

JOURNALS FROM HOME

POWs, the Red Cross, and the Y.M.C.A.

During World War II, there was one thing that all prisoners of war looked forward to: mail day! The Red Cross and the Y.M.C.A. mailed all sorts of supplies to POW camps in Europe to keep the POWs physically, mentally, and emotionally healthy. They sent food, books, games, sports equipment, and more. These supplies allowed POWs to try new activities, or to fill their time with hobbies they already enjoyed.

One of the most valuable items that POWs received from the Y.M.C.A. were special logbooks, or journals, that they used to record their experiences in POW camps. They filled these journals with photos, stories, drawings, poetry... just about everything you could imagine!



This drawing of POWs receiving their Red Cross packages comes from a real POW journal!

WHAT WOULD YOU PUT IN YOUR JOURNAL?



MAKE YOUR OWN JOURNAL



WHAT YOU'LL NEED:

Construction Paper - 5 Sheets Of Printer Paper - Scissors -
String - Tapestry Needle - Push Pin



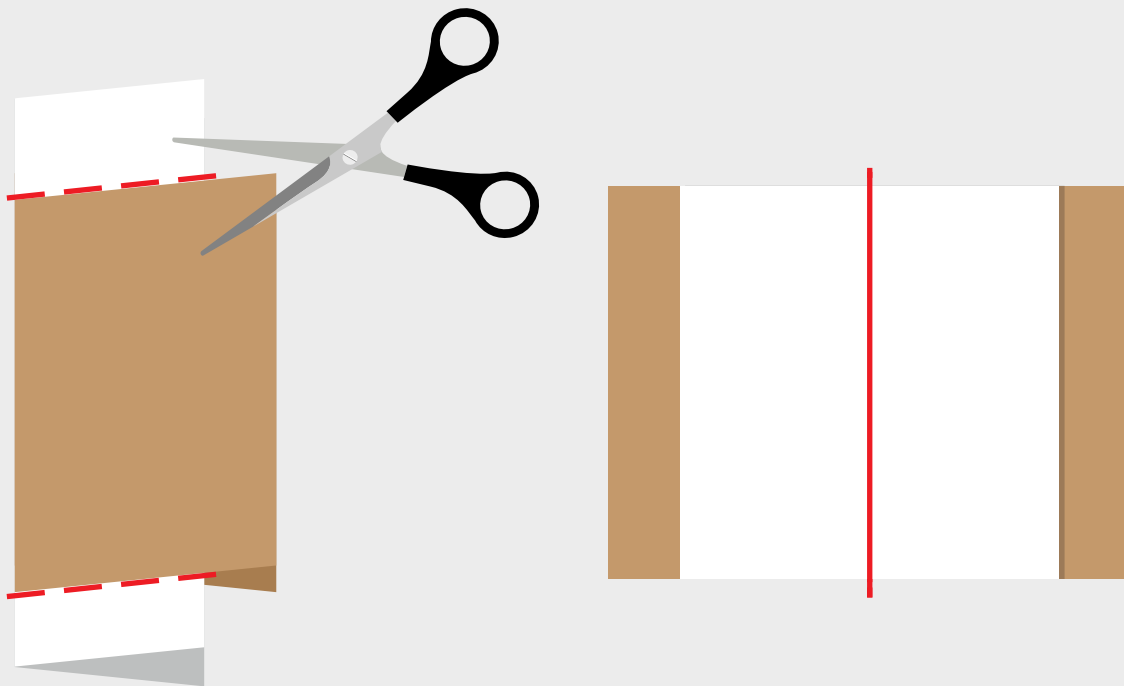
STEP ONE:

Fold your construction paper in half hamburger-style. Then, fold your stack of printer paper in half hotdog-style.



