

Days to Freedom

Memories for the future



Days to Freedom

The current crisis - COVID 19 - has placed the whole world in lock down. Schools and businesses are closed and we have to stay indoors and wait until it is safe to go out and resume our lives again.

We have never experienced such an event before. Our great grandparents will have survived the Second World War and the emergency measures imposed at that time to protect our country. Maybe they have shown you old gas masks, or ration books and related stories of the time.

What will you pass on to your children and grand children in the future to remind them of this time.?

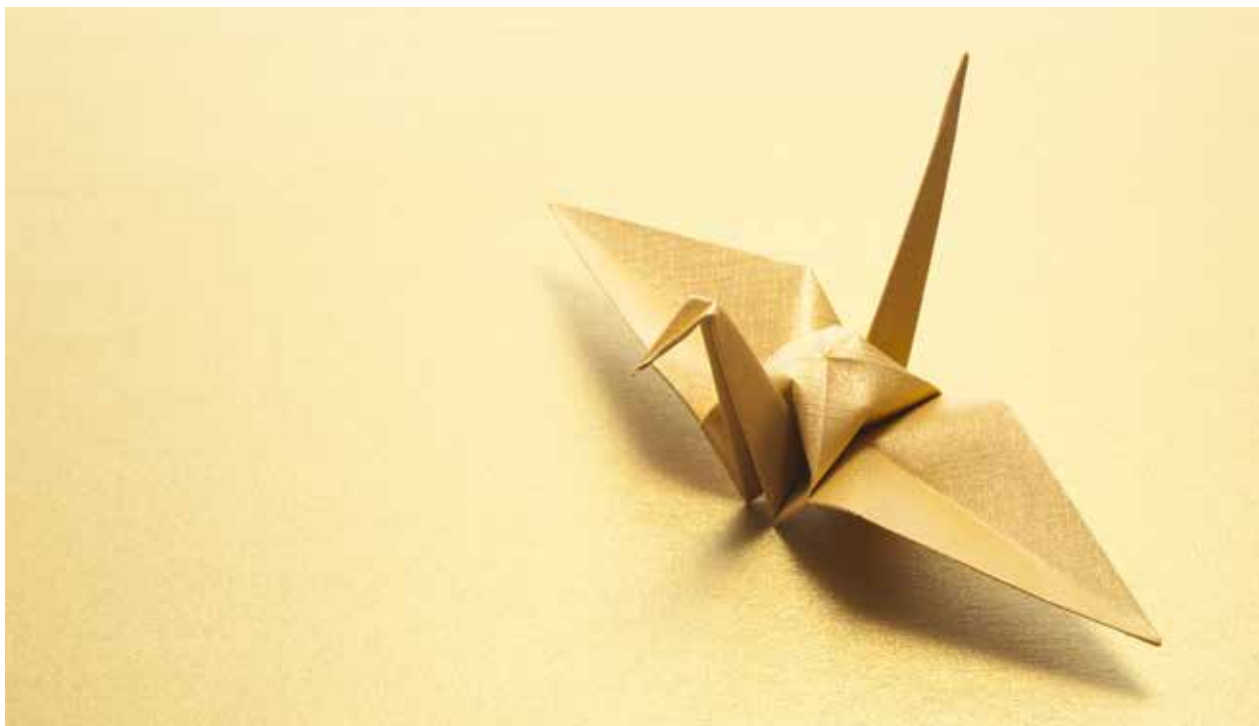
Technology will have moved on, so no social media threads or recorded Zoom and Facebook calls. So, if we are not careful this time will pass with only stories and some reruns on TV of times past.

Days to Freedom is a suggestion for a memory diary that is somewhat special and involves some thought and time each day.

Firstly, you need some paper, any type of paper will do (see Sadako Story later). Next you need to learn some origami so that you can create a paper crane bird. (see instructions). Next you will need to spend a few minutes in thought and reflection - then write it down on the piece of paper. It should be a message to a future generation about how you feel today, what is special to you and perhaps a thought you would like to share with your future self or your family.

Now make your paper crane. One for each day of our stay at home emergency. It is already a few weeks since it started so you will need to make a few cranes to get up to date - then it will be one a day.

You can store the crane in a small box or thread them together to make colourful displays in windows or around your room. In time they will be packed away - only to be opened way into the future, so we can explain our experience of this time and how we reacted.



Sadako

In Japan, there is a tradition of making paper cranes as a symbol of peace, reflection and harmony. The making of the paper crane is a reflective time - a meditation.

Young people will typically make 1000 cranes and these are hung together in chains. If you make 1000 cranes your wish is traditional granted.

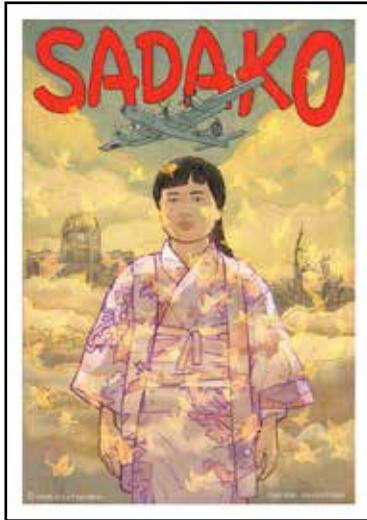
We have included in this resource the story of Sadako a young girl from Hiroshima who inspired the young people of Japan after the second world war. Her story will inspire you by the simple impact of her actions.

You can see many videos on line that will also feature her story.

This Days of Freedom resource is also inspired by the same simplicity.

Its simple, make a note on the paper, then make a paper crane, display the crane for now but long term they become a personal memory and a family keepsake for future generations.

We will overcome this crisis but it will always be in our memory.



The following graphic storybook illustrates the story of Sadako. It was created to be used by any age group and in any language. Below is the story that is related to the illustrated story pages. It is a sad story, but also an exciting and hopeful story of how one person can inspire a nation and the whole world. A parent or older brother or sister can relate the story to younger people while they look at the pictures and follow the story.

Sadako remembers to day at the national monument site in Hiroshima, where the atomic bomb wiped out the city during World War II where a statue to Sadako stands. It was build by money collected by Japanese young people. Today there is a constant stream of young people who bring their 1000 paper cranes, they created in garlands called senbazuru to be displayed in glass cases that surround the monument.

A young person comes to the monument, steps forward and presents their collection to be placed in the glass display cases and from tree branches, then they rings the small bell under the statue of Sadako to indicate they are keeping the dream alive and have done their action to do so.

Sadako

Our story is about a young girl called Sadako Sasaki who lived in Japan in the 1950's and the impact she has had on the world.

It was a bright sunny day when a large plane circled above the city of Hiroshima, in Japan. It was the 6th August 1945 towards the end of the Second World War. Many nations were involved in the war across the world, and Japan was at war.

The large plane was on a mission to drop a bomb on Hiroshima. The people of Hiroshima were expecting a relief plane to drop food and supplies to the city, so the sighting of a large plane overhead was greeted with excitement and many people rushed onto the street and looked at the plane as it travelled across the clear blue sky.

The plane opened its bomb doors and dropped a large bomb called an atomic bomb towards the city. This bomb was different to any other bombs used before and it was designed to destroy cities.

