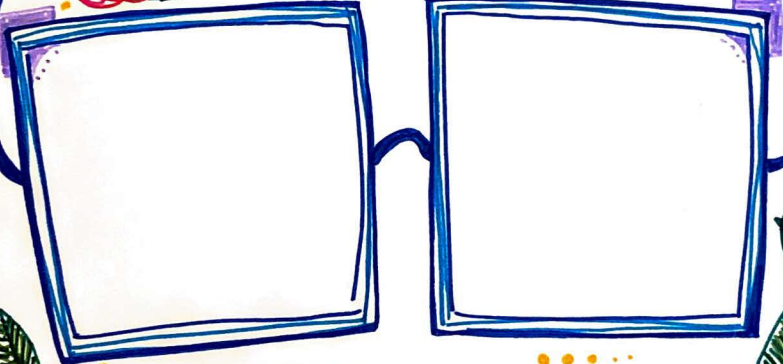




By MARIANNE LOUGHLIN



THROUGH YOUR EYES:

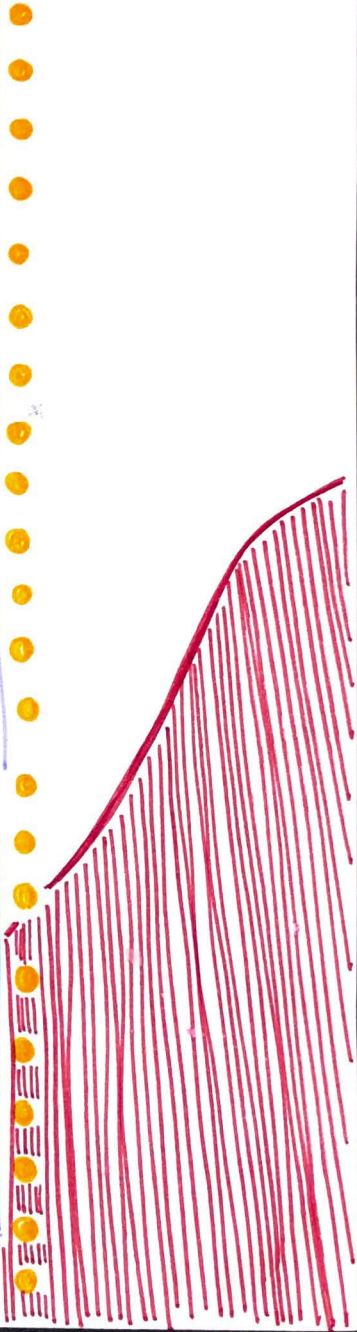
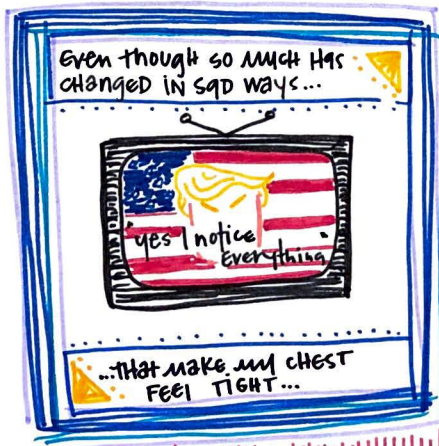
A "HOW TO"

LESSON

ON

picture journaling YOUR LIFE...

[& why you might like to]



I wonder how to look at  
this time realistically...



...And positively

... cheaply...