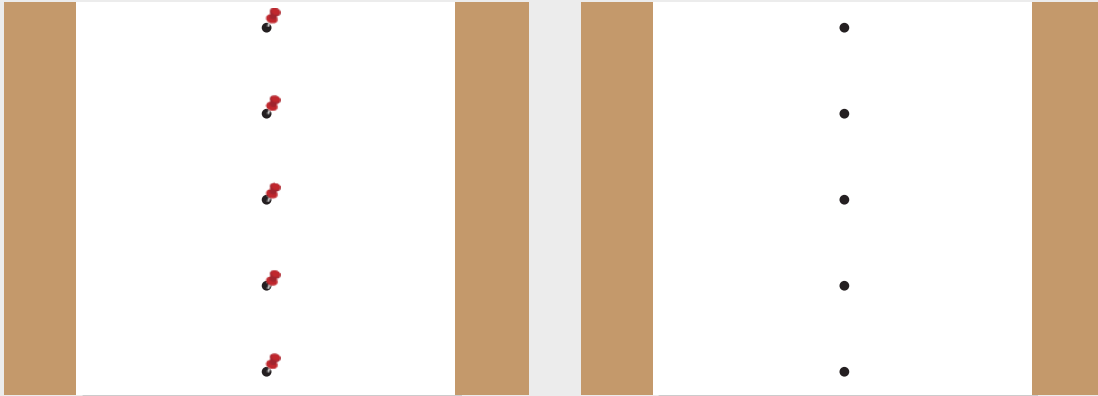
STEP TWO:

Line your construction paper and printer paper up along the folds, with the construction paper on the outside. Cut off the extra printer paper.



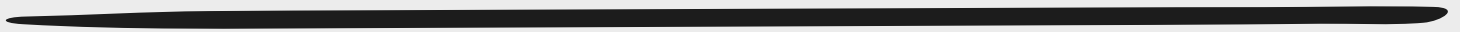
STEP THREE:

Unfold your stack of paper and, using your push pin, poke five holes through the stack along the fold line as shown below.



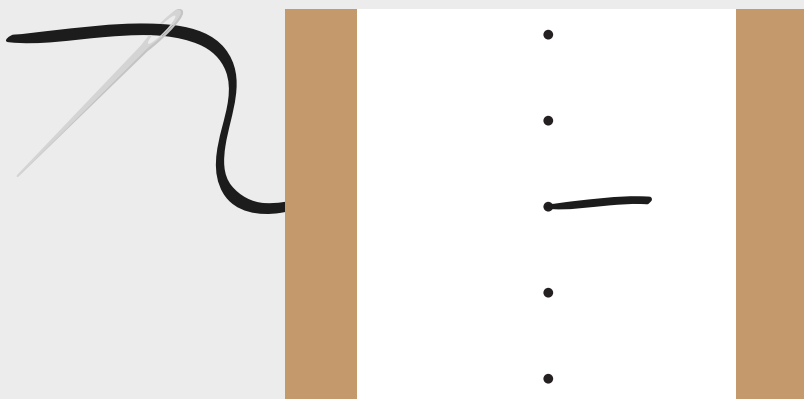
STEP FOUR:

Measure your string so that it's two and a half times as long as your journal. Cut your string and thread it through your needle.



