

## **LEARNING ACTIVITY 5**

### **PSTD & Mental Health - PSTD Diaries**

Listen to/read the diary entries in **Learning Resource 2b** by students Christina, Melanie, Sophya and Victoria from St. Thomas More Language College.

1. Develop an activity for the class, based on these entries. The activity could be expanded through art, drama, or music/song-writing. When the students have produced their response, hold a class discussion about what each student/group has created and why? Analyse the feelings and stories behind each creative output the students make.

OR

2. Using the transcribed text from the audio, students can work in small groups with one or two diary entries to critique the entry in terms of what they think works well, is realistic, is a powerful story, shows knowledge of the subject. Each diary entry also contains a background by the students at St. Thomas More as to why/how they wrote their entry. Again in small groups (or as a class discussion) students reflect on this and compare it to their own experience of writing their diary entries and the decisions they made in researching and writing the pieces.