As the bomb dropped a parachute appeared in the sky attached to the bomb and allowed it to drift slowly towards the city. People waited in excitement. Then it exploded and in an instant the city was engulfed in a sea of flames and destruction – it leveled the whole city in seconds and killed many thousands of people. The time was 8.16 am in the morning – all the clocks stopped.

Sadako did not live in the city but in a suburb, some distance from the center. She was two years of age and as a small child she was blown through the window of her home by the blast. Her mother ran out to find her, expecting her to be dead but she only had some cuts and scratches - she survived the blast of the bomb.

The people of Japan were devastated, it was the first and only time such bombs have been used in warfare. Another was dropped on the city of Nagasaki and soon after the war ended.

Sadako lived her life as any other young person and enjoyed school and sports. She was a good athlete and was admired by all her friends for her sporting achievement. During one of these events in 1955, Sadako became ill and was forced to drop out of the event with a bloody nose. Her parents were concerned for her and brought her to a local hospital to see what was wrong. Many test were conducted and it was discovered that Sadako was suffering from 'Atomic Bomb Disease' as the people in Hiroshima called it – known today as Leukemia. Many people who lived in Hiroshima contracted and died of this decease. The bomb had destroyed the city in 1945, but the radiation caused by the explosion of an atomic bomb was still there in the air and many thousands of people died from its effect.

Sadako's family and friends were saddened by this situation.

One day, one of Sadako's friends, Chizuko, told her about the Japanese tradition of making 1000 paper cranes. By doing so, their wish will be granted. Making 1000 paper cranes is not a simple undertaking and it takes time, dedication and commitment to achieve the goal. Sadako had time and she was used to overcoming challenges from her athletic activities – so she set about her task to make 1000 paper cranes and fulfill her wish to get well and to give peace and healing to all peoples of the world.

Paper was scarce and she used medicine bottle wrappers, sweet wrappers, newspaper, advertising leaflets as well as decorative paper to create the

origami paper cranes. Her cranes were of mixed size – very small ones from sweet wrappers and larger one from newspaper.

The days passed and her parents and friends helped to string up the cranes that now surrounded her bedside. Everyone was impressed by her efforts. Slowly the number of cranes built up – 100, 200, 300, 400..... however at the same time Sadako grew weaker and weaker as her illness took hold of her frail body. Sadako died the day she completed her 644th crane in October 1955, she was 12 years old. She had tried to reach her goal but had been defeated by time.

Sadako's friends set to work and completed the remaining cranes – 1000 cranes were placed in her coffin and Sadako's parents gave her friends some of her original cranes in her memory. (these original cranes can now be seen in the Museum at the Hiroshima Peace Memorial Park)

Sadako's story was soon shared with others and many people were inspired by her determination. Her friends felt that Sadako's wish for peace was an inspiration to all and they decided that a children's monument to peace should be created, to honour her memory. School children, across Japan, started to organize fund raising events and collected enough money to erect a monument in the Peace Memorial

Park in Hiroshima in remembrance of all children who die in conflict and war and as a memorial to the wish for peace expressed by Sadako.

Today children visit the statue of Sadako, every day, and place many thousands of paper cranes in the glass display cases that surround this special place.

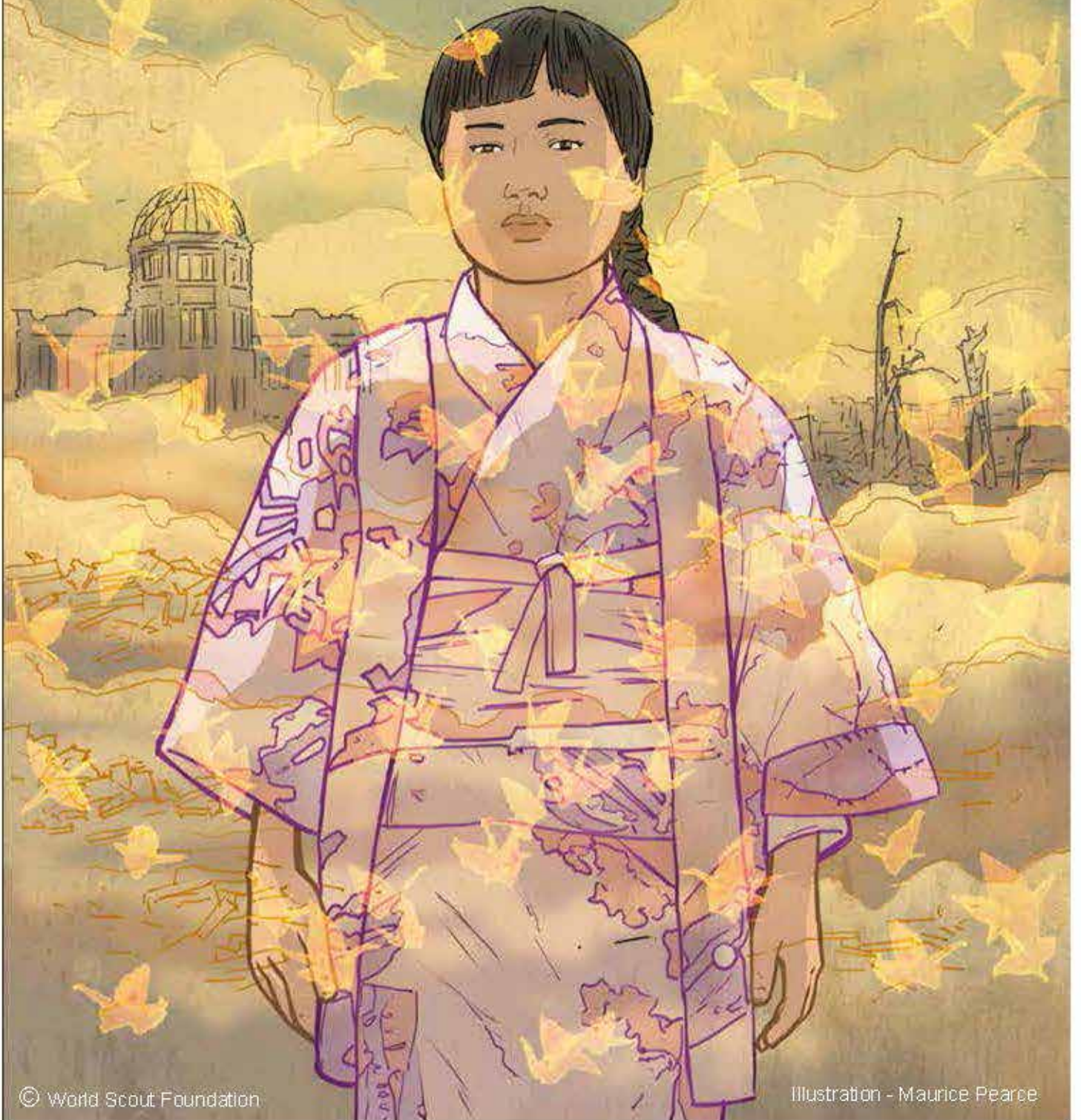
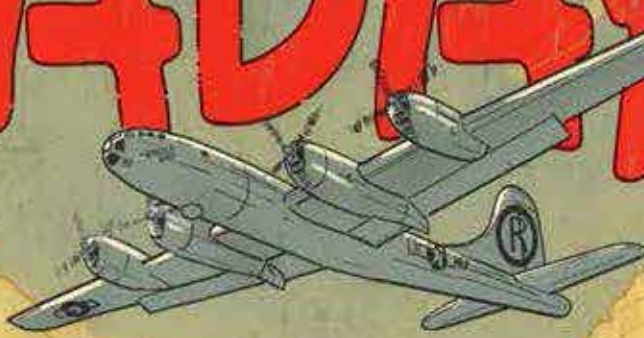
At the base of the statue is a small plaque inscribed with the words of and wish of Sadako – 'This is our cry. This is our prayer. Peace in the world'.

