

## Journal Assignment

You are now a historian. Starting on Monday, April 13, you will be keeping a written journal. Once a week (or more if you would like), you will detail what you are seeing in the news. How the world, how the United States, how your friends, neighbors, and family are responding to this pandemic. You are creating a primary source that can be used by people in the future to learn about our lives during this crisis from your unique perspective. You can also use one of your other talents as you see fit. Drawing, poetry, etc.

Be authentic, be honest, be reflective.

### **Guiding Questions:**

**You can write anything you like about your experience.**

**The following is a list of potential things you can respond to.**

1. What did the government announce/declare/implement today?
  - I. Does it make sense?
  - II. Does it impact your life? Why or why not?
  - III. How did your family respond?
2. What is open in your neighborhood? What is closed? How does this affect you?
3. What does your neighborhood look like? Are people walking around?
4. How is today different from yesterday for you, your family, our nation, the world?
5. Did you see anything today that gave you hope? Anxiety? Fear?
  - I. In person, in the news, or on social media?
6. What does your family need today that you might not have, have enough of, or have no access to acquire?
7. What has been your experience with distance learning? Do you think this experience will impact you when you're back in an actual classroom?

**5/1/2020:**

Today I did my usual routine: I stretched, ate breakfast, did my school for the day, worked out, read my book, played with my sister, relaxed, and ate dinner. For my relaxation today I just watched YouTube and my favorite show to watch with my mom, Flea Market Flip. I have been trying to make my routine the same things, but different things each time. For example, I will still run every day, but changed my speeds and rest. I am also trying to find time to do those things that I have always wanted to do. For example, I am overseeing planning my little sister's 5<sup>th</sup> birthday party. I will be able to get out of the house and go to a store, this time Walmart, for the first time in over a month. I am super excited to plan games and crafts for the whole family to do because my sister cannot invite her friends from preschool.

**5/2/2020:**

Yesterday, late at night, my family and I decided to take a walk together in order to get out of the house. This was the first time I was able to leave the neighborhood for about a month and a half. After this nice walk I immediately went to bed in order to try and keep my sleep schedule somewhat regular. Today I realized how much I love going outside and getting fresh air. Sometimes going on a walk or going shopping can really calm me down. In this experience I realized how grateful I am for everything outside of my house and family that makes up my routine. The next time I can go to the Nampa Recreational Center or Lone Star Middle School I will be so much more thankful. Even when I stop getting faster in swimming for a while or get a bad grade I will be so much more thankful that I have the opportunity to do the sport I love and learn from a teacher that I can communicate with face-to-face.

**5/3/2020:**

On this Sunday I decided to try and take things slower and be thankful for every step. I was thankful for my breakfast, church online love stream, workout equipment I have at home, my family, the internet, lunch, and dinner. I was especially thankful for my little sister that is just a blast to hangout with. She is just able to be happy and positive during everything. Also, my dog has been in a really good mood as expected. I tried to be thankful and spend an extra minute in pray before I ate. I decided that after I worked out, I would read a lot because I am grateful that the library has set up a way to check out eBooks. I decided I would take advantage of that and try to knock down as many books I can off my reading list that I created a long time ago. I am going to try to keep this type of mentality for the rest of the pandemic and forward in my life. This could be a way to help the other things in my life that I cannot do right now because of the virus.

**5/4/2020:**

I have noticed that I keep waking up later and later in the day. In the beginning of the quarantine I would wake up at about seven. Today I woke up at eight fifty-three. It is a good thing that we are not going back to school because I do not know how I would survive waking up that early. At least I have the rest of the summer to try and get my sleep schedule back in order. Other than that, my days have been very productive in my opinion. I have not been into any TV shows or movies. I think that is a good thing even though if one of my family members asks me to watch something with them, I do most of the time. This is kind of the same as before the virus. I wouldn't watch too much TV. The virus has definitely affected my sleep schedule. Ever day I want to get out of quarantine and do something more and more. I am fed up with quarantine by now and just want everything to go back to normal.

**5/5/2020:**

Today I decided I would do my run outside with my dad. We stayed pretty close and only went a mile out from the house, two miles total. On the run we passed my old elementary school

and there was caution tape all around it. This made me feel like I shouldn't be outside. I was only outside for twenty minutes though and I stayed six feet away from everyone I saw on the way including workers and even my dad. Also, I listened to a podcast which discussed something I really got to thinking about. It stated how the last time we were in a national state of emergency was 9/11. Before 9/11 you could just show up to the airport and get on your flight and go, but after the tragedy the government put up a lot of security in airports and now, we have to wait in long lines for police officers to look in our bags and sometimes pat us down. The last national emergency changed the world. We may think that the social distancing, quarantines, mask wearing, hand sanitizer, and elbow shakes instead of hand shakes are just temporary, but the reality is some of these things might stick and become a part of our world. It is a crazy thought that you might always have to carry a mask with you to the water park, school, etc. However, it could happen. Ultimately, this pandemic will change the world.

