



BEING IN THE MOMENT

HANDOUT FOR JOURNALING WEBINAR

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Even though we are being asked to distance and slow down in our own lives, things may on some level feel like they are moving fast. In reality, so much is happening at this moment in time. This is true both globally as well as in our own lives. There is a lot we can be paying attention to if we stop to notice!

Ideas for activities and reflection about living through this time in history. You can do these as solo activities or you can invite your family to join in this with you!:

1) Start a Spring 2020 Journal to document this moment in time.

You can do so much with this! You may decide to fill it with daily entries, write out your 'schedule', or new things you have tried. You can write about your feelings about going through this time, about how it is to attend classes over a screen while you may be sitting in your PJ's, and what you are doing to keep busy at home. You may have arrived at a "quarantine resolution" for yourself. This can be a great time to work on a personal goal. Write about your goal and document about your progress. You can decorate the cover of this journal or add drawings, illustrations, or memoirs throughout!

2) Take (and print photos) of your daily life.

Have you been baking? Drawing? Hanging out more with your siblings? Creating videos? Document your days visually!

3) Document who you are right now, today, in Spring of 2020.

What are your current favorites activities, songs, etc? What is popular right now, and what are your predictions for the future? What are your plans and goals for your future?

4) Similarly, you can also create a time capsule.

Put items in a shoe box that represent what you have been doing while distancing.

5) Write a letter to your future self.

You can tell yourself what it was like to live through this moment in history, what you are learning about yourself or the world, and what your hopes are for yourself and the world in the future. How have your experiences shaped you? You can even put this letter in an envelope and seal it, placing a "do not open until..." date on the envelope, such as 5 years from now. Place it somewhere safe and don't peek at it until the future date!