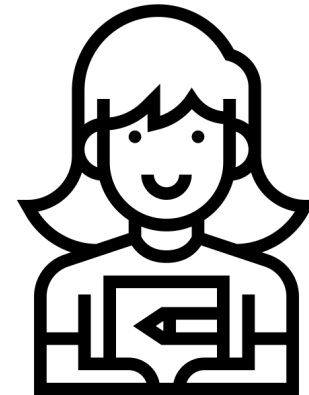
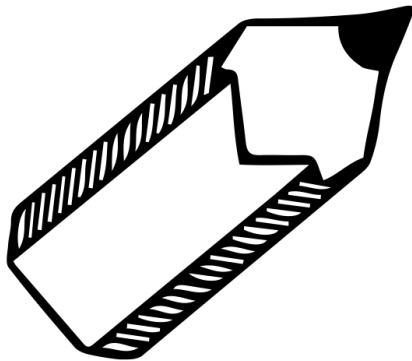


## Journals are History!

**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.

**Place a checkmark for each day you write in your journal:**

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>Day 6</b>	<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>
<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>	<b>Day 15</b>
<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>
<b>Day 21</b>	<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>	<b>Day 25</b>
<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>	<b>Day 29</b>	<b>Day 30</b>

**Name:**

**Date:**

**Age:**



**Today I feel:**

**The best thing I ate today was:**

**Today I would like to:**

**I did this today:**

**Draw a picture of what you did:**

**I spent time with or talked to:**

**My favorite thing about today was:**

**Tomorrow, I want to:**

