During this stay-at-home time, isolation can take a toll on our emotional health. It’s important to express what we feel and think—writing and drawing is a wonderful way to play, create and reflect.

MAKING YOUR OWN COMIC!
Charles Schulz derived much of the material for his “Peanuts” comic strip from personal experiences and his own childhood. Write a comic strip based on a moment in your life.

- Think about something you know very well like riding a bus to school, sitting in church or in a boring class, playing on a team, making breakfast, babysitting a baby brother or sister. Anything that you tend to worry about or get very excited about will work!
- On blank paper, write and illustrate that moment or activity in a 3-5 block strip.
- After sharing your work, ask for feedback.
- Revise your strip by editing the dialogue or adding more detail into the illustration.

SELF PORTRAIT
Draw a cartoon caricature of yourself or a family member. Highlight a distinctive physical feature – curly hair, glasses, a button nose, a big smile – while paying attention to your clothing and personal style or interest (maybe you or they are on a skateboard or carrying a book or holding a football). Include written character traits in their portrait to give it added dimension and meaning.

THE JOY OF COMICS
Research and share your favorite comic books, strips or graphic novels. Create a reading corner celebrating this unique art form. Look at the differences in illustration and storytelling. Publish a weekly or monthly paper that showcases your work. Mail or email copies to friends and family members to update them on how you are occupying yourself during this time at home.

CONTINUING CONVERSATIONS
- If you read comics, what’s your favorite? Why?
- How do you define happiness? What are the small things in life that bring you joy, pleasure or a true sense of contentment?
- What words would you use to describe Charlie Brown? What – if anything - makes him so likable? Do you tend to relate more to characters who seem to have everything going for them or the ones who seem to have a hard time?
- Have you ever felt like Charlie Brown? Have you ever felt lonely at lunchtime or recess? What does it feel like to be excluded from a group?
- What does it mean to be optimistic or hopeful? What actions give you a sense of accomplishment or purpose? What does it mean to be resilient? Who makes you feel like you can do anything?
- What are the qualities of a good friend? What makes you a good friend? Are all friends the same? How are they different? Why are those differences important?
- What words would you use to describe Snoopy? Talk about your pet, or your dream pet. How does a pet make you feel? How do they show loyalty and/or affection? What are some things that you do to take care of a pet?

WRITING PROMPTS
- I feel happy when...
- The Peanuts character that is most like me is ___. We both...
- Secretly, I wish I was more like...
- When I get teased I feel...
- The nicest thing I ever did for my friend was...
- My favorite toy was _____, it made me feel...
- Teamwork happens when...