



Takuichi Fujii (1891–1964), *Minidoka, drawing in the barrack*, Watercolor on paper, 14.75" x 10.5", Collection of Sandy and Terry Kita, image courtesy CATE, copyright the artist.

## HAVE YOU EVER USED DRAWING OR WRITING TO HELP YOU COPE WITH CHALLENGING SITUATIONS?

**When Takuichi Fujii was forced into an internment camp with his family he kept a diary of what he saw.** Reflection is an important human activity when we are trying to make sense of something new or unknown. This kind of documentation helped Fujii make sense of what was happening and left us with a valuable historical record.

**Process:** Sometimes our feelings are difficult to express with words. Recording our feelings or surroundings by drawing is another way to express ourselves.

**Artist:** Takuichi Fujii, featured in the exhibition [Witness to Wartime](#)

## FAMILY PANDEMIC DIARY

**Materials:** Paper, pencil, eraser

**Age range:** The whole family!

### Instructions:

1. Begin by having a discussion of your current shared experience of the pandemic, whatever that has been like for your family. As you encounter topics like lockdown and quarantine, explore the similarities and differences between the Fujii family's experience in 1941 and your family's experience in 2020.
2. Have each family member create a drawing of their experience. Fujii drew his room, his window, the unfamiliar landscape outside, his fellow prisoners, and their daily routines.
3. Put all your drawings together into a diary. You can staple the pages together to create a book, or put them into a folder like a portfolio.
4. Perhaps you would like to continue adding to these pages throughout the pandemic. You are creating a valuable historical record of your family's experience! At the same time, you might feel some relief at processing your feelings of isolation, frustration, and disappointment during this time.
5. Don't forget to make room for silver linings. For many, there have been unexpected positive experiences during this time. Your diary can have room for all experiences and feelings.