

Journal On!
A Writer's Daily Workbook

Thoughts Gleaned While Quarantined

Antoinette Truglio Martin



Journal On!

Thoughts Gleaned While Quarantined

We are living through a historic era. The COVID-19 pandemic caused incredible havoc and shut down the entire world. Schools and shops closed, and the main streets stand abandoned. Stress, fear, and anger simmer.

All of us are affected, including the kids. The lockdown is not an overextended school holiday. Children struggle through the new routines and limits. They need their thoughts and ideas acknowledged, and a means to practice patience and kindness toward others and themselves. Journaling through the quarantine is a productive way to reflect calm and appreciation. Through writing, observations sharpen, and feelings sort so that paths to peace and solutions reveal themselves.

The **Journal On!** prompts contain ideas to ponder and journal for students from Kindergarten through sixth grade. The prompt box can be cut out and taped into individual journals. Emergent and reluctant writers may use the sentence starter boxes to jump-start their entry. There is even a *Doodle and Draft Page* to help stir the words onto paper. The package includes a PowerPoint presentation for teachers to display the daily prompt and model responses on a virtual screen, such as Smart Boards, or remote learning platforms.

We are living through this COVID-19 pandemic together. Together, we can get through it.

Journal On!

Antoinette

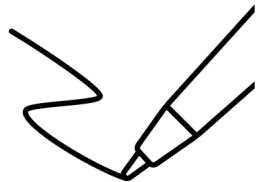
Journal On! A Writer's Daily Workbook



Journal On!

Thoughts Gleaned While Quarantined

Life has its shares of highs and lows and plateaus. We wake up, meander through our routines, and return to the day's end. Along the way, stories collect from our observations, interactions, and adventures. We celebrate the upside of life. The hardships are pondered and wrestled with as we search for answers. The stories that stick stand out and are shared. Memorable ones are retold and remembered. We become the storytellers.



Journaling is the practice of keeping a "diary." It explores thoughts and feelings surrounding events or everyday happenings. To that end, journals keep the stories that fill our lives.

The goal of **Journal On! A Writer's Daily Workbook** is to provide daily writing practice, inspire creative thought, and promote meaningful expressive writing. Although I had designed the workshop for children from Kindergarten to sixth grade, the prompts may be thought-provoking for children of all ages.

Journal On! Thoughts and Ideas Gleaned While Quarantined is a mini-workshop in the **Journal On! A Writer's' Daily Workbook** series.

Journal On!

Antoinette

Journal On! A Writer's Daily Workbook

Journal On!

Thoughts Gleaned While Quarantined

During the COVID-19 pandemic, we all must shelter-in-place. It is a proven weapon to combat the novel virus. Because of social distancing, we miss greeting friends and family with hugs, playing together, eating, and laughing with each other. Places feel empty without familiar faces in their regular spots.

Prompt: Write about a person you miss while in lockdown.

*Think about a person you usually saw almost every day. Is it a teacher, classmate, co-worker, grandparent, or neighbor? How often did you see this person before the shelter-in-place order? How different are the days without this person?

*Describe what is special about this person.

*Are you able to keep in touch now that everyone must stay at home? Do you email, talk on the phone, video chat?

*Write a story or adventure you had with this person that shows how important he or she is to you.



