

Writing in Unprecedented Times

Hello students! I am saddened that we cannot meet face-to-face to continue with our regular instruction. However, during these unprecedented times we can continue to work towards learning goals and continue our education in a creative way. This assignment will not be graded but will serve as way to remain connected from afar and share a common experience through writing.

There will be **15 writing prompts** in this activity along with a **Kindness Journal** that includes **Character DARES**.

- You may complete **one DARE each week**, similar to what we do each week in ROCK. OR you can do the 30 days of Kindness Journal. Only four DARES are included in the packet as the rest haven't been released.
 - They will be posted on the class website as they come.
- For the writing prompts, please do not complete more than one per day. Good writing is planned out over a period of time. Furthermore, these do not have to be completed in 15 consecutive days. I hope you enjoy them, and I'll see you soon!

During this time, I will be posting this packet and any other information or Character DARES on my class website for you to access if you choose to do so. I will be utilizing Skyward messaging as a platform of mass communication to all parents. Furthermore, you may reach me via email at mkernan@chewelak12.us

Class Website: www.mskernansclass.weebly.com

I am eager to see you all again soon! Until then, stay safe and healthy!

Sincerely,

Ms. Kernan

Kindness Journal—Character DARES

Before we get writing, there are three things that I'd like you to do on this first day. These steps will help you prepare for the rest of our time together:

- **First, find a comfortable place** where you can learn and write each day.
- Secondly, grab either a notebook, journal, type it on a computer, or simply staple pieces of paper together as a way to track and organize your writing.
- Finally, please read the message below related to the activity that I am providing for you.

Below is a message from the Character Strong organization about their Kindness Journal idea:

Why a Kindness Journal? A virus is a clear model of our *natural, daily impact*. We are inevitably, inextricably interrelated and every action we take has an influence that goes beyond our comprehension. A carrier of the virus can infect 2 people. Those people can each infect 4. Those 4 might each affect another 4. Exponential growth is *humbling when it hurts us*; we are currently witnessing the *dark side of the Pay-It-Forward* model with COVID-19.

Can we combat this shadow with some light? Can we double down, even in the midst of Social Distancing, on *Social Care*? What happens when we flex *compassion* to the same degree as our necessary caution?

This virus has affected us ALL and the vast majority of the 7.8 billion of us have never met Patient Zero. It stands to reason that that sort of impact *can be equally GOOD*.

So, to combat the inevitable confusion and loneliness and pain ahead of us, we are offering a Kindness Practice every day for at least the next 30 days - and ALL of them can be done even if you can't leave home. It will take you 10 minutes or less and it will be designed to give yourself, your community, and this world a daily dose of *generosity, connection, empathy, and Love*.

This pandemic will be painful personally and we recognize that people will be hurt in more ways than Kindness can cure. Along the way, we must also *exercise*

empathy for those who are most immediately impacted and LISTEN to the advice of experts who have dedicated their lives to help prepare us for this very thing: wash hands, social distance, don't overbuy, don't overburden the system, and *don't spread fear or misinformation*.

That said, we are capable of *widespread compassion*. We must demonstrate abundant **hope**. We will combat the spreading shadow with the fullness of our light. We may not all be doctors, but we can each use our platform to make *Kindness a bit more normal* and the world a bit more bright. It won't solve the sickness, but it may **help the soul**.

- Currently, there are only four Character DARE or Kindness Journaling prompts that have been released by Character Strong. As they become available, I will post them on my class website, as well as share them using Skyward messaging.
- The four that are available are included in this packet. Please utilize the materials you have decided to use (paper, notebook, laptop) to respond to the DARES and writing prompts that I have included.

Once again, reach out if needed and I look forward to seeing you again!

Writing Prompts:

Prompt 1: Write about Halloween from the perspective of a piece of candy.

Prompt 2: If someone wrote a book about you, what would it be about?

Prompt 3: Write about your ideal vacation. Where would you go, what would you want to do? Describe to me what you think it would be like.

Prompt 4: Would you rather go scuba diving or sky diving? Why?

Prompt 5: If you won the lottery, what would you do with the money?

Prompt 6: What is one problem in the world you want to solve? Why is it an important cause to you?

Prompt 7: Write about what the season autumn is like from the perspective of a leaf.

Prompt 8: Tell me about the best day of your life. What made it so great?

Prompt 9: Write about a goal you recently accomplished. How did you feel when you finished it?

Prompt 10: If you could live inside any video game, which would you choose? Why?

Prompt 11: Write about the most important thing in your life.

Prompt 12: Are you the last person to speak up in a group or the first to have an idea? Why do you think that is?

Prompt 13: Write about a time when someone helped you or you helped someone else. How did you feel afterward?

Prompt 14: Could you ever be a vegetarian? Why or why not?

Prompt 15: Write yourself a letter about what you are experiencing during this time in history of COVID-19. Plan to open it up in 5 years to read it.

30 (DAYS): DAY 1

"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive." –Howard Washington Thurman

1 (PERSON): YOURSELF

Why Do You Deserve Kindness Today?:

10 (MINUTES): PUT KINDNESS INTO ACTION

Write out one thing you love about your Past Self, one thing you love about your Present Self, and one thing you love about your Future Self. Put it somewhere you will see daily.



Did you do it? YES! NOT YET

If yes, what did you learn? If not yet, what got in the way?

30 (DAYS): DAY 2

"You've been criticising yourself for years and it hasn't worked. Try approving of yourself and see what happens." –Louise L. Hay

1 (PERSON): YOURSELF

Why Do You Deserve Kindness Today?:

10 (MINUTES): PUT KINDNESS INTO ACTION

Go for a walk and identify 5 things you are grateful for that exist within a 10 minute walk of where you live.



Did you do it? YES! NOT YET

If yes, what did you learn? If not yet, what got in the way?

30 (DAYS): DAY 3

"When you say 'Yes' to others make sure you are not saying 'No' to yourself."
-Paulo Coelho

1 (PERSON): YOURSELF

Why Do You Deserve Kindness Today?:

10 (MINUTES): PUT KINDNESS INTO ACTION

Challenge 3 friends to send you a picture of what they believe will most make you say, "Awwwww."



Did you do it? YES! NOT YET

If yes, what did you learn? If not yet, what got in the way?

30 (DAYS): DAY 4

"Other things may change us, but we start and end with the family."
—Anthony Brandt

1 (PERSON): FAMILY MEMBER

Who Are They: _____

Why Do They Deserve Kindness: _____

What's Your Favorite Thing About This Person? _____

10 (MINUTES): PUT KINDNESS INTO ACTION

Send a family member a picture of your face smiling and tell them one reason they make you happy.



Did you do it? YES! NOT YET

If yes, what did you learn? If not yet, what got in the way?
