

Body & Soul

Journalling Writing Ideas

Here's some different ideas to help you get that pen moving. Set aside a page in your journal and just let your pen lead the way...

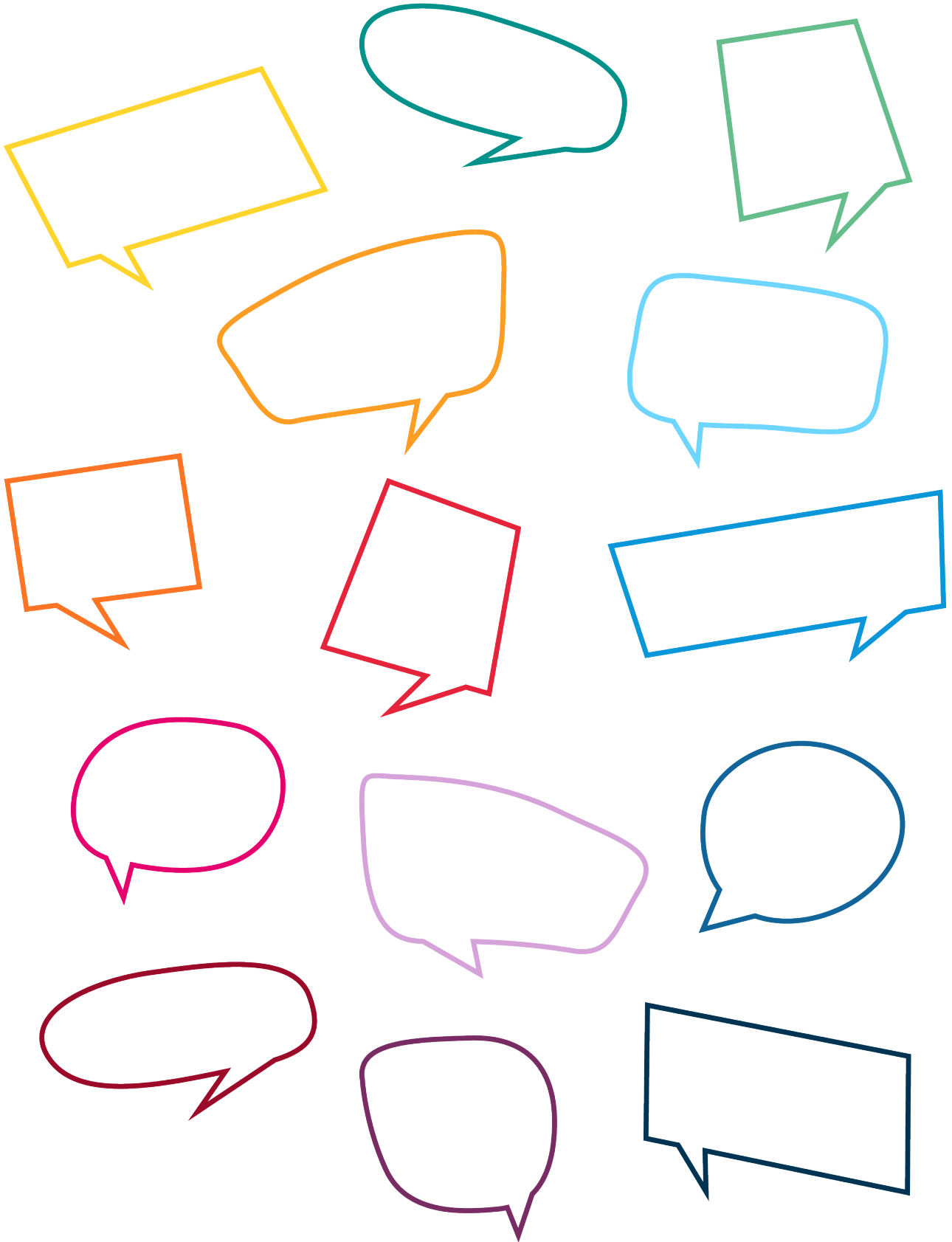
Idea 1: Self-Esteem Diary

This can be a challenge! It's great to keep reminding ourselves that we're doing good! It takes practice to feel ok with recognising our worth and value.