**5/6/2020:**

Today was really super chill. I woke up pretty late. This has been happening lately. I stretched because one of my goal during this quarantine was to get a split. After stretching I ate breakfast. I was surprisingly hungry this morning. Which is another thing I have noticed during this quarantine. I have been snacking a lot and am always hungry. After I wolfed down breakfast, I did my schoolwork. I can get my school done pretty fast. So, I am trying to do extra work and put my best foot forward in my schoolwork despite the circumstances. I then went to do my daily workout that my swimming coach sent me in hopes of maintaining myself. After I took a nice shower and read a book online. I do not like reading books online, but that is the only way for me to read books from the library. I can't wait for the all the bans to be lifted so that I can go to the library and get myself a big fat paper book to read.

**5/7/2020:**

Today I decided to take my sister to preschool. I did this because I was at home and because of the virus she had to miss preschool. Next week is her birthday and there are only a few kids in her class to celebrate. Since she missed preschool, she cannot have her preschool graduation because the kids did not have enough time to learn the songs. Since her final days in preschool are somewhat sabotaged, my mom and I went to get her tons of decorations for her fifth birthday. We went with a unicorn theme because that is what we could find the most decorations for, because of the virus there are not many decorations for things like L.O.L Dolls or My Little Pony. This virus has really impacted my sister's birthday which means a lot to her as since she is just turning five. She won't get the cake she wants, her ideal theme had to change because of what is in stock, and she cannot invite any of her friends over for a party.

**5/8/2020:**

Today was a normal day. It is really weird to think about it that day because no day is the same or has the same feeling. I would do different workouts at swim practice or learn new things at school. Even though I am switching up my workouts and home and am doing schoolwork I still feel like every day is just the same and boring. I am counting down the days until the Rec Center opens. (10) In a little bit I will be able to have access to all the things in the Rec Center. I can't wait to go to swim practice, play racket ball, run on the indoor track, and climb on the rock wall. Today I also decided to bake blueberry muffins because I was getting tired or only eating a couple different foods. They turned out really good, so I am happy I didn't burn the house down. After they cooled, I ate three of them. I have learned how to bake many new things this quarantine. My grandma is stuck here since they are not allowing travel to Romania, where she lives. She has taught me many different recipes during this time.

**5/9/2020:**

Today I tried to make the day different while going through my same routine. This meant that I tried to workout harder and spend time with my sister and mom so that we can make something that lasts longer like crafts. Today was just really solid because I was so much more focused on what I was doing that it made me get through things faster. This helped me not snack as often because I didn't really wait and think that I am hungry. I have still been sleeping in later as I have been waking up at about 8-9. I just recently found out that I was accepted to be a Student Ambassador for my school in my eighth-grade year. I was really excited to be accepted and am happy to have the opportunity to help make my school a better place during my last year at this school. This also shows me how people are making plans for life to resume pretty soon. The Rec Center is opening, my sister's preschool is having lessons, and people at school are making plans for when students return back to school, showing that Distance Learning is almost done for good.

**5/10/2020:**

Today I tried to make my day more interesting by staying more focused on what I was doing right at that moment. I feel like this helps me to make the day go by faster and have a better quality of the things I did. Today I did my workout and then helped my mom make my pinata for my sister's 5<sup>th</sup> birthday. We took a pizza box and covered it in different colored and cut streamers. We also put a picture of a unicorn in the center since that is the theme of the party. Even though it took a really long time and hurt my back my mother and I had a lot of fun and were very proud with the results. This Mother's Day I was more thankful than ever for my mother because she is the one who has kept my family together during this tough time. The coronavirus has made this day different since my family would normally treat my mother to her favorite restaurant. I don't even know what is open or if something will ever open which is a scary thought.

**5/11/2020:**

My sister has been jumping for joy this entire day because tomorrow is her birthday. She is turning five. She is so young and excited for this one day of the year. Her excitement has rubbed off on me and brought me some joy during this quarantine. I am sad though that her birthday cannot be as good as it could be because of the coronavirus. She has never experienced a party with her friends. I am motivated in spite of everything to do everything in my power to make her birthday special. I planned everything, made a pinata, went to buy decorations and a cake, and am going to cook her breakfast and doughnuts. I know it is a lot, but I really believe that God will give me the strength to bear it and make Elena's 5<sup>th</sup> birthday amazing. I know it will take a lot of work and it won't be easy, but I am ready and excited to take on the challenge. I also need to in this time do my school for the day. I won't say I'm stressed because this is just a small party among our family to make Elena happy on her special day. I hope everything goes well.