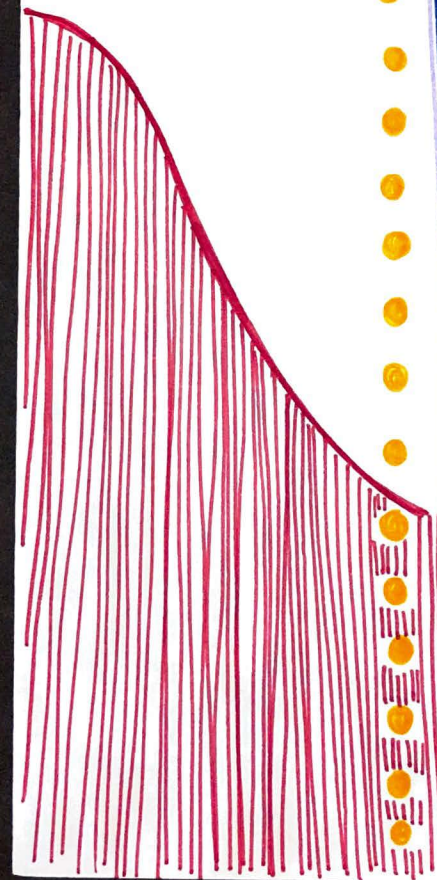


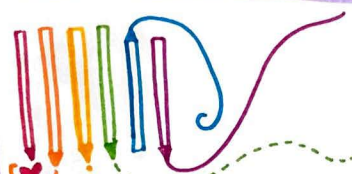
... And gratefully...

... And imaginatively...



And then do something.





Right now, I'm grateful to have access to colored pens, paper, + a few disappearing dollars...

... it's a privilege.




Don't touch your face  
It's not  
I dream in NY  
... CDC SAYS:  
... CUOMO SAYS:

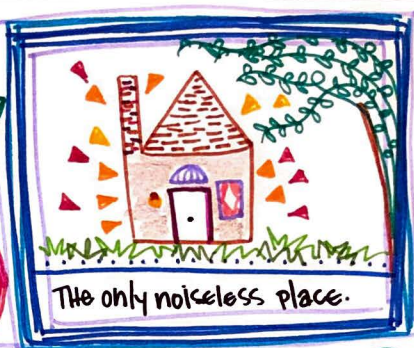
When I feel like I can think for my self, my own thoughts...

... it's on the paper...



which can be, sometimes, 





Without the voices of people,  
and the news being so LOUD.



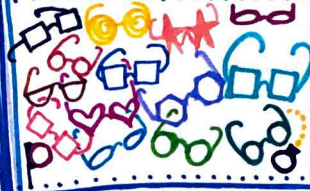
But...



my perspective



is as equally important as yours.



As everyone's.

WHAT SCARES ME



Is a new History book coming out

"very few cases compared to other countries..."



That doesn't get this history, happening now...



parents home-schooling

Truck Drivers

USPS

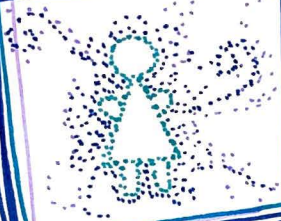
doctors

your

story.

RIGHT.

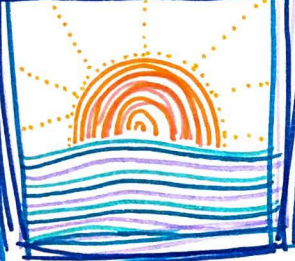
that makes people's stories invisible...



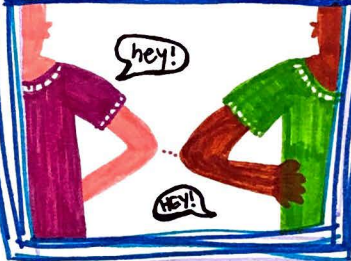
By leaving yours or someone else's out...



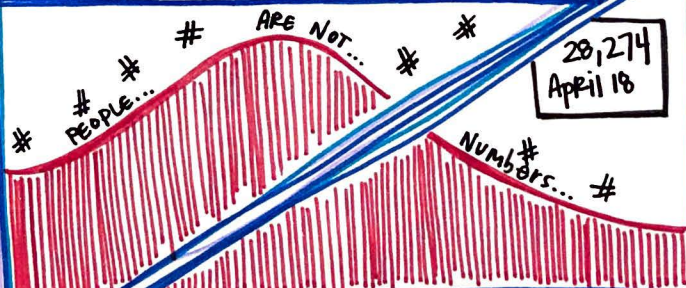
That one day when this is over...



...And there's a "new normal!"



We won't see every person's stories in our history books...



And in a way, this simple fact is a history that repeats itself... people are written out...

it may be why some say  
history is written by the

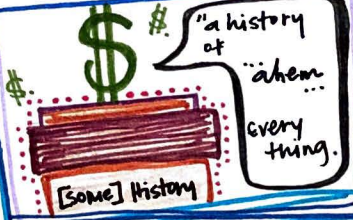


"winners"...

Because those who have the  
super powerful pens...



often write it.



[Some] History

"a history  
of  
...ahem...  
every  
thing."



