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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