The Crane bird, in Japan, is considered to be a mystical or holy creature (others include the dragon and tortoise) and is said to live for a 1000 years.

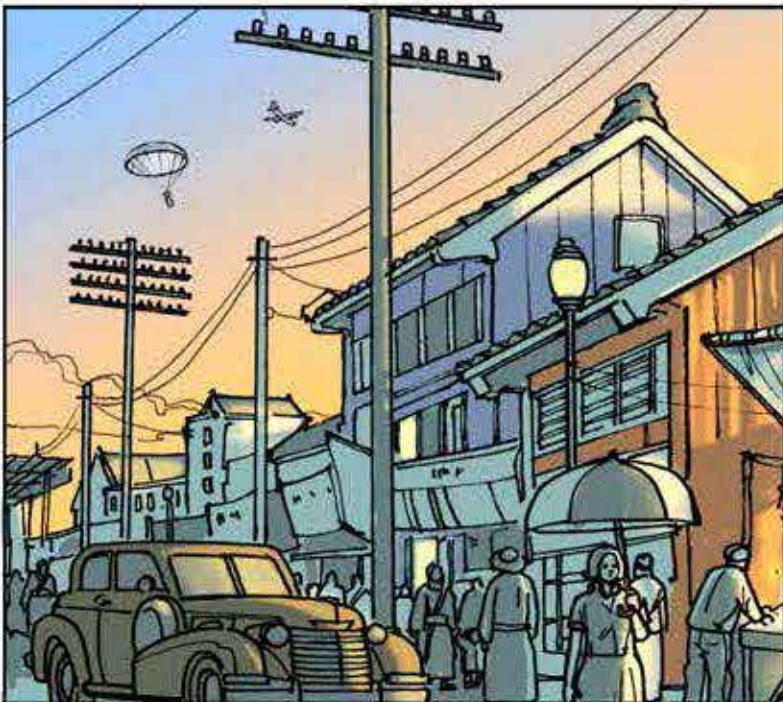
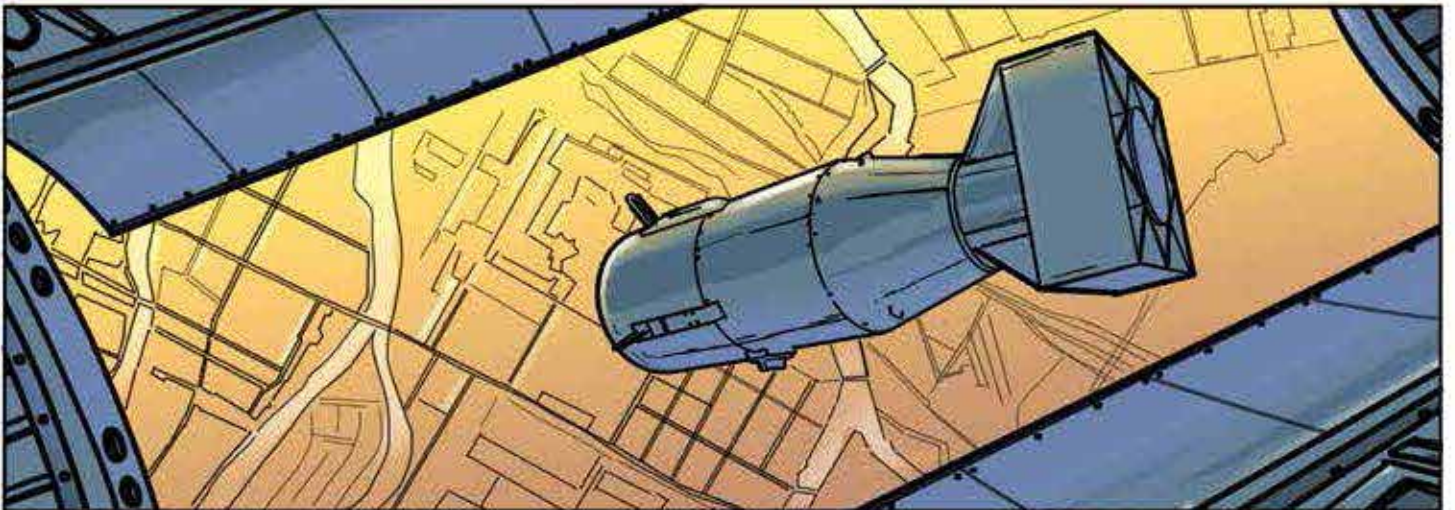
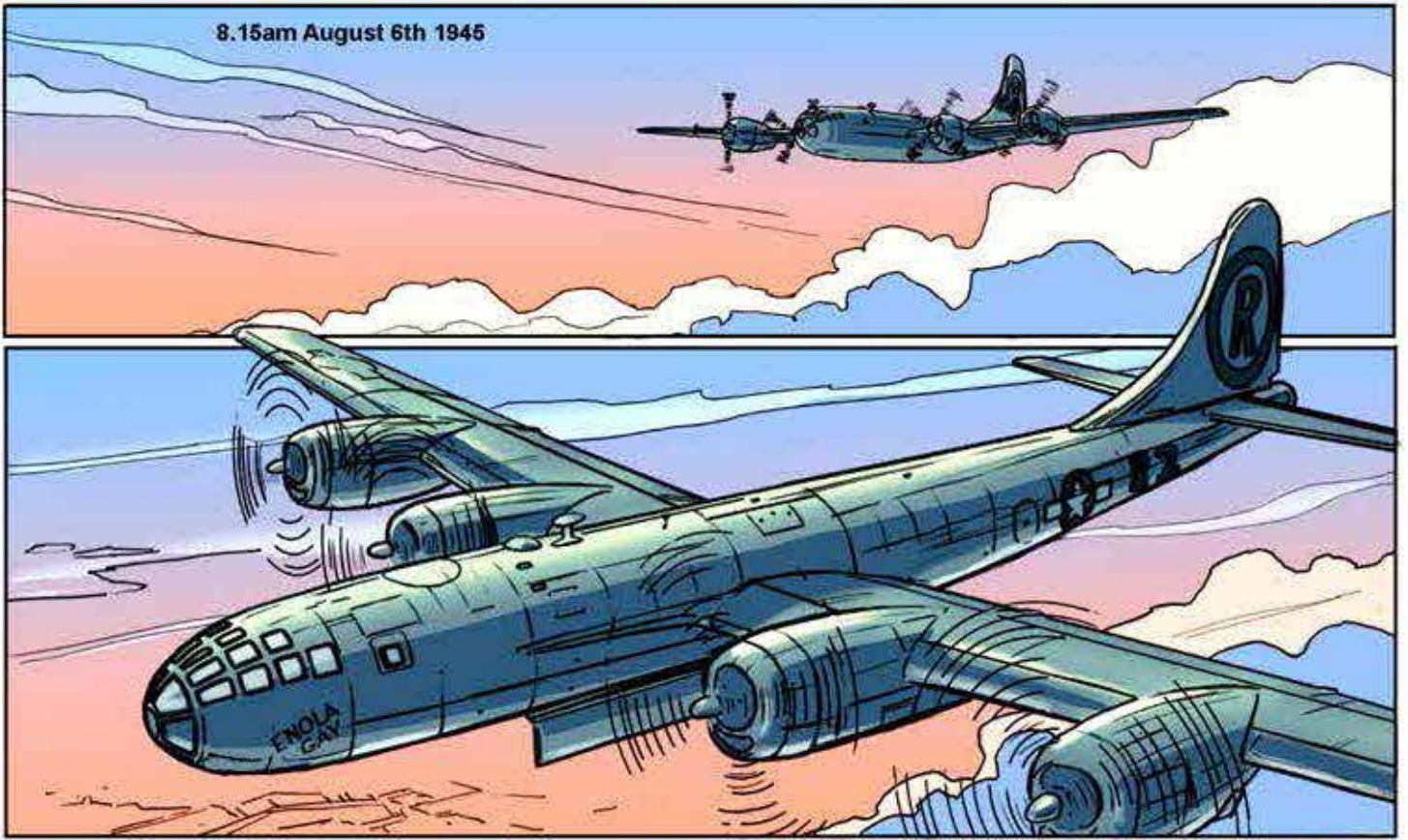
The origami paper crane is now considered a worldwide symbol of peace and reflective thought (along with the dove). Several temples and special places have eternal flames for world peace and many groups and individuals place senbazuru – collections of 1000 cranes - in these locations. The cranes are left exposed to the elements, slowly dissolving and becoming tattered as the wishes for Peace are released.

