

## **Believe in the Power of Your Own Story: Connect Your Story to America's Story**

Earlier this year I met author, Chris Latray. The author of a book called the "One-Sentence Journal". I was captivated. I loved the simplicity and vowed to try it. I didn't. Like many powerful ideas it held on to me. When school was closed because of the Coronavirus/Covid 19 Crisis. I again thought of the "One-Sentence Journal".

Mr King recently shared his great grandfather's journals with me. Earl Henson wrote about what he did, what he saw. He wrote about what he experienced during the Influenza pandemic of 1918.

### **How do you keep a journal?**

Ideas:

- Memorable moments
- Thoughts and reflections
- Activities
- A pet
- A conversation
- Something funny

**"Each night, I write one sentence (well, actually, usually it's three or four sentences, but by calling it a "one sentence journal" I keep my expectations realistic) about what happened that day to me, the Big Man, and the girls."**

**Gretchen Rubin <https://gretchenrubin.com/2007/08/why-i-started-k/>**

I was reading "Create Your Own Primary Source" by Mrs Reader Pants. Several lines stood out to me that I want you to think about:

- **Primary Sources help us witness history through the eyes of people who experienced it.**
- **I know it seems impossible, but your experiences, thoughts, and daily life right now could be incredibly valuable to people in the future**
- **This may sound surprising, but you are living through an historical event!**
- **Help those future people understand what daily life was like for someone your age living in this time.**

**"My hope is that, years from now, when I'm trying to remember what life was like at this point, I can look back at my one-sentence journal." Gretchen Rubin**

**Library Challenge:**

**For the next two weeks keep a daily one sentence journal and submit it to Mr King and myself in google classroom. Don't turn in until we request it. It's ok to keep a paper and pencil draft of your one-sentence journal entries.**