The truth is...  
YOUR Body is textbook





YOUR BODY holds history,  
& stories... old & new.

A horizontal timeline with three vertical tick marks. The years 1550, 1980, and 2020 are written below the tick marks. A small red heart is drawn above the 1980 tick mark.

And people can take action in  
this time by listening to your  
body.

A diagram of a human ear. Several red arrows point towards the ear from the right side. To the left of the ear is a small square containing a black eye with a white pupil and a black arrow pointing towards the ear.



In the case that you are able  
to, or would want to...

An illustration of a notebook with the title "your History" written on it. To the right of the notebook is a pair of glasses. To the left and right of the notebook are small pink roses.

Here's a few tools in creating your own  
Picture journal, other wise known as  
a "comic" or "graphic novel."

A list of tools for creating a picture journal. It includes a drawing of a pen or pencil, a drawing of a sheet of paper with a blue header and horizontal lines, and a thought bubble containing the text "your thoughts". Red plus signs are placed between the items.

Pen or Pencil + Paper + your thoughts



you can use...



This row of boxes is called a panel...



CAPTIONS

[this space is called a GUTTER]

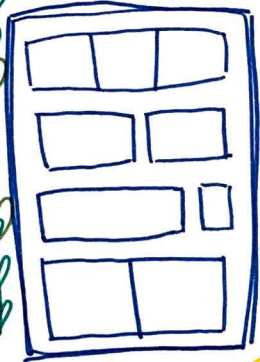


# YOUR GRAPHIC NOVEL TOOL KIT

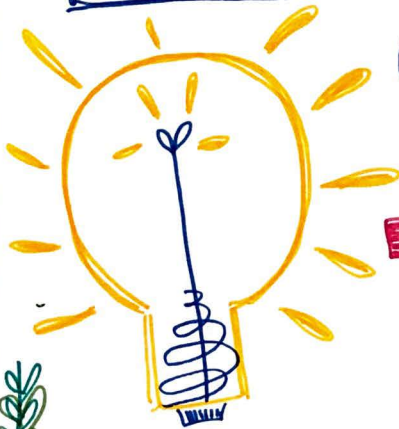
THIS IS A BORDER



Don't forget to make  
a title page with  
your "by" line on it.



You can put panels  
on a page any way  
you'd like to. Panels  
are the space where  
you tell your story  
with pictures + words!



remember: your  
story is yours  
+ nobody knows  
it like you do! you  
can tell it any  
way you'd like to!

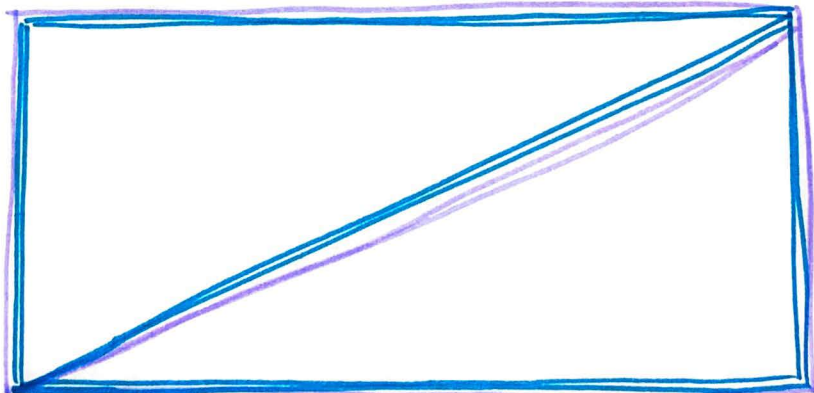
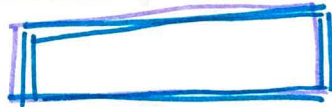
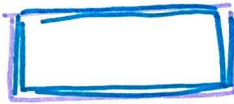
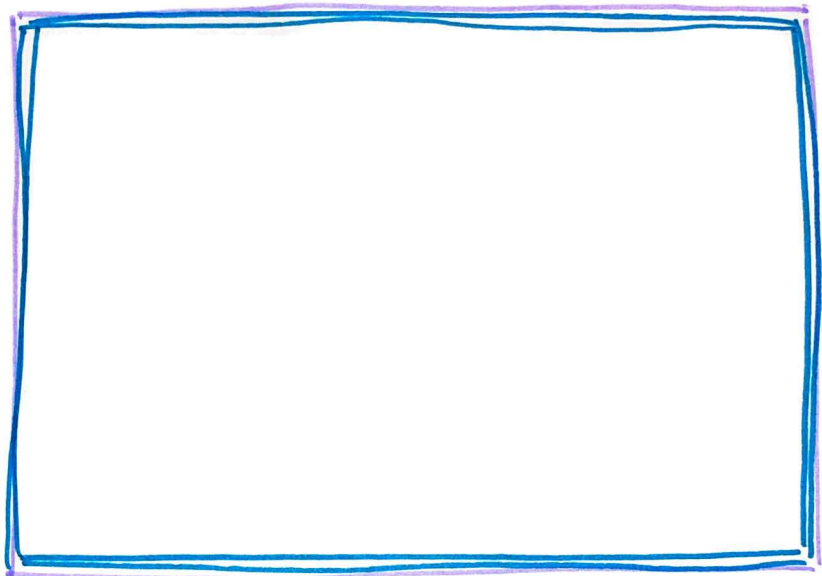