Sentence Starters

I miss my _____

_____ is special because _____

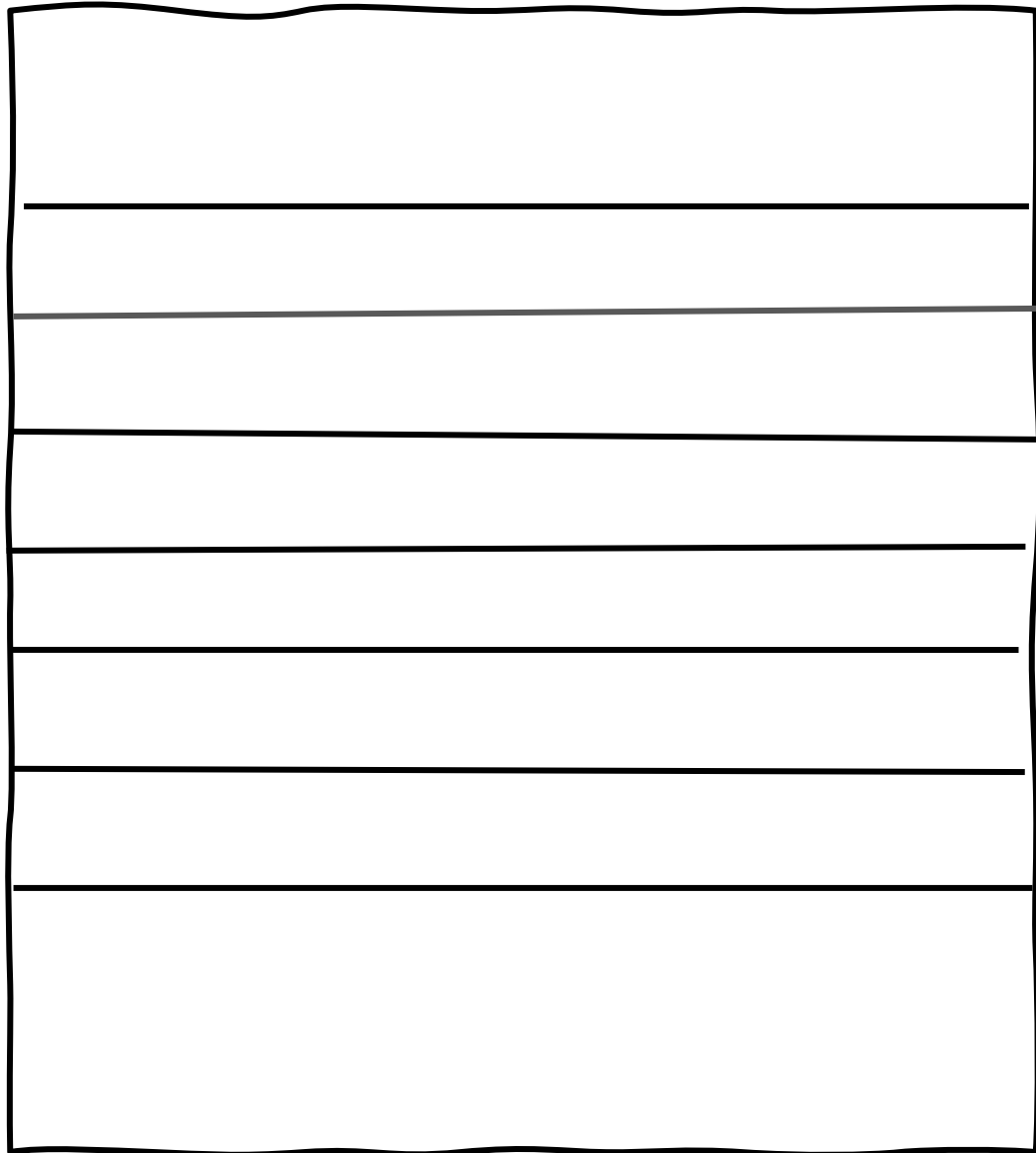
My favorite activity to do with _____ is _____

Journal On! A Writer's Daily Workbook

Journal On!

Thoughts Gleaned While Quarantined

Doodle and Draft Page



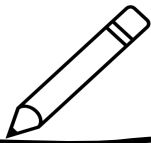
Journal On! A Writer's Daily Workbook

Journal On!

Thoughts Gleaned While Quarantined

Our routines have changed in this COVID-19 world. The days look very different than just a few months ago. Schedules, chores, and expectations have changed.

Prompt: Describe your typical COVID-19 day.



Sentence Starters

The first thing I do in the morning is _____

During the quarantine, I _____

My favorite activity to do during the quarantine is _____



*Write about the pace of the day. Is the morning relaxed and lazy or is everyone in your home up and at 'im, ready for the challenges?