**5/12/2020:**

Today my baby sister Elena turned five years old. She has just been a light and a breath of fresh air ever since she has entered this world. I have loved watching her grow up and learn new things. She may be trying at times, but things always seem to pan out perfectly. I love her so much. I pray that God protect her and watch over her all the days of her life. Please guide her and help her grow in her faith in you, Lord. We had so many fun surprises in Elena's birthday celebrations. I made her breakfast, waffles with chocolate shaped in a cute animal with blueberries for its eyes and mouth and a blackberry for the nose. Then we dropped her off at preschool with cupcakes. Then, once she came home, we ate lunch. After that we took photos in our homemade photobooth. Then we played Pin-the-Moustache-on-the-Kitty. Elena won of course. Since she won, we gave Elena cake as a surprise for her win. After that we did the pinata. Lastly, we had presents. Today was a good day.

**5/13/2020:**

I felt that there was nothing that made today stand out. I woke up really late. (Which seems to be the usual) I ate a cupcake and porridge. After that I did my schoolwork for the day. I am almost done with 7<sup>th</sup> grade! I then did my entire normal workout routine. I didn't work out yesterday because it was my sister's fifth birthday. I am so tired after taking only one day off. On the other hand, my mom and grandmother got me new running shoes since my other ones were giving me blisters. We ate Costco pizza for lunch. I had to eat fast since I had a scheduled Zoon meeting with my swimming coach to attend to. The meeting was about the Commencement Address by Admiral William H. McRaven. I also read his book a while ago. My coach, I, and other kids on my team my age talked about ten things you need to do if you want

to change the world as discussed by Admiral McRaven. I also ate dinner, read a little, watched a little TV, and did more schoolwork. I am tired.

**5/14/2020:**

I was so tired from the minute I got out of bed. I only got out of bed at that time because everyone else in the house was already up and about. I took Elena to preschool and did my schoolwork. During my schoolwork I ate a piece of cake. I shouldn't have done it. I should have eaten something healthy. I have, despite my best efforts, gained weight during this quarantine. Ross finally opened up again today with really low prices and my mom got me some clothes that I was very happy for. I am so happy to be blessed enough to be able to have nice new clothes. I tried them all on and my favorite were the camo pants. I was really tired and hungry during my workout, but I was hydrating better and ever before. I also got to do a fun game that my sister got for her birthday. It was actually cool.

**5/15/2020:**

Everyday feels the same. I am so bored and tired. My sleep schedule is messed up. I have absolutely zero motivation left to work out because I won't even have a swim meet until I become a teenager. The highlight of my day was definitely going to Ross. So much has changed though. You can only have a certain number of people in the store, so the workers count everyone and make some people wait outside until someone inside is done shopping. Most of the people are wearing masks and when workers come in, they have to sanitize and get their temperature checked. On top of that everyone is pushed to social distance as there are arrows on the ground guiding you. Lastly, when you check out you and the cashier are separated by a thick clear sheet of plastic.

**5/16/2020:**

I have learned in this quarantine that is you want to do something and not be lazy, then you must attack it head on and just go for it. The hardest part of accomplishing something is definitely starting. If you can start the thing you want, then you are more motivated to finish it because you have already spent time and effort trying to accomplish the thing you want. Even when I get out of this quarantine, I am going to try to apply this to my daily life. I really wonder when things are going to get back to normal, or if things will go back to normal. This might be the new normal which is a scary thought. I hope this is not the new normal because I had a plan for my future. Well kind of, but this is definitely not what I had planned. I am trying to remember that it is not about what I want for my future or what I think is supposed to happen in my life. It is about God's plan and what he wants to happen in my life.

5/17/2020:

I really want more than really anything right now to go back to my usual routine and especially go back to swim practice. I am really fed up with doing different cross training to try to make my swimming not suck. It feels like even though I have been swimming competitively for seven years like I am not a swimmer. I haven't even been in the water or gone to a practice in almost two months. I really don't like how even if I go outside and go to a store that is open everything is so different and I can't help wondering if these changes are going to last. Today I woke up I think the latest I have ever woken up. The difference is that when I saw how late it was, I jumped out of bed and got straight to work. I finished my workout so early that I got to make doughnuts. If COVID-19 had not happened I would have not learned all of the recipes I got to learn. However, I might have had my championship swim meet and been a better swimmer.

5/18/2020:

Today felt like a dream come true. I got to go back into an actual lap pool and swim a workout for the first time in two-three months. This doesn't mean that one kid got to swim. This means that the Rec Center opened which is a big step at least in my life for things going back to normal. This means that I can try to salvage all of the work I have done in this one sport. The coronavirus has definitely changed how I look at everything now. I feel just so thankful and excited to be walking into a pool deck when sometimes I would even be so annoyed to go to swim practice because I knew it would be so hard and tough. I know that from now on I will be so happy even when I go into a test set where you go until you break and can't make the base. I will be so happy to even be able to go to school and have swim practice right after which is really weird considering that even in kindergarten I would go to school and have swim practice right after.