

The Importance of Diaries and Journals

May Woolsey kept a diary and historians were able to learn about her life from this diary. Her diary told about her life from her point of view. Historians were able to learn May's likes and dislikes, what her everyday life was like, and what she thought and dreamed about. Diaries and journals are a way for us to record our own history. We can talk about our everyday life, our dreams, and even major events that are happening in the world around us. By writing down these events in a journal or diary, we are able to talk about our experiences using our own words. In the future, you can look back at these experiences or your children or grand-children or historians many years in the future.

Journal Activity

- ❖ You can either make a journal or find one you already have at home.
- ❖ Decide how long you want to write the journal for: 1 week, 1 month, 1 year and so on.
- ❖ Remember to put the date on the page you are writing.
- ❖ Began recording your own history! You can write about what grade you are in, your favorite things, what your day is normally like, big events like birthdays. You can also talk about what is happening in world and what that means to you. By making a journal, you are able to record your life.

Example:

April 2020
Hi Journal,
My name is Zoey and I work at the Sacramento History Museum. I help
schedule and lead school programs at the museum. I really enjoy my job and love teaching
history. I recently celebrated my birthday and had a great time making a cake and eating
pasta. I really enjoy my walks with my dog, Archie. We usually take 2 or 3 walks a day. The
weather is really nice today so I am going to take Archie for a walk now!
I will write again tomorrow!
Zoey

How to Make a Journal

What you will need:

- ❖ 3 Sheets of Paper
- ❖ Pen/pencil
- ❖ Scissors
- ❖ String
- ❖ Needle

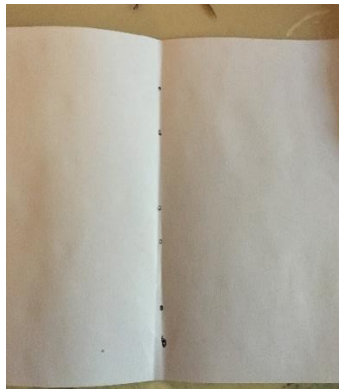
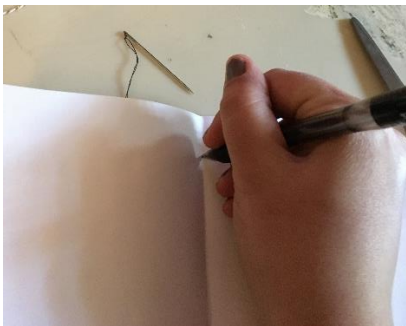
How to make the Journal

1. Fold the paper in half then cut along the fold



2. Fold the paper in half one more time

3. Along the fold, mark 6 dots. This is where you will be sewing the journal together.



4. Take your needle and at those 6 dots poke a hole through the paper.



5. Put your thread through the needle and begin sewing the journal.



6. When you are finished sewing, tie off the string and trim the ends



7. You are all done! Enjoy your journal.

