

GRAPHIC MEDICINE Comics for Health and Medicine

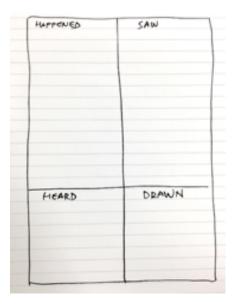
Student Name	
Date	
Class Period	

Class 1 Activity: Keeping a Daily Diary

Note: This "Keeping a Daily Dairy Activity" is modeled after Lynda Barry's "Six Minute Diary," found at: https://www.youtube.com/watch?v=qxep3E6aljM.

Instructions:

- 1. Limit the activity to around ten minutes, and do this every day for the duration of the course.
- 2. Using your composition notebook, draw a frame around a page, leaving half-inch (1/2") margins all around so you have one large box on the page.
- 3. Draw a vertical line down the center of the box, and a horizontal line about two-thirds the of the way toward the bottom, so that you separate the one large box into four smaller boxes.
- 4. Label the boxes as shown below.



- 5. In the box labeled "HAPPENED," take about two minutes to list about seven things that happened in the last 24 hours.
- 6. In the box labeled "SAW," take about two minutes to write down about seven things that caught your eye in the last 24 hours.
- 7. In the box labeled "HEARD," take about a minute to write down one or two things you overheard someone say in the last 24 hours. (Eavesdropping is a big part of this class!)
- 8. In the box labeled "DRAWN," take one to two minutes to draw something that caught your eye during the last 24 hours.





GRAPHIC MEDICINE Graphic Medicine & Mental Health

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See, Think, Feel, Wonder

Identify the image your group is assigned: Excerpt #___, page(s) ____ from Ellen Forney's book, Marbles: Mania, Depression, Michelangelo and Me.

Instructions

- 4. Review the final notes under See, Think, Feel and Wonder above, and make inferences about the following statements based on your work with the image:
 - a. The symptoms of depression and/or bipolar disorder include...

b. Someone coping with depression and/or bipolar disorder might...