MON	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
TUE	Today I achieved...	
	I had a positive experience with...	
	Something I did for someone...	
WED	I felt good about...	
	I was proud of someone else...	
	Today was interesting because...	
THUR	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
FRI	Something I did well today...	
	A positive experience today was...	
	I was proud of someone when...	
SAT	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
SUN	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	

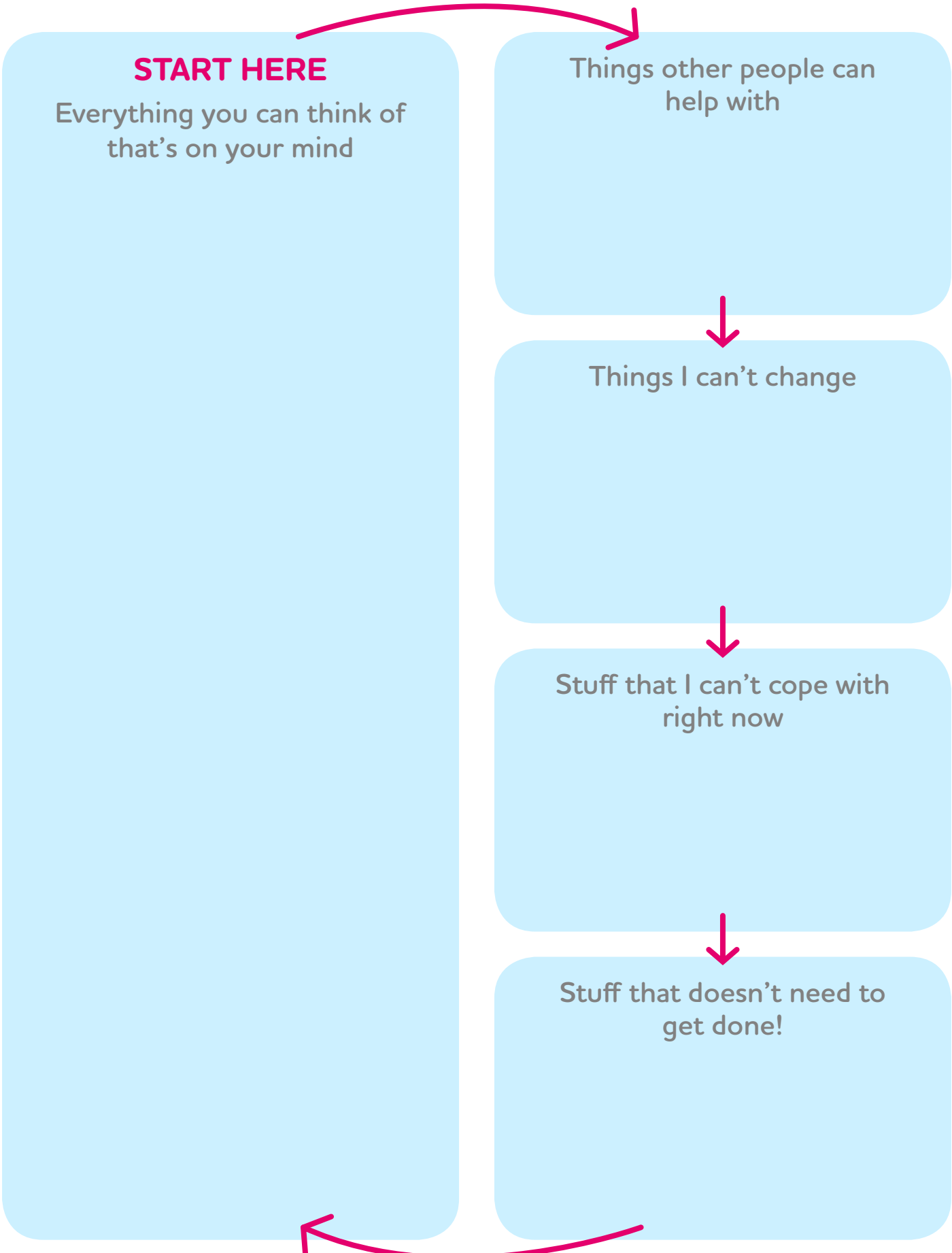
Idea 2: “In One Ear... Out the Other”

We're equally not always good at soaking up the nice things people say. Start this page in your journal and write it down every time someone says something nice about you!



Idea 3: The 'Not To-Do List'

When we're feeling over-whelmed, it's often because we're trying to think about too much at once. Focus on the things you can change and make you feel good!



Now circle everything that you're going to focus on

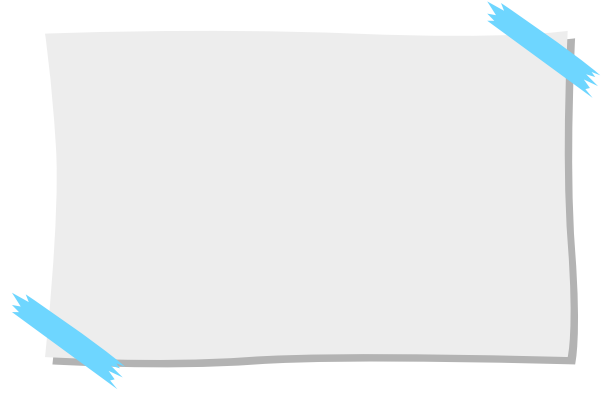
Idea 4: “Let Your Mind Lead Your Pen”

Writing can be hard work when we think about it too much. Just let your pen write whatever comes to mind.