*Have cooking and cleaning chores changed. Are meal times different? Is anyone trying new recipes?

*Write a review of a book you read, a game you played or a movie you watched. Include a brief rundown of the plot/goals and characters. Don't give the ending away! Include your impressions.

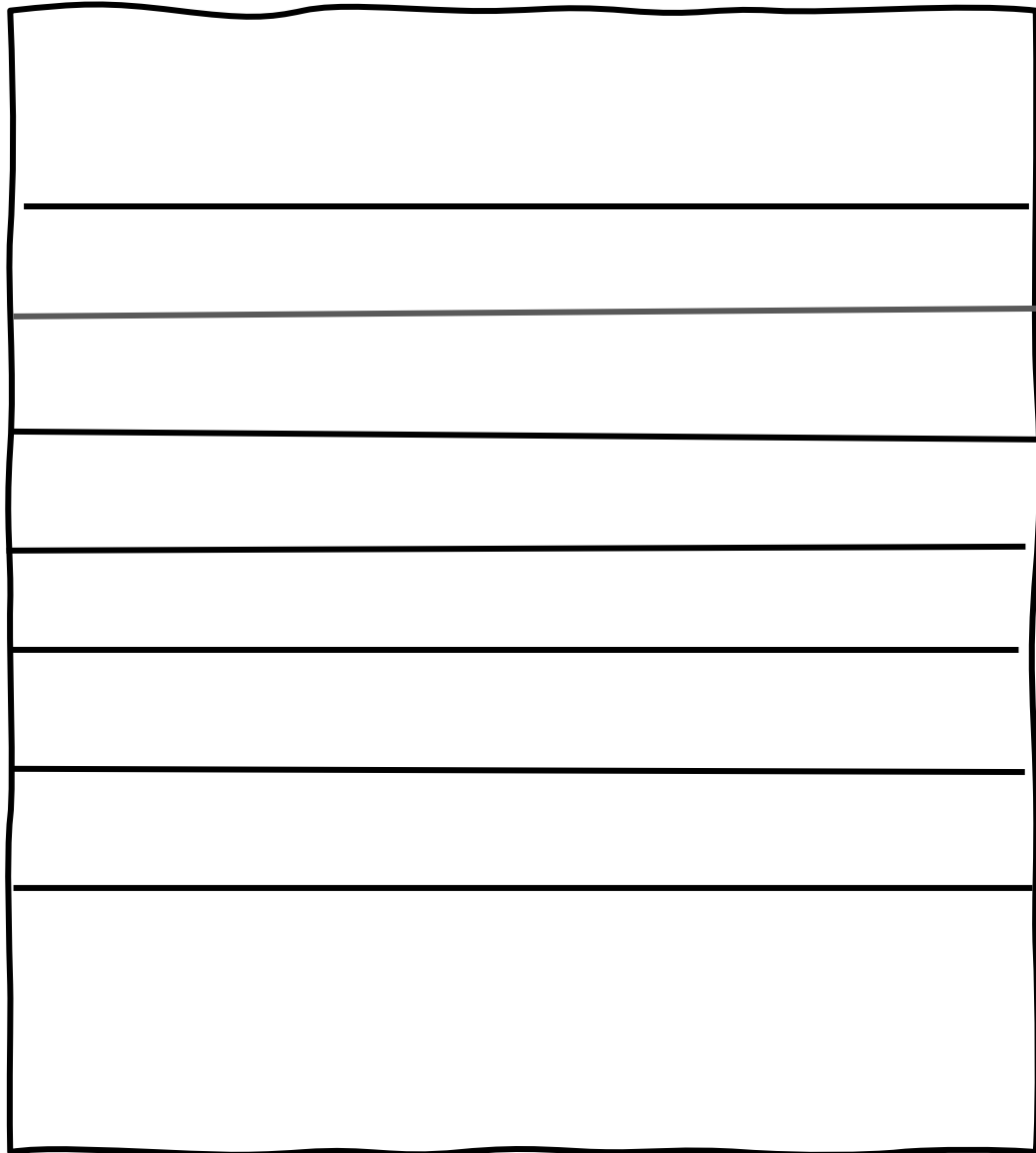
*Compare your today to the days before COVID-19 quarantine. Are there surprising positive outcomes? Write about how you feel about these changes.