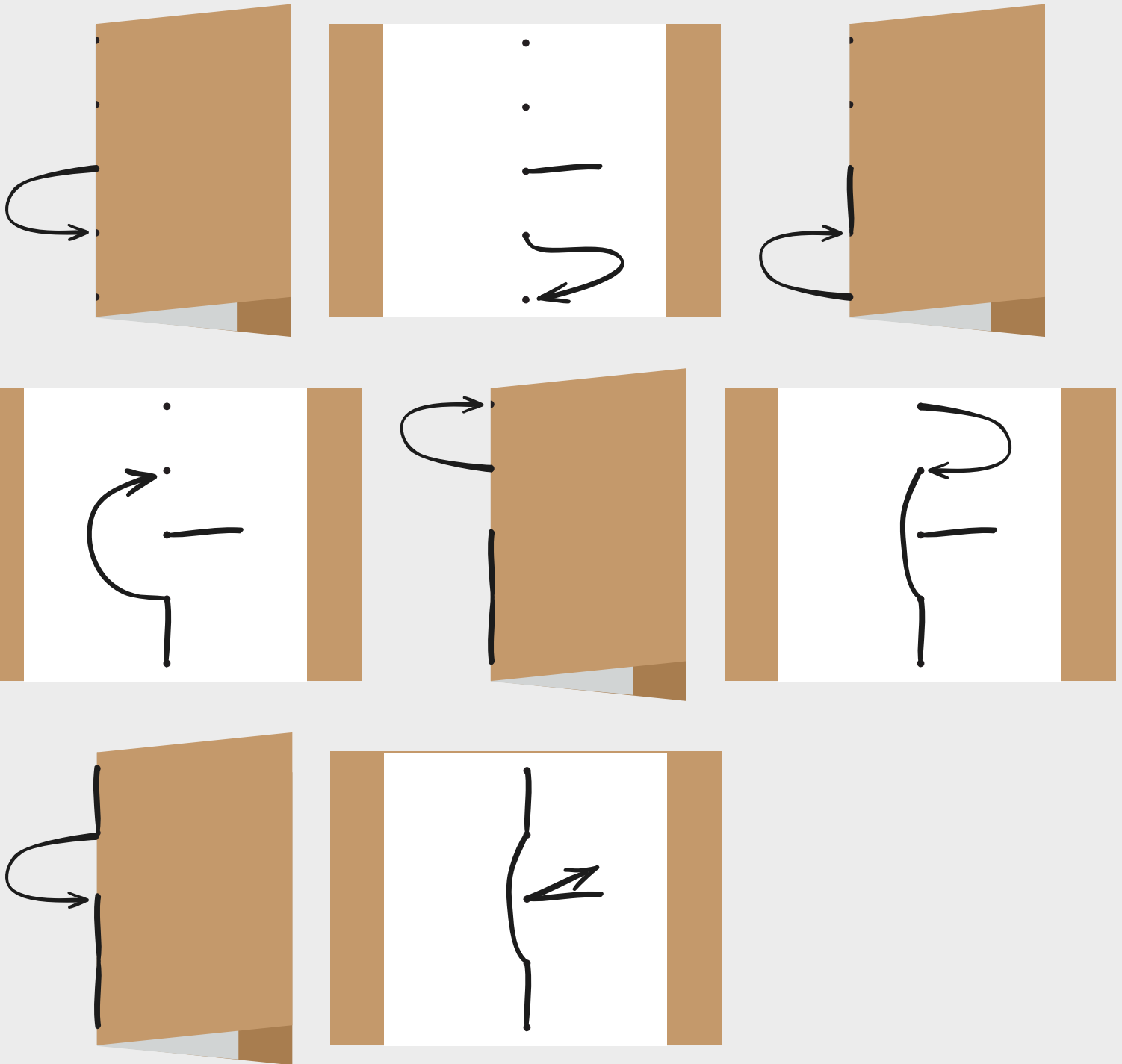
STEP FIVE:

Bring your needle and string up through the middle hole. Don't pull it all the way through – leave at least two inches of string sticking out!



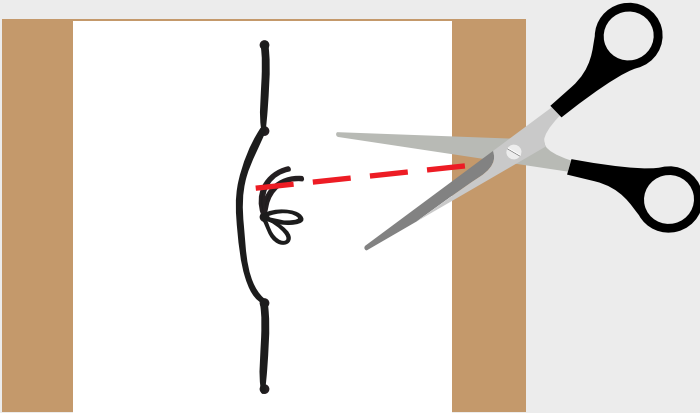
STEP SIX:

Bring your needle through the next hole on the line, then through the last hole. Go back through the second hole from the edge again, then **skip the middle hole** and repeat on the other side. This time, when you get back to the middle hole, bring the needle through. You should have two ends of string sticking out of the middle hole together.



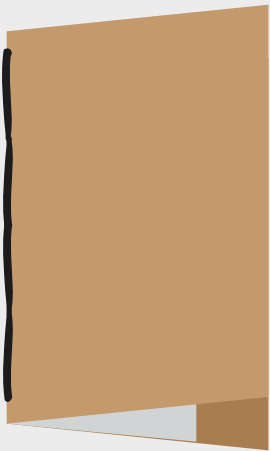
STEP SEVEN:

Tie the two ends of your string together, then trim them to the same length.



STEP EIGHT:

Start filling your journal!



SOME PROMPTS TO HELP GET YOU STARTED:

- What would you include in a care package to a POW and why?
- What is your favorite thing to do for fun? Who in your life helps you do it and how?
- List the top 10 things you would miss if you were far away from home.
- Think of an activity you want to try. What supplies will you need? Who can you ask to help you get started?