Habib is a filmmaker at the University of New Hampshire’s Institute on Disability and has received numerous awards for his several of documentary films Including Samuel, Who Cares About Kelsey?, and Mr. Connolly Has ALS. He is also a six-time New Hampshire photographer of the year and his freelance work has appeared in Time, Newsweek, and the New York Times. This photograph is from a series of images that Habib created on migrant workers and shows a young man writing home. Writing, of any kind, is a way to express yourself or communicate with others. The below activity invites you to express yourself through a unique journal activity.

Activity: Fingerprint Journaling

Materials:
- Paper
- Pencil or pen
- Optional: colorful markers or colored pencils

Directions:
- Starting in the center of your page, use a pencil to draw a rounded triangle and several concentric shapes around it, following the original curve. Leave ¼ - ½ inch between lines.
- Add a downward curved line beneath the triangles. Add more curved lines beneath that, getting shorter as you move down the page.
- Add a curved line that follows the top of the uppermost curved line and triangle shapes
- Continue adding similarly shaped lines moving up the page, getting shorter as you go. The end shape will be an oval.
- Thinking of the lines in the oval as the lines in a notebook, add words. These can be journal entries, poetry, or words representing the people, places, and things that you love.
- Optional: add color to the lines using marker or colored pencil and then add more lines to fill the space not taken up by words.

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