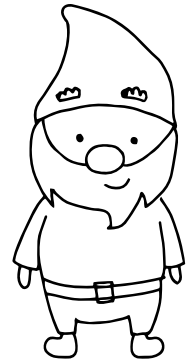


# Living History Family Journal



We are living in historic times. This time will be studied and shared with generations to come. This project will give your family the opportunity to create a Living History Journal. In this journal, you will record your thoughts, historical information, pictures, data and other information. Your child will have the opportunity to do research, conduct interviews, document ideas, dreams, plans and ideas. Please feel free to add your own ideas and share them with us.

**1. RECORD WHAT IS HAPPENING.** Information will continue to morph as the virus continues to spread and eventually clear. There are many effective tools to get correct information including the CDC and the World Health Organization.

**2. JOURNAL THE ANSWERS TO SOME OF THESE DISCUSSION QUESTIONS:**

- What are the short term implications of the pandemic and school closures?
- How do you think society will be different post-pandemic?
- How are you spending your time? What interesting activities are you doing?
- Include a family gratitude list. Add to it weekly or daily
- What acts of kindness have you seen/heard of?
- How is your city responding to the virus? Your state? The nation?
- What are you satisfied with? What do you wish was different?  
If you were in charge, what changes would you make?
- Who are the important players you may remember because of the virus?  
Maybe print out a biography about them.
- How is this virus different than the flu? Why does that matter?
- What is the social impact of school closures on you? On others?  
Discuss both the positive and the negative aspects.

Journals can be handwritten, typed, in pictures, drawings, videos, etc.

**3. INTERVIEW EACH OTHER** and allow kids to interview grandparents, doctors, essential employees, teachers, (who else would be interesting to talk with?).

**4. BUILD A TIME CAPSULE** with newspaper/magazine articles and other artifacts about this.

**5. COLLECT/COLLAGES MEMES.** There are funny ones, touching ones, beautiful quotes, etc.

**6. READ ABOUT THE SPANISH FLU.**

*Here's an article that might be a good place to start:*

<https://www.history.com/topics/world-war-i/1918-flu-pandemic>.

What is similar about Covid 19 and the Spanish flu? What is different? Try finding out what type of technology and inventions were around during the Spanish flu. How would the way you entertain yourselves be different? How would you spend your days during the time of Spanish flu?

**7. WRITE A LETTER TO YOUR GRANDCHILDREN** about how you lived through this time.

How have you spent your time and what have you learned?

- Photos of places you see every day with captions (stores, streets, house, parent's work, etc.).
- Watch national evening news.
- Interview someone over the age of 60 (can be via phone or video chat).
- Journal about what you are experiencing in this time.
- Map the big cities in the United States that are having huge outbreaks.
- Create a timeline of the events (think when we first heard about this, when school was cancelled, when your parents had to stay home, when you heard something on the news).
- Create a schedule that shows how you are spending the time off with your family.
- Write a letter to your grandkid about what it was like to live through this.
- Create a bar graph to show number of confirmed cases and death rates.
- Create a list of changes you have seen in commercials (online or on TV).
- Create a poster/infographic to show how people should protect themselves.