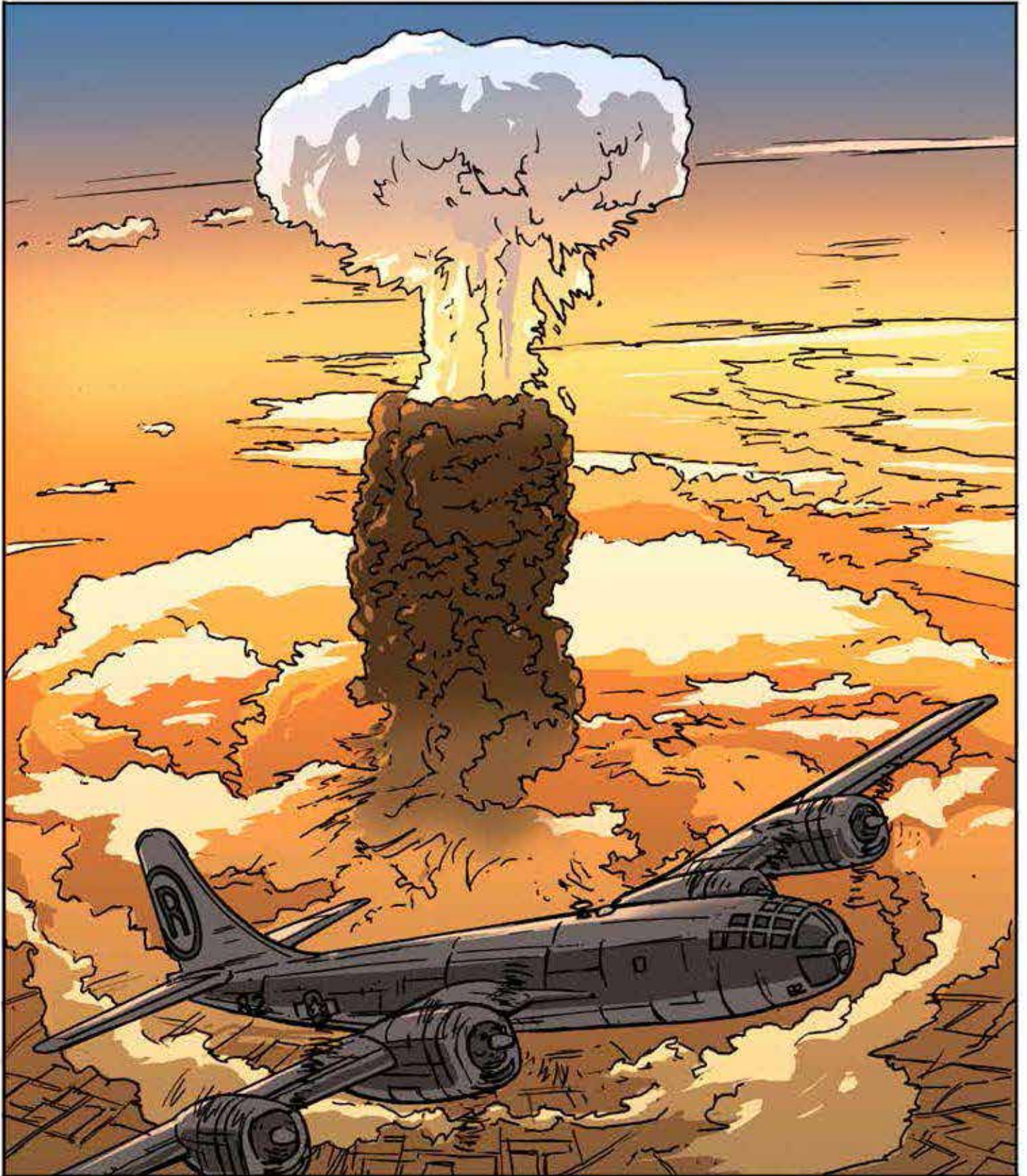
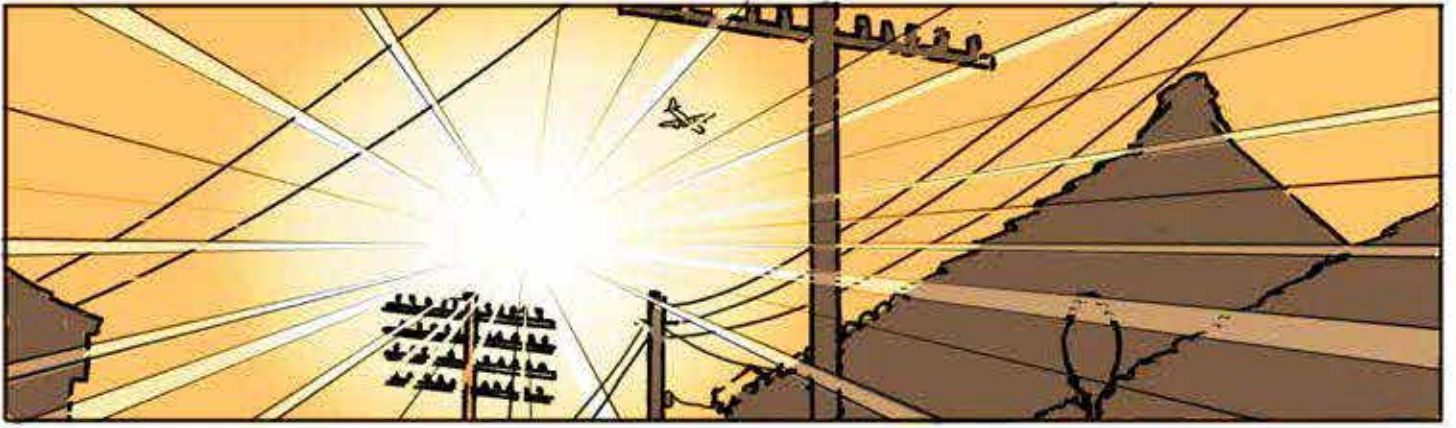


