

***Go On, Change the World!:* Journaling with Give and Take by Elly Swartz**

About Journaling

In the novel **Give and Take** by Elly Swartz (Farrar, Straus and Giroux 2019), the main character Maggie journals to organize her thoughts, navigate her anxiety, heal her heart, and set goals. Her dad gives her this journal with the name of his podcast “Go On, Change the World!” written on the cover. He shares that, “we can all make the world brighter. One little thing at a time.” p. 55

We believe you, like Maggie, can make the world a brighter place. And journaling is the perfect tool to explore your ideas, organize your thoughts, and discover.

LCSW Bonnie Thomas, in collaboration with author Elly Swartz, has created a journaling activity. Bonnie, as a licensed children’s counselor, has offered some journaling prompts to get you started. Feel free to use the “Go On, Change the World!” journal labels or create another design that inspires you.



About the Book

Give and Take

By Elly Swartz

Published by Farrar, Straus and Giroux

ISBN-13: 9780374308216

In GIVE AND TAKE, Twelve-year-old Maggie knows her new baby sister who smells like powder isn’t her sister for keeps. Izzie is a foster baby awaiting adoption. So in a day or a week, she’ll go to her forever family and all that sweetness will be gone. Except for those things Maggie’s secretly saving in the cardboard boxes in her closet and under her bed. Baby socks, binkies, and a button from Bud the Bear. Rocks, sticks, and candy wrappers. Maggie holds on tight. To her things. Her pet turtle. Her memories of Nana. And her friends. But when Maggie has to say goodbye to Izzie, and her friend gets bumped from their all-girl trapshooting squad to make room for a boy, Maggie’s hoarding grows far beyond her control and she learns that sometimes love means letting go.



This journaling activity is designed as a companion to the novel **Give and Take** by Elly Swartz (FSG) and written by LCSW Bonnie Thomas in collaboration with Elly Swartz.

***Go On, Change the World!: Journaling with Give and Take* by Elly Swartz**

Praise for the Book

"The writing is lucid and intelligent....Pediatric hoarding, like adoption and fostering, is portrayed sensitively,.... A potentially useful resource for kids struggling with loss, change, and letting go."

—*Kirkus Reviews*

"This fast-paced and dialogue-heavy story may provide comfort and support to readers who have trouble processing their own strong emotions. A welcome addition to middle grade collections."

—*School Library Journal*

"Sensitive and affirming look at a problem not often tackled in middle-grade fiction."

—*Booklist*

"Powerful and tender, Elly Swartz's new novel is about love—the kind that's forever, and the kind you need to let go. Readers will adore Maggie, the big-hearted, strong but vulnerable heroine of this multi-layered, beautifully crafted book."

—Barbara Dee, author of **Star Crossed** and **Halfway Normal**

"Sweet, sad, funny and real. Swartz takes us inside a troubled child and makes us fall in love."

—Barbara O'Connor, author of **Wish**

About the Activity Creators

LCSW Bonnie Thomas is a licensed children's counselor specializing in art and play therapy in private practice at Indigo North Counseling, LLC in Southern Maine. She is the author of **Creative Coping Skills for Children: Emotional Support Through Arts and Crafts Activities**, **Creative Expression Activities for Teens: Exploring Identity Through Art, Craft, and Journaling**, and other titles. This guide was created in partnership with Curious City. Find other children's book engagement guides at CuriousCityDPW.com.

Elly Swartz, is the author of **Finding Perfect** (FSG, 2016), **Smart Cookie** (Scholastic, 2018), and **Give and Take** (FSG, 2019). You can connect with Elly at ellyswartz.com, on Twitter @ellyswartz, on Instagram @ellyswartzbooks or on her webseries #BooksInTheKitchen with author Victoria J. Coe.

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Go On, Change the World: Journaling Prompts 1

This journaling activity is designed as a companion to the novel **Give and Take** by Elly Swartz (FSG) and written by LCSW Bonnie Thomas.

Like Maggie in **Give and Take**, here's my list of "Today's ideas to change the world." (p.55)

Maggie's dad in **Give and Take** is interested in inventions and scientific advancements that could change the world. My ideas for advancement to change the world:

"The great thing in this world is not so much where we stand, as in what direction we are moving."
— Oliver Wendall Holmes. (p. 100) What does this quote mean to me?

Acts of kindness I've done for others:

Life lessons I've learned:

Quotes, lyrics, words that inspire or help me:

Maggie loves music and she ultimately uses it to help heal her heart and navigate her anxiety. Her playlist can be found on p. 220 of **Give and Take** and on Spotify at <http://bit.ly/GiveandTakePlaylist>. What are your playlists?

My playlist for overcoming challenges:

My playlist for honoring my awesome unique self:

My playlist for making the world a better place:

My playlist for relaxation:

My playlist for empowerment:

My playlist for tough days:

My playlist for getting a big project or chore done:

My playlist for _____:

Go On, Change the World: Journaling Prompts 2

This journaling activity is designed as a companion to the novel **Give and Take** by Elly Swartz (FSG) and written by LCSW Bonnie Thomas.

