

Write About It!

TAKE & MAKE PROJECT for Teens

Journaling is a great way to process your thoughts and emotions while increasing your self-awareness. Make it a daily practice.



ACTIVITY

Use this journal to reflect on your day, plan for the future, and think about your place in the world around you.

Try these journal prompts:

- List five things you like about yourself.
- Write a letter to your future self.
- Be an Upstander! Write about one change that needs to be made in your school, neighborhood, or community.
- If you could spend a day with one of your ancestors, what would you ask them?
- Write about a special day you've had recently. Who did you spend it with? What did you do? Why was it special?

Or, get creative with these fiction story starters. Continue a story started below.

- "We finally did it!" I exclaimed to my lab partner. "We've invented..."
- Why didn't anyone believe me?
- I didn't mean to... Even the worst hair day can have a happy ending.

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Tip: Journaling helps you discover your own writing style.

DISCOVER MORE



For more journal ideas, pick up a Discover Summer activity booklet at your library, or download a copy at CincinnatiLibrary.org/summer.



Learn more about the Cincy Upstander Project. HolocaustandHumanity.org/upstander-project