

Keeping a Daily Journal: Grandparents

We are encouraging your grandsons to keep a daily journal as a way to keep practising their writing but also because writing a journal can be a good way of keeping occupied, expressing feelings and a chance to reflect on daily life at this challenging time.

We are suggesting that boys and grandparents keep a separate daily journal and write in it every day. We are asking boys to write in their journal every afternoon and it may be nice if you do the same or choose a time that suits you best. You may want to share your journal or just keep it to yourself.

You can use pen and paper, tablet or computer to record your daily journal but make sure it is saved so you can share it with your family. Imagine you are speaking to your grandchild, this will help you to feel connected and record important feelings about what you are doing every day.

You may want to use the following to help you structure your journal entries

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

Example: Today I organised the garage and threw out lots of things we have not used in a long time. I found your dad's old bike right at the back of the garage covered in cobwebs! We did not know it was still there. Because we have lots of time at home I might give it a wash and see if I can fix it up so you and your brother can ride it when we see you again. Your grandma taught me how to get rid of dirt by using bicarbonate of soda and lemon juice.

- 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 helped grandad to sort out all his old uniforms today, we are going to wash them and keep them in a box. He wants to show you all the different types of things he had to wear at work, some of them are very old and have holes in! I made a cushion cover for our neighbour's baby daughter, they have been unwell so it will cheer them up.

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

Example: I smiled a lot today when we got a FaceTime call from you and your mum! Your grandad kept hanging up on you and that made us all laugh! I also enjoyed dancing in the kitchen to some of my favourite songs that were playing on the radio. We are still going in the garden every day and that makes me smile to see all the birds coming back for spring.

- 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 home life or your personal well-being.**

Example: Tomorrow I want to finish the game of scrabble we started two days ago, I am close to beating grandad! We need to make a shopping list because your mum is going to deliver us some fresh food so grandad can make that trifle I like so much! We are also starting a new exercise class on the internet.

If you enjoy writing the journal, you may also like to write more about your life and any special memories you would like to share with your children and grandchildren. That may seem daunting but in whichever way you feel you can record those memories, words, pictures, quotes, it will be very much appreciated by your family.

- What are your earliest memories from your childhood and what do you recall about how you felt when you were a child?
- Do you remember your first day of school and what it was like?
- Describe a very special day you enjoyed in the past.
- Who was your favourite band or pop star? What live music concerts have you been to?
- What were your children like growing up? (Your grandchildren will love to hear this!)
- What is your most treasured possession?
- Explain your most important achievement.
- If you had to give one piece of advice to your grandchild, what would it be?

You can use a journal to write the answers to these topics, use photos and small objects to create a storyboard or draw your family tree.