Journal On! A Writer's Daily Workbook

Journal On!

Thoughts Gleaned While Quarantined

Doodle and Draft Page



Journal On! A Writer's Daily Workbook

Journal On!

Thoughts Gleaned While Quarantined

The outdoors may be a safe place to be during the pandemic. Getting out on beautiful blue sky spring days can lift your spirits. Even a walk in the rain can revitalize your mood. There is so much to be observed while you stroll through your yard, hike trails in the woods or walk the beach. Grab your journal. Put on your mask. Go outside!

Prompt: Write about noticing nature.

*Describe your favorite outdoors place. Is it downtown, around the corner, or quiet spot in your backyard?

*How do you get to your favorite place?

*Describe the air. Is there a blustery wind blowing in your hair. Do you smell a hint of honeysuckle?

* Do you go outside with a family member? Are you able to keep a safe distance from others?

*List the creatures you saw on your outing. Include birds, dogs, bugs... you get the idea. Write about what the creatures were doing.

*Write about how you are feeling outdoors. How is this mood different from when you were inside today.



Sentence Starters

Today, I went _____

I go outside with _____

When I was outside, I saw _____

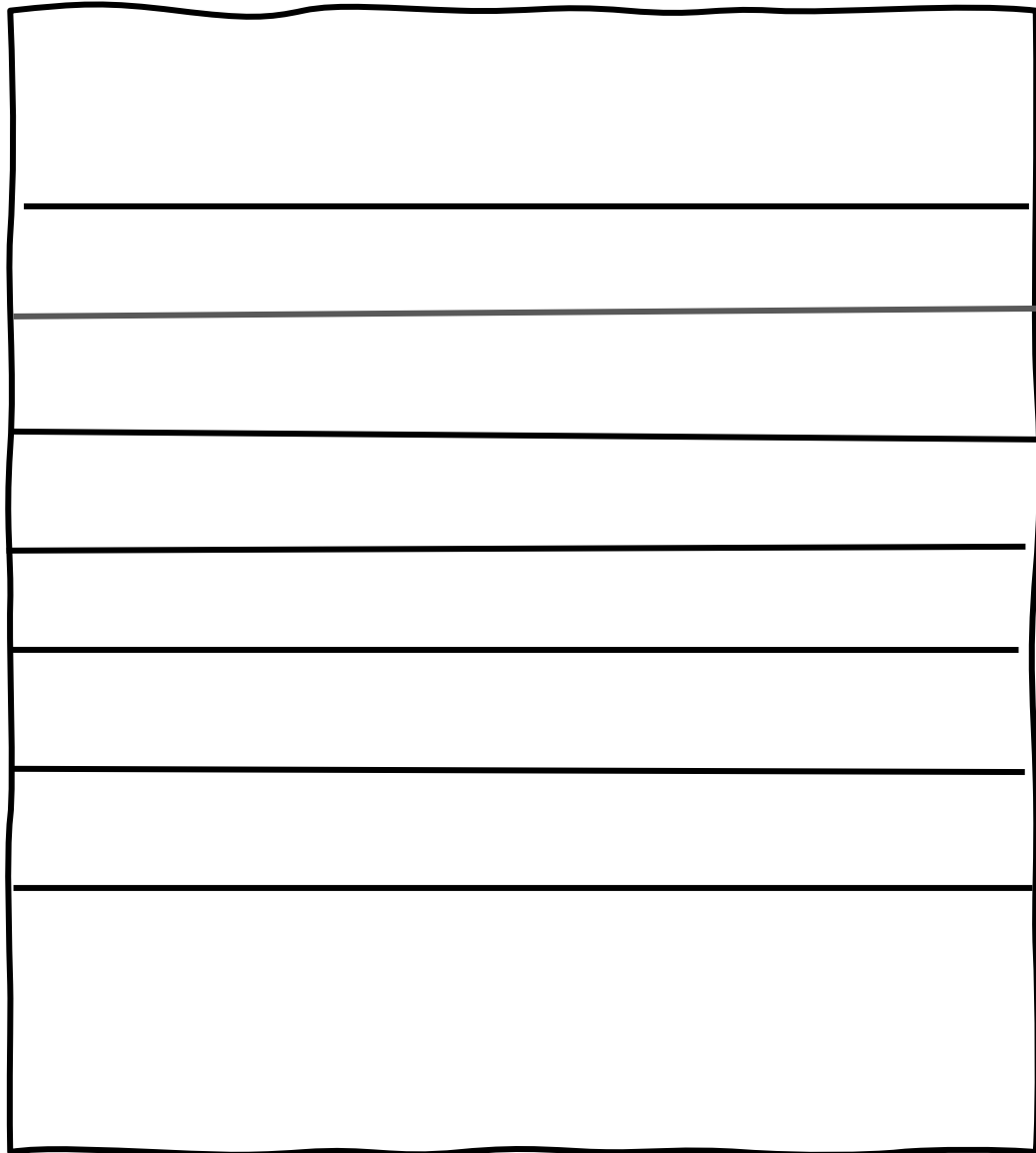


Journal On! A Writer's Daily Workbook

Journal On!

Thoughts Gleaned While Quarantined

Doodle and Draft Page



Journal On! A Writer's Daily Workbook

Journal On!

Thoughts Gleaned While Quarantined

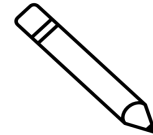
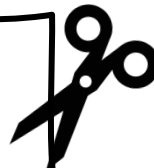
Shh. Listen. Did you hear that? Sounds fill the spaces. Most sounds remain in the background, so we don't pay attention to them all of the time. Thank goodness! We would be very distracted if we heard all of the sounds.

Prompt: Write about the sounds that surround you.

*Sit quietly. Listen to the background sounds you hear right now. Describe what you are hearing. Is it a muffled thumping of music, the chatter of someone talking on the phone, or your dog's toenail clicking on the floor?

*Can you use onomatopoeia words to describe the surrounding sounds? Words like "Tweet," "Mmph-mmph," and "BOOM!" give sounds their voice.

*Pick one sound you hear as you sit quietly. How is the sound making you feel? Does the sound stir a memory or remind you of something you need to do? What makes this sound pleasant or unpleasant?