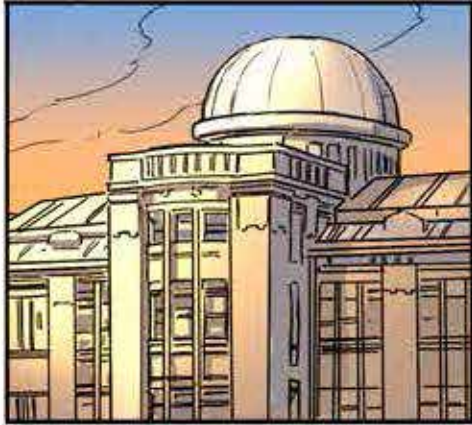
SADAKO

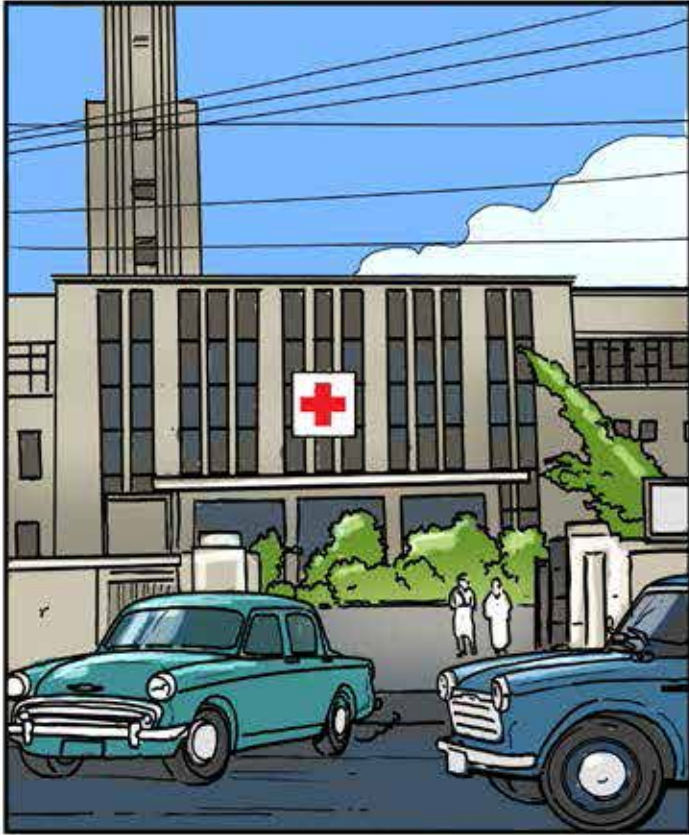
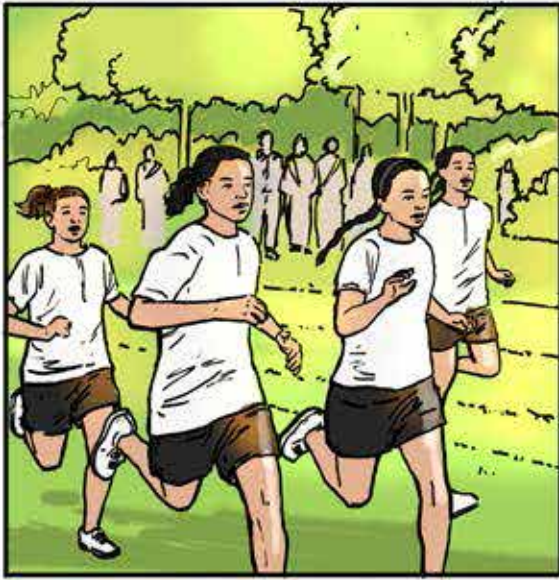