I believe:

I stand up for or want to stand up for:

I support:

Things I want to see changed in this world:

My acts of bravery and courage:

People I can turn to when I need help or support:

Ways to calm my mind and body:

Ways to quiet my anxiety:

Self-care activities I love:

I'm passionate about...

I miss...

Things I learned from _____:

Books and/or poems that inspire me:

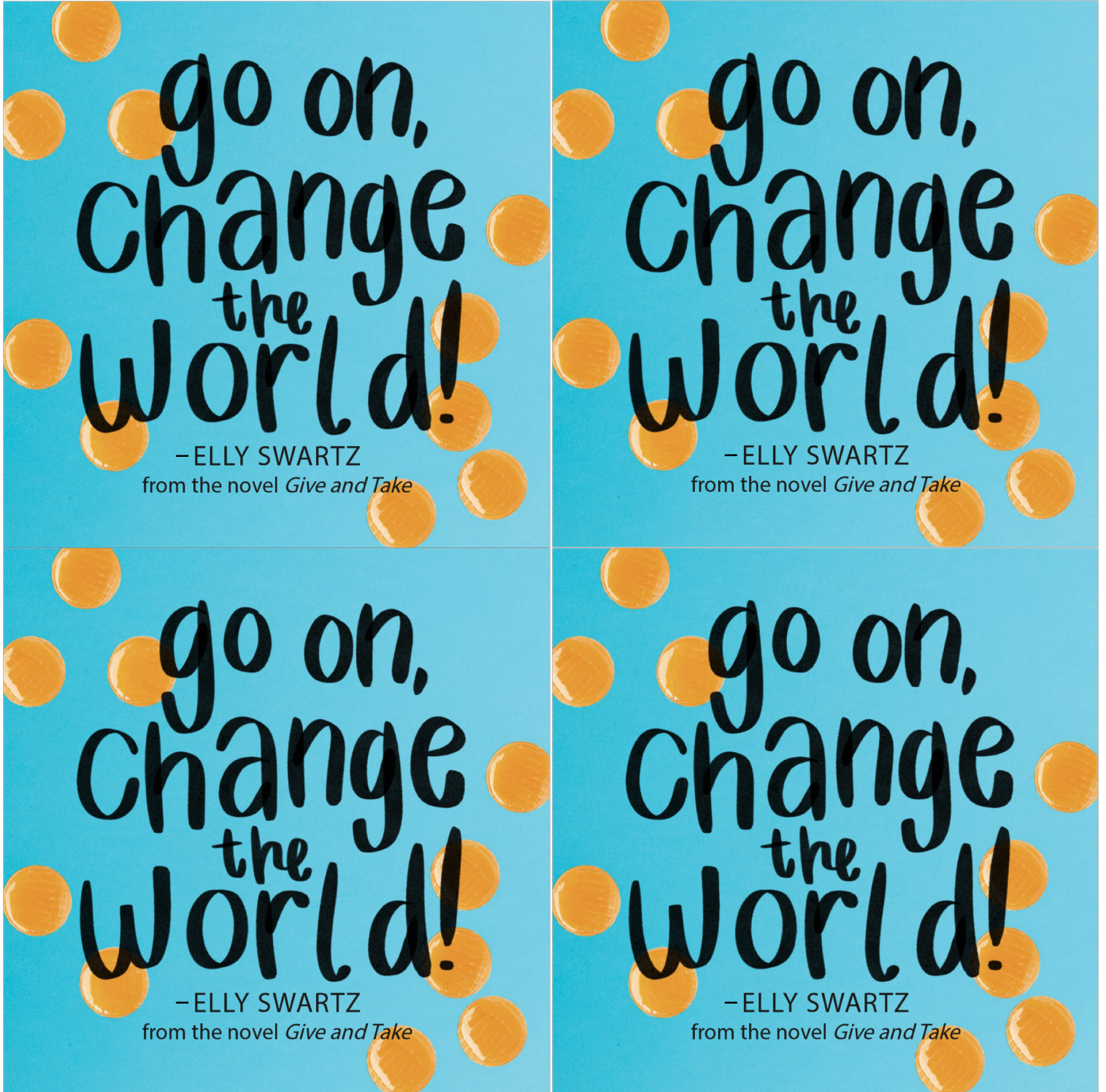
People that inspire me:

Places where I feel safe and relaxed:

What I no longer want to hide and who I can tell:

Go On, Change the World: Journal Labels

In the novel **Give and Take** by Elly Swartz (FSG), Maggie's dad gives her a journal with the name of his podcast, "Go On, Change the World!" written on the cover to remind her she can, "make the world brighter. One little thing at a time." p. 55. Feel free to use these journal labels to make a journal or create another design that inspires you.



This journaling activity is designed as a companion to the novel **Give and Take** by Elly Swartz (FSG). The labels were inspired by the book jacket design by Cassie Gonzales.