Sentence Starters

I hear _____

The _____ sounds like _____

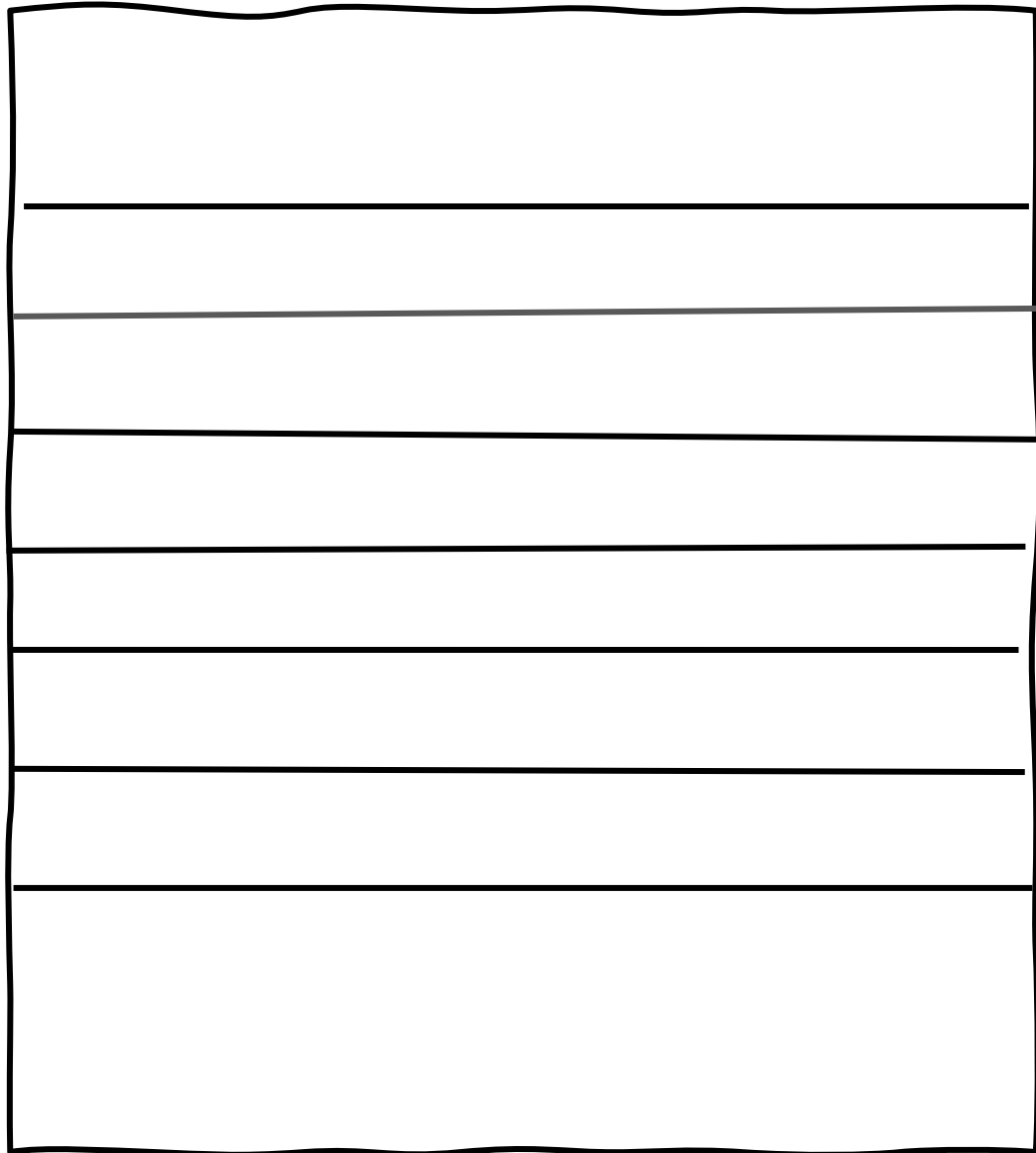
When I hear _____, I think of _____

Journal On! A Writer's Daily Workbook

Journal On!

Thoughts Gleaned While Quarantined

Doodle and Draft Page



Journal On! A Writer's Daily Workbook

Journal On!

Thoughts Gleaned While Quarantined

Stop! Look!

Now that you are home, you may be aware of things happening you had never noticed before. Perhaps you have seen pets behave differently in the middle of the day. Did you notice a particular squirrel's routine in the yard or how the washer machine shimmies during the rinse cycle?

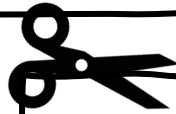
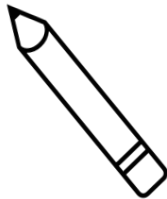
Prompt: Write about the simple beauty in motion.

Sentence Starters

I see _____

The _____ moves like
a _____

I think the _____ will



*Pick something that is moving. Is your cat sauntering in, the flash of the telephone answering machine blinking, or is your mother tapping her foot as she reads the newspaper? Describe the speed and movement pattern of the motion.

*What is the purpose of the motion you are observing?