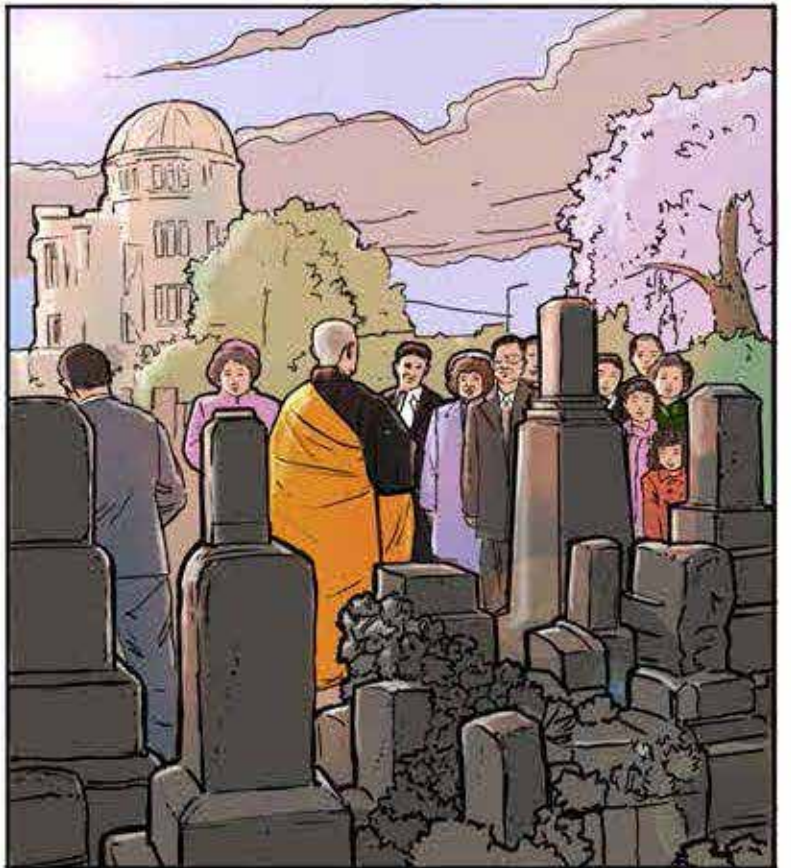
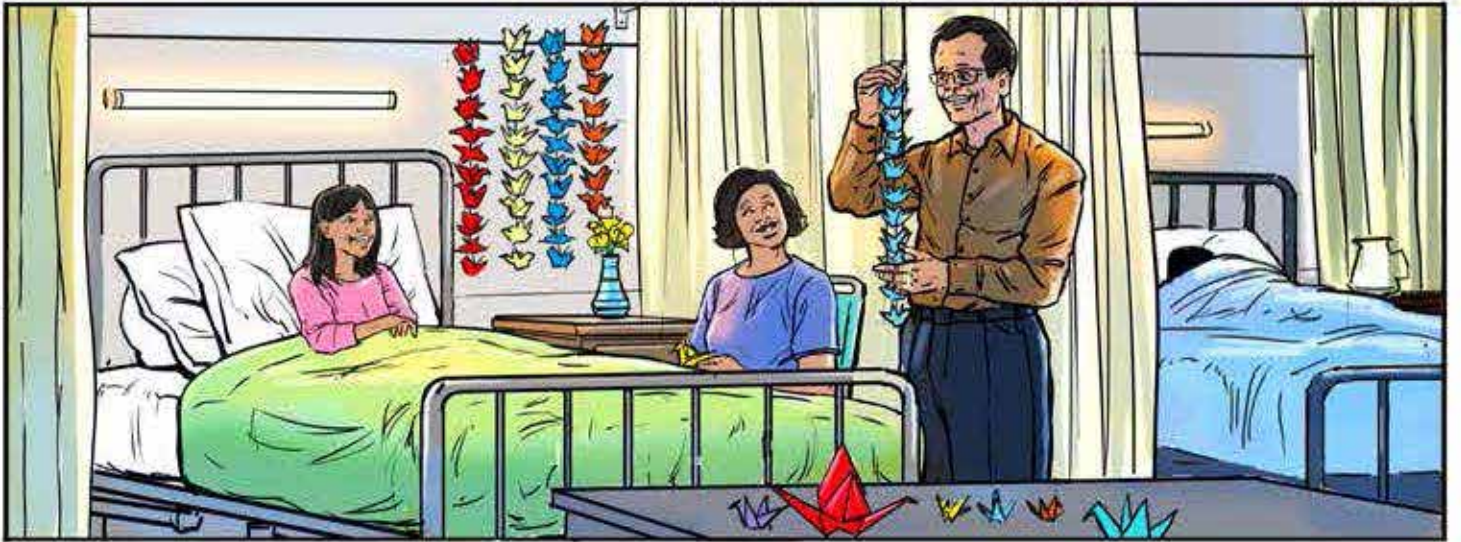
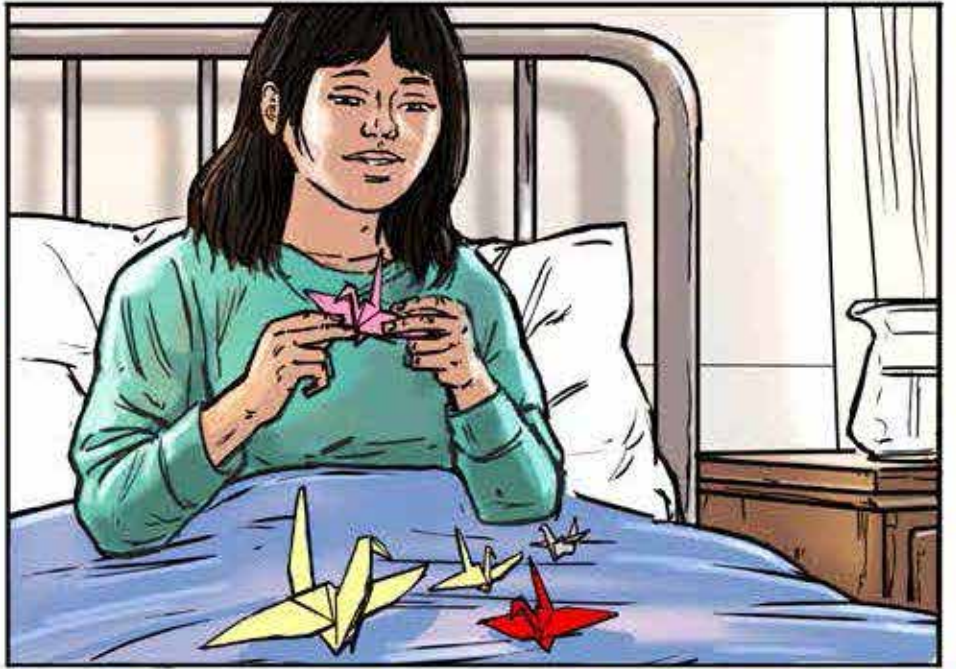
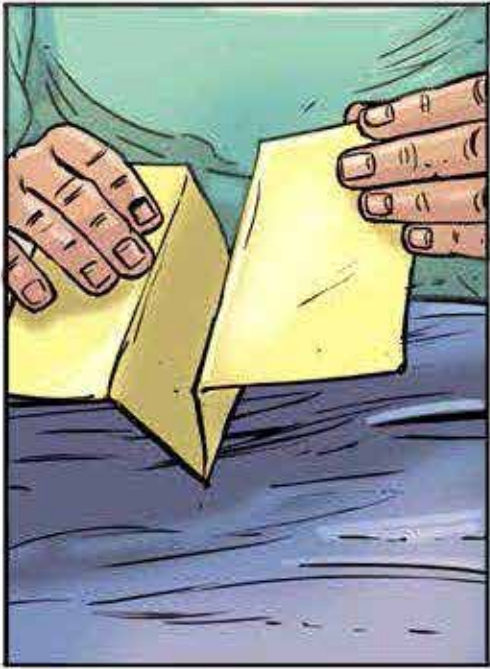
8.15am August 6th 1945

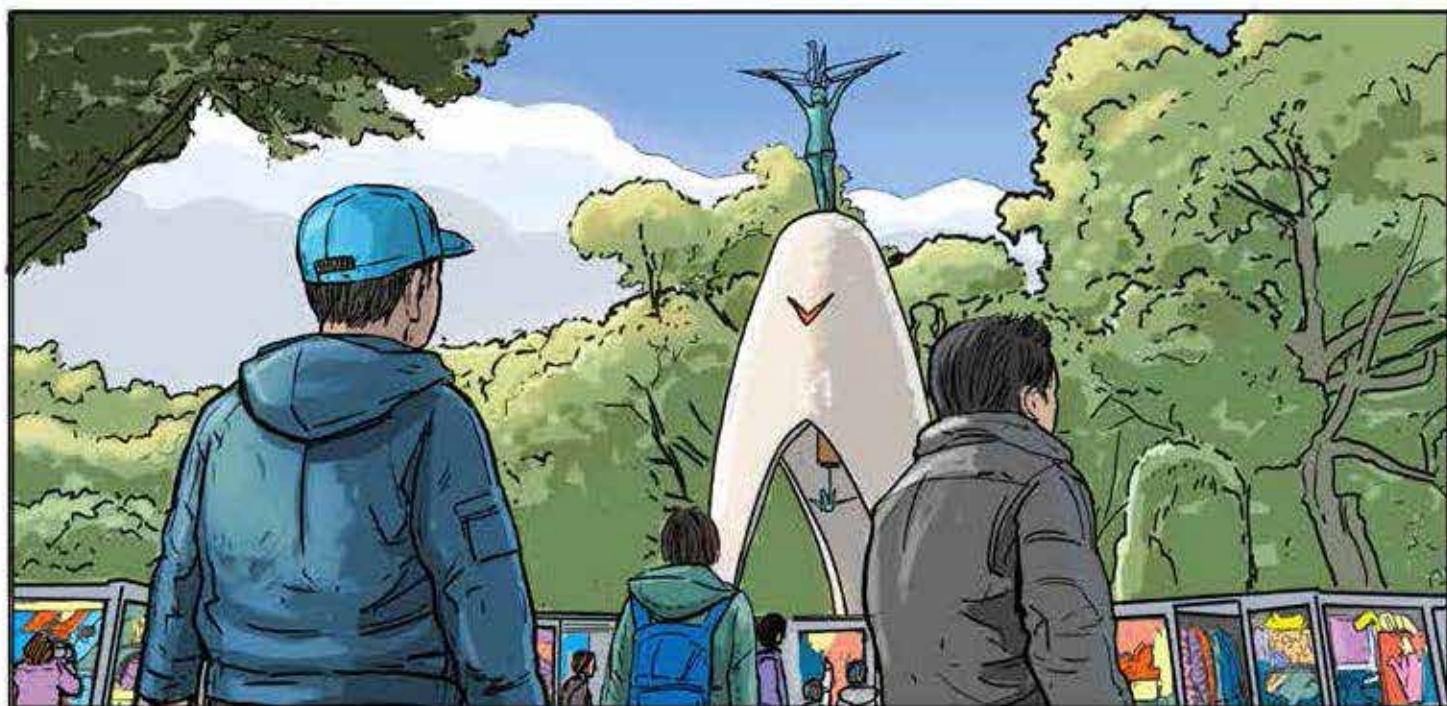
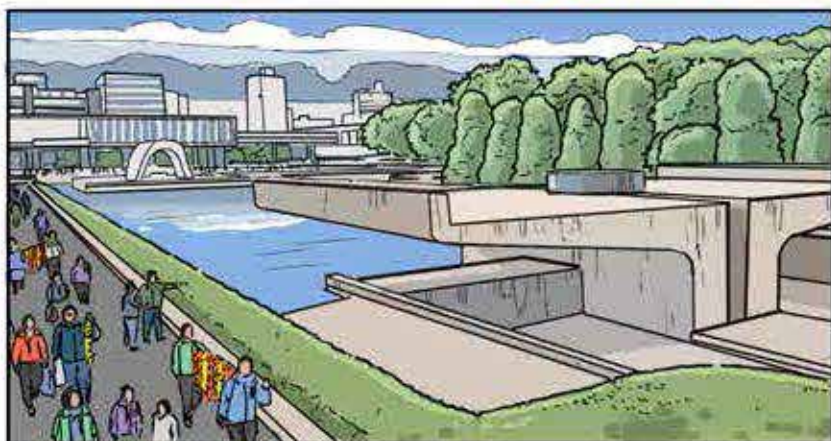












