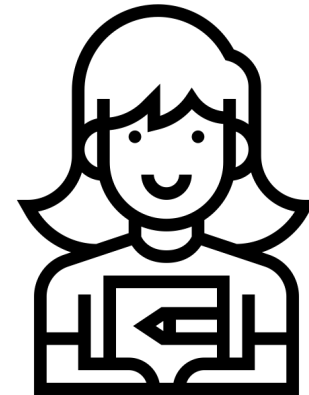
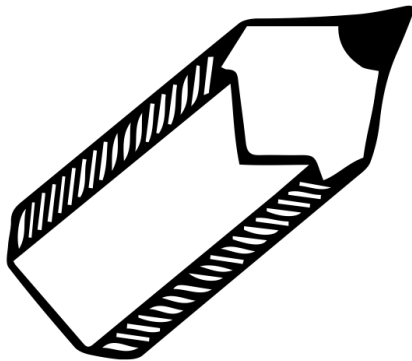


## Journals are History!

**History** is the study of people and events in the past. To learn about life long ago, or world events, **journals** can tell a true-story. People have written journals at times of war, disease or just during everyday life.

A **journal** is a personal story about your own day-to-day life. You can write about the things you did, how you felt, or anything at all in a **journal**!

Journals can be kept just for you, or you can share them as part of history.



*Instructions:* Use this journal to write about your day. To use it for more than 1-day, please print additional pages. Once finished, put your journal pages in a folder or binder.

**Name:**

**Date:**

**Age:**



**Today I feel:**

**Today I am going to:**

**Write a story or Draw a picture about your day:**

**My favorite thing about today was:**

**Tomorrow, I will do this:**

