

## Keeping a Daily Journal

Keeping a daily journal is a good way of expressing your feelings and a chance to think about setting targets for yourself. All the great thinkers and writers in the world have kept a journal.

In your journal you can explain the things you have done but also add your feelings and emotions; try to say how each activity you did made you feel.

Journals are most useful at the end of the day because you can record your achievements and set targets for things you want to do tomorrow.

We would like you to keep a daily journal and write in it every day. You do not have to write for long – try to set aside ten minutes and see how much you can write. You can use a spare exercise book, a note pad or the computer. You can even draw a picture every day to help show what your day was like.

### Use these topic questions to help you structure your journal entries

- 1. What have I achieved today? Write about what you did, the things you may have done in your home, including new things you might have learnt.**

*Example: Today I read 20 pages of my book and I am excited to read more tomorrow. I have learnt my 8 times tables off by heart and felt proud when mum tested me and I remembered them all. I learnt how to make a cup of tea for dad, he likes the milk to go in first! Mum helped me with the kettle because it is heavy and dangerous if you spill hot water. As long as mum is in the kitchen with me, she said I can help to make dad a cup of tea every day.*

- 2. How have I shown kindness today? Write about things you have done to help your family or perhaps others in your community. Being kind will help you to feel more positive!**

*Example: I was kind to my brother by playing with him in the garden. He misses his friends in Year 1 and so I played football with him and let him score two goals. Dad has made a massive cake for our neighbours next door, they are not allowed out of their house so we will leave the cake on the doorstep for them. I helped to decorate the top of the cake and I am going to write them a letter. It made me think of my nan and grandad so I will ask mum if I can speak to them on the phone tomorrow.*

- 3. What made me smile today? Reflect here on something that you did that made you feel happy, it might be playing on your games console or doing some exercise.**

*Example: I smiled a lot today when we all watched a film together. We watched Toy Story 4 and we laughed a lot and ate popcorn so it was like being at the cinema. Mum smiled a lot when I helped her with the washing up.*

- 4. What are my targets for tomorrow? This is where you should set yourself some targets for tomorrow. Aim to have two or three. They could be related to school work, home life or your personal well-being.**

*Example: My targets for tomorrow are to finish my English book review and start my art project. I want to also finish the 500 piece puzzle I started with my sister. I should also try out one of the exercise clips and do some activities in the garden.*