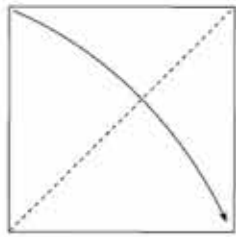


Sadako
Monument

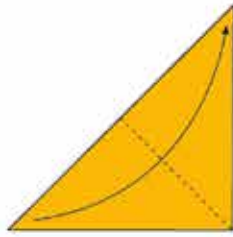


Senbazuru – collections of 1000 cranes

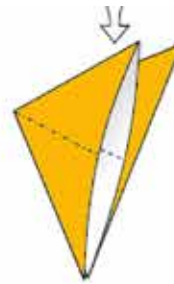
Steps to creating a paper crane



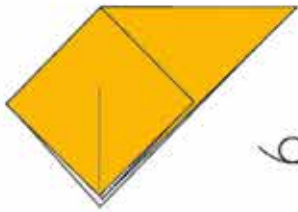
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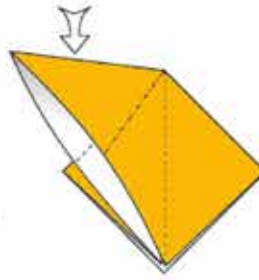
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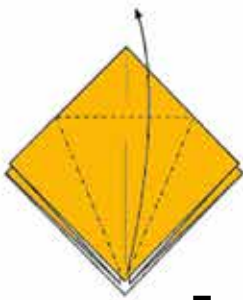
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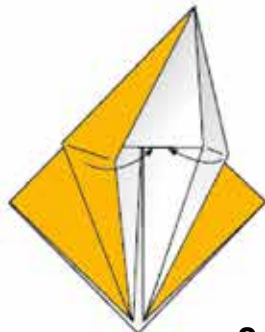
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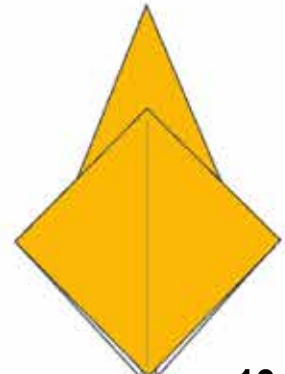
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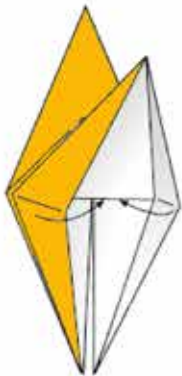
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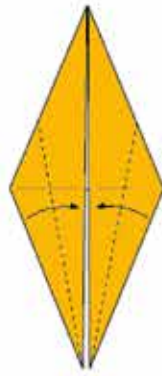
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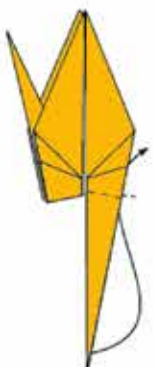
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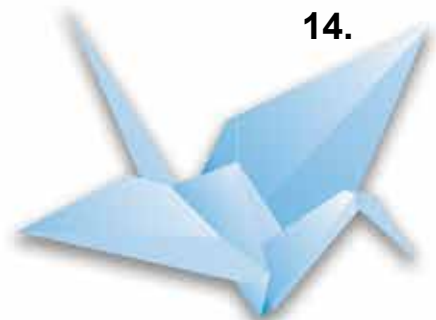
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17.





