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| **Section: Journaling** | | | |
| **Objective:** | | Journaling can help you clear your head, make important connections between thoughts, feelings, and behaviours.  SEL Competency: Self Awareness, Self Management, Social Awareness  Developmental level: Advanced  Key message: journalling can help us feel better  Time: 3 mins | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | I want you to find a notebook or 10 to 20 sheets of A4 paper you can stick together to make into a book.  You don’t need to have them yet, today’s activitiy is something that we are going to repeat, so listen carefully to the instructions and you can start whenever you are ready! |
| **3.** | FX (Sound FX) | | 30 seconds of music to let children get their materials |
| **4.** | Host | | It’s important that we each have a space for ourselves, our own thoughts and feelings. To help us find this space, we are going to be making journals today.  Can anybody tell me what a journal is? |
| **5.** | Child A | | A place to write about your day |
| **6.** | Child B | | And your feelings |
| **7.** | Child C | | And all your hopes and dreams |
| **8.** | Host | | Exactly! And you don’t just have to write in a journal, you can draw about your day, your feelings and your hopes for the future. You can also collect pictures from newspapers and posters that you like and stick them in your journal.  Your journal is a safe and private place for you to explore whats going on in your life. No one has to see what you put in it.  You can write or draw about anything you want but sometimes it’s hard. To get started when you are staring at a blank page! So to help you, I’m going to list some ideas for you to try. You can use them if you want, or you can write about something else. It’s your choice.  Ready to hear my ideas for journaling? |
| **9.** | All | | Yes |
| **10.** | Host | | Ok, listen carefully! You could write about:   * Things that make you feel happy * Your secret dreams for the future * Something that is bothering or upsetting you * Something that you are proud of * Your happiest memory * The people you love and why you love them * Something that is making you nervous or scared   What did you think of those idea? Does anyone want to share what they are going to write about? |
| **11.** | Child A | | Um.. I’m going to write about what I want to be when I grow up! |
| **12.** | Child B | | I’m going to write about my happiest memory. I came first in the exams at my school and I was so happy. My parents we so proud of me. |
| **13.** | Child C | | I’m going to write about my happiest memory too! The day my baby sister was born! |
| **14.** | Child D | | I’m going to write about my mother. I love her so much but she’s sick. It makes me scared and sad. |
| **15.** | Host | | Thank you so much for sharing those ideas. Remember, you never have to tell anyone what you are writing about in your journal. It’s a safe space for your eyes only!  We’re going to come back to these journals and I’m going to give you more ideas for things to write about next time. We can use our journals for all the “homework” exercises we do here. |
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