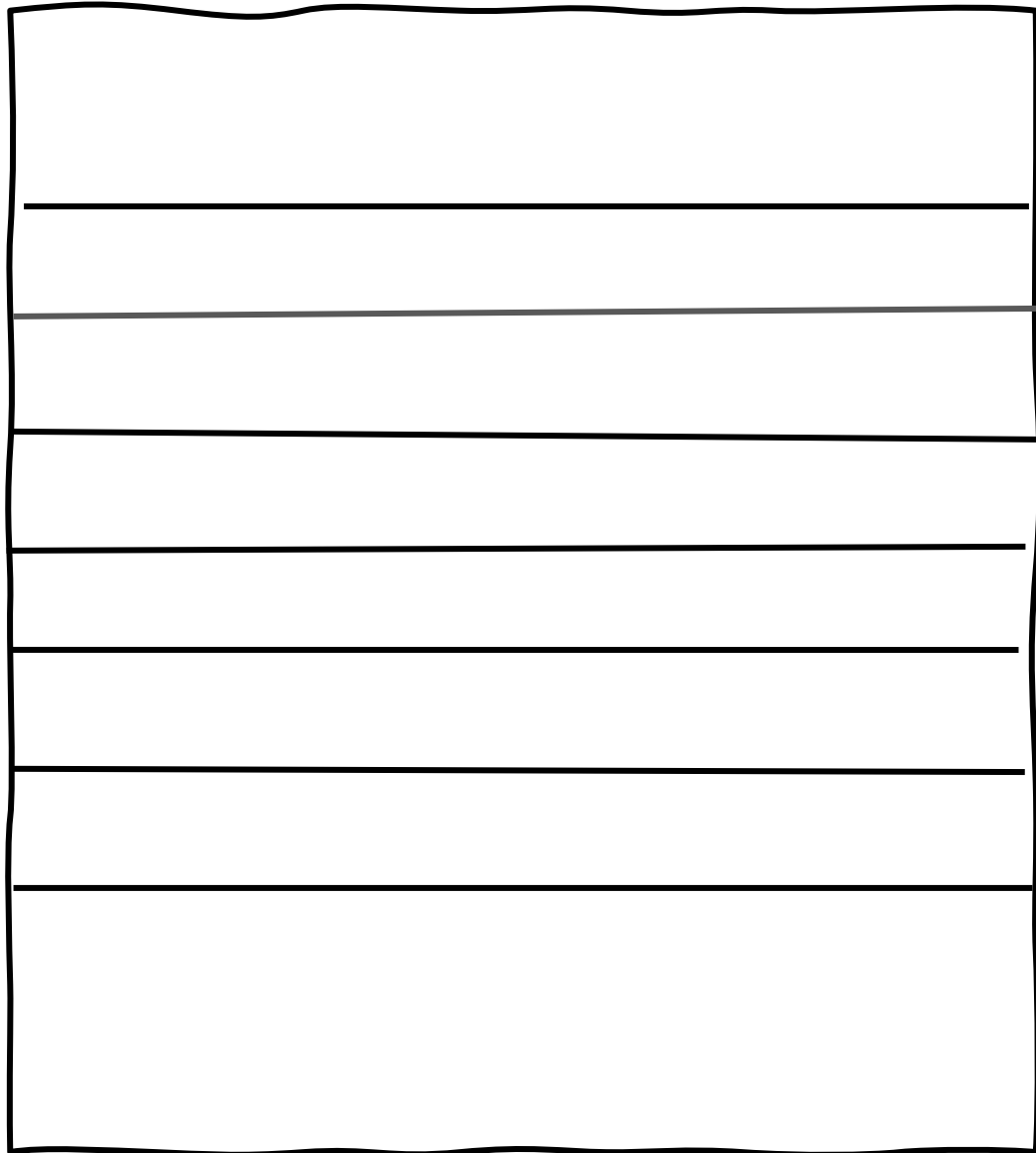
*Imagine what the person, animal, or thing may be thinking as the motion occurs. What do you think will happen next?

Journal On! A Writer's Daily Workbook

Journal On!

Thoughts Gleaned While Quarantined

Doodle and Draft Page



Journal On! A Writer's Daily Workbook

Journal On!

A Writer's Daily Workbook

A Stories Served Around The Table Production