MY 2020 COVID-19 TIME CAPSULE

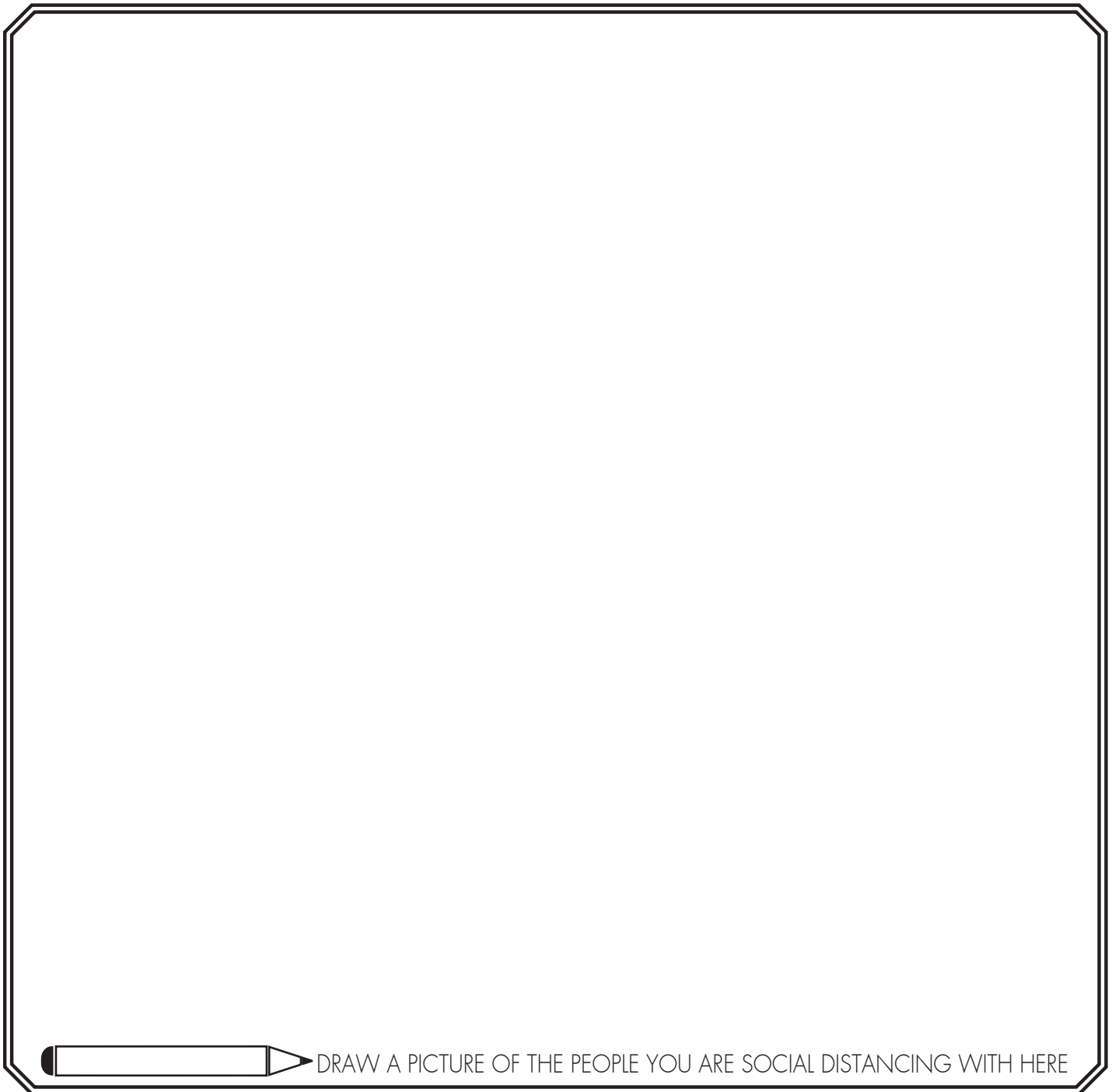



BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- ANY ART WORK YOU CREATED
- A JOURNAL OF YOUR DAYS
- FAMILY / PET PICTURES
- LOCAL NEWSPAPER PAGES OR CLIPPING
- SPECIAL MEMORIES



 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

♥♥ ALL ABOUT ME ♥♥

I AM

YEARS
OLD

I STAND

INCHES
TALL

I WEIGH

POUNDS

SHOE SIZE

MY FAVOURITES

TOY: _____

COLOUR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

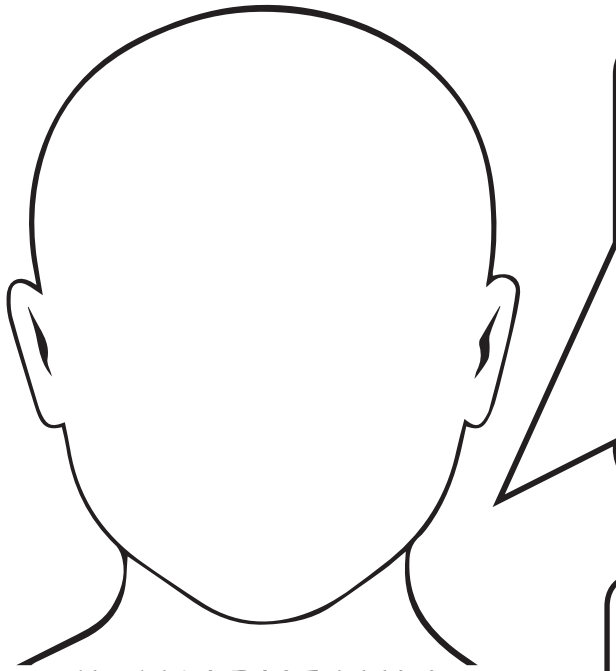
SONG: _____

MY BEST FRIEND/S:

WHEN I GROW UP I WANT TO BE:

DATE: _____

HOW I'M FEELING



HOW MY FACE LOOKS



WORDS TO DESCRIBE HOW I FEEL:

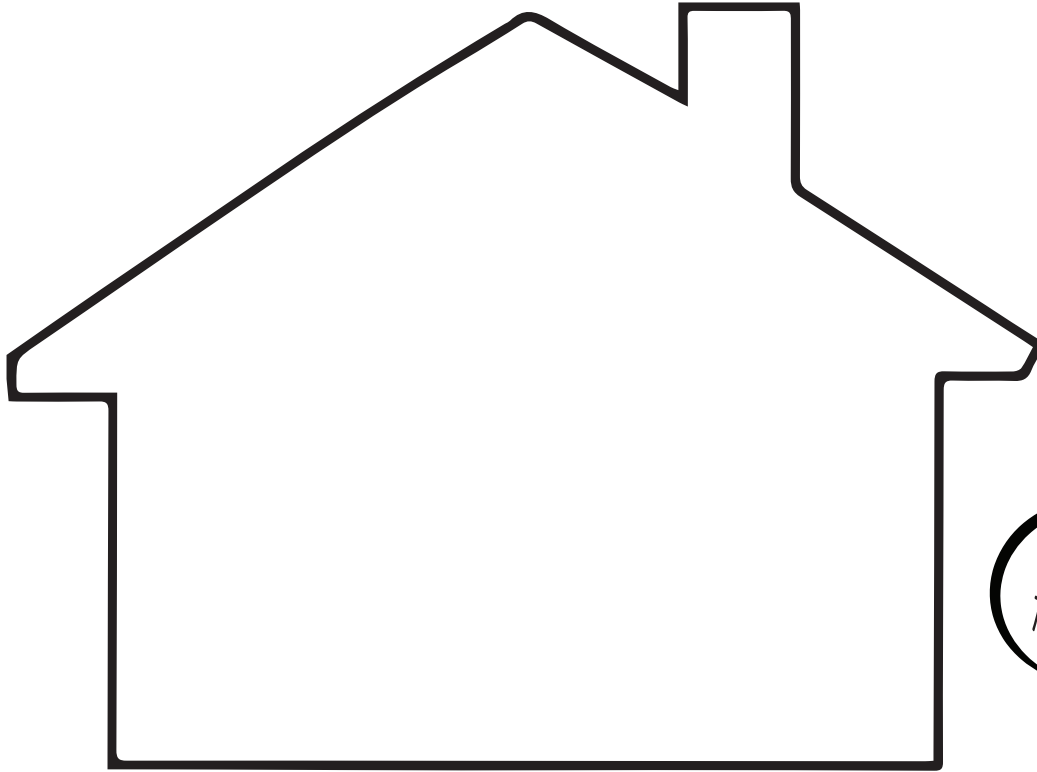
WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

| | | |
|-----------------------------------|-----------------------------------|-----------------------------------|
| <p>1</p> <hr/> <hr/> <hr/> | <p>2</p> <hr/> <hr/> <hr/> | <p>3</p> <hr/> <hr/> <hr/> |
|-----------------------------------|-----------------------------------|-----------------------------------|

MY COMMUNITY



COLOUR THIS HOUSE
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME!



WHAT I AM DOING TO
KEEP BUSY AT HOME:

OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE



SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

| EVENT | DATE | HOW YOU CELEBRATED |
|-------|------|--------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: _____

FOVOURITE TIME OF DAY: _____

