



Learning at Home

[HS English/Grades 9-12]

Journaling is a practice that many people do to reflect on their day, ponder a new idea, organize their thoughts, or let their minds wonder. This week, we'd like for you to spend some time responding to some topics that we hope will get you thinking, as well as practicing a little informal writing!

The goal is to **spend up to 30 minutes** on this activity. There are 5 prompts to choose from. **The number you complete depends on you.** You may find yourself spending the entire time on one, or maybe you decide to attempt all five. The point is to let your thoughts spill out onto the page for an extended period of time.

Journal prompts:

1. As you stay home and stay safe, who is someone that you miss seeing every day? What do you miss most about that person? Have you found a way to stay in touch?
2. Make a list of 10 things that make you happy, and share why you picked 2 or 3 of them.
3. Can you think of someone who, over a short period of time, significantly influenced your life? Is there someone who you have influenced?
4. What have you learned so far from your experience concerning this pandemic? What questions do you have that aren't yet answered?
5. What are you most looking forward to in the future?

Accommodations/Extensions:

1. Discuss the topics with one or more of your family members. See how your thoughts compare to theirs.
2. If you are a junior who is considering college, check out the Common Application essay prompts. You might find that something you journaled about could be rewritten to fit one of the topics!
3. If you are artistic, do a drawing or some other form of art based on one of these topics.
4. Send a note, or call, email, or message the person/people who you wrote about for #1 and/or #3.