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—and writing is a wonderful way to play, create and reflect.

SYMBOLS OF HOPE
Images or symbols inspire us, capture our hearts and call us to dream. What is it about rainbows that provide a sense of hope and possibility? Create a picture collage that serves as a vision board for your hopes and dreams.

• Take time to illustrate, photograph or find pictures and images to cut from magazines or newspapers.
• Write words and phrases (or cut out words and phrases) for things that provide hope and joy for you during this time at home
• Display your vision boards in a prominent place, creating a special at-home gallery that you can visit anytime you need a pick-me-up.

BEHIND THE CURTAIN
Journal a backstory for your favorite villain! Think of an antagonist from a movie or story (or create your own) and write an origin story for the character.

• What was the turning point for the character?
• Were they born that way or did circumstances shape their bad attitude and evil ways?
• What qualities make him/her so formidable?
• What kind of hero could they be if they channeled their villainous power for good?
• How could they rewrite their story?

WRITING PROMPTS
• To me, home is...
• True friendship is when...
• Rainbows make me think about...
• When people are mean, I feel...
• Describe a favorite dream or scary nightmare.

BRAND NEW WORLDS
Dorothy dreams of a place where trouble melts like lemon drops, and then visits the incredible land of Oz. Create your own new world in just 10 minutes!

1. Set a timer for five minutes. Without overthinking, brainstorm a list of imaginary places. They can be nonsense words or a combination of some of your favorite things (colors, foods, video games, smells, sounds, animals etc...)

2. After the five minutes are up, look over your list and choose one of your favorites. Set the timer for five more minutes, and begin to explore this brand new world in more detail.

• Who lives there? What do the buildings, houses and landscapes look like?
• What sounds do you hear and colors do you see?
• What activities do you see?

3. Think of a few stories that need to be told!

CONTINUING CONVERSATIONS
• Lots of the characters in The Wizard of Oz have moments of anger or frustration. How do you communicate with someone when you are angry or frustrated? What are some strategies that you use to calm yourself?
• Define the term “evil?” What do classic tales like The Wizard of Oz teach us about good and evil? Who decides what’s right and wrong? Are these innate qualities or something we are taught?
• What words describe the Wicked Witch of the West? Why do you think she’s so mean? Have you ever met someone who is just plain mean? What’s the best thing to do when someone is mean to you or your friends? What does it take to stand up to a bully? What would you like to say to the Wicked Witch of the West?