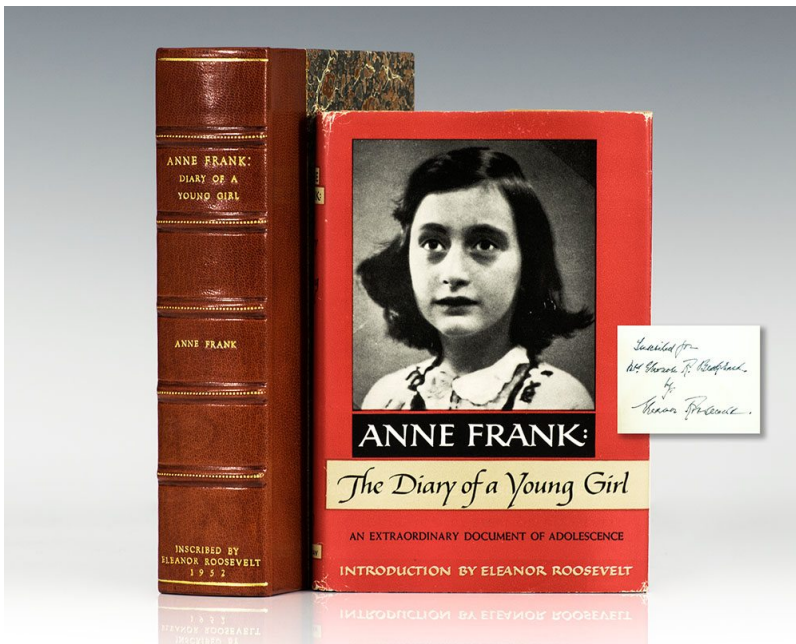
- Yourself doing chores
- The Cartoons and jokes going around these days
- The changes you can see eg: empty roads, more birds, people standing apart in a queue



Create....

- A booklet of the new immunity boosting recipes
- Some new board games.. Write their rules too
- A video journal ..include Interviews of your parents and siblings... Picture of the scene outside... Pictures of news headlines taken from the TV





Anne Frank was a young girl who spent almost three years in hiding with her family. Read about her life in her diary and reflect on how different her life was from your quarantined life.

You will also get an idea about the format of diary writing this way.

Now that you have read Anne Frank's diary it's time to start writing your own. Here are some basic guidelines of diary writing:

Method:

- Mention the day, date, month and year on the top of the page.
- Begin with a salutation. For example: Dear Diary, Hello Diary.
- You can even name your diary.
- Describe the events in chronological order. Begin with the first thing that happened and end with what occurred last.
- Write in first person.
- Express only what you thought, felt or saw.
- Explain what you are thinking and why are you thinking in that way.
- Voice your emotions and feelings- related to the events you are writing about.
- End by signing off. Write your name at the end of your entry.

Here are some example.....

Friday, March 2, 2018

Dear Diary

Today I had the bitterest experience of my life. I never had such an awful experience in my life before. I had gone to Agra for an urgent work. There were very few buses plying today as most of them had been put on election duty. I waited for two hours at the bus stop to get into the bus. It was very crowded. I somehow managed to get some space for myself. It was really difficult to breathe. Everyone was sweating. People were pushing each other. After a journey of two hours, I came out of the bus and took a sigh of relief. I'll never forget this journey in my life.

Naresh

Monday, April 3, 2014

Dear Diary

Today I spent the entire day thinking about myself. It was raining all day and I could not go out to play with my friends.

I have been wondering what my best personality trait is. I have come to the conclusion that my ability to think positively is the best trait I have.

I have always worked hard and tried to be truthful and dutiful. Even then, sometimes, I feel that I do not come up to the expectations of my teachers and parents. At such times, I am positive and tell myself that I will become better with practice.

Being positive always helps me and I hope I will remain positive in the future also.

Chaya

Tuesday, 30 January 2018

Dear Diary

Today, I had one of the most terrifying experiences of my life. I was sleeping in my cabin, in my bunk, when I felt a sudden jolt. My head banged against the wall and I passed out. When I woke up, I was lying on a sandy beach. I realised that I was marooned on a deserted island in the Pacific! I felt scared, yet I thanked Fate for having spared my life.....

**Tell your parents to store this journal carefully. You will enjoy reading it after many years .
So go ahead... record history !!**