↓ PRACTICE YOUR PICTURE JOURNAL HERE!

A set of three hand-drawn rectangular boxes in blue ink, arranged vertically and slightly offset to the right. The top box is the largest, the middle one is smaller, and the bottom one is the smallest. To the left of the top box, a red arrow points to the word "Title". To the left of the middle box, a red arrow points to the word "Date". To the right of the bottom box, a red arrow points to the words "your name HERE".

A wide, horizontal rectangular box divided into three equal-sized empty sections by two vertical lines, drawn in blue ink.

A large vertical rectangular box on the left side, and two smaller vertical rectangular boxes stacked vertically on the right side, all drawn in blue ink.

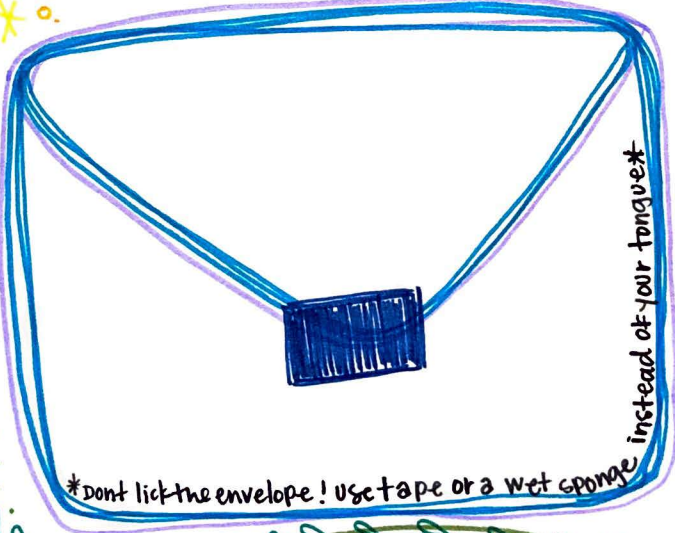


\* flip these upside down for a new perspective

And once you're done... if you'd like to, you can...



Share your story over a meal or in the mail.



instead of your tongue\*

\*dont lick the envelope! use tape or a wet sponge



Tell your story to a star  
or a tree...  
Or, if you have a phone,  
you could tell a friend  
about it.

The point is, everything  
happening around you  
and to you right now is  
your story & your story  
can write history. your  
eyes matter.

-Be safe,  
M



# RESOURCES.

KHAN Academy.org

\* Daily schedules for students  
ages 4 to 10. [LEARNING RESOURCE]  
- FOR so many things

Mystery Science.com

\* mini science lessons K-5th  
grade. But interesting facts  
for everyone.

Cabin Fever Science on Youtube

\* experiments for kids by a  
kid.

Some Good News on Youtube  
\* hosted by John Krascinski



# SO MANY THANK YOUs



• DEDICATED TO •

THE STUDENTS AT NORRIS  
MIDDLE SCHOOL,

THE PARENTS HOME  
SCHOOLING,

ALL ESSENTIAL WORKERS,  
DOCTORS, NURSES,  
& MEDICAL WORKERS

The  
essential  
History

...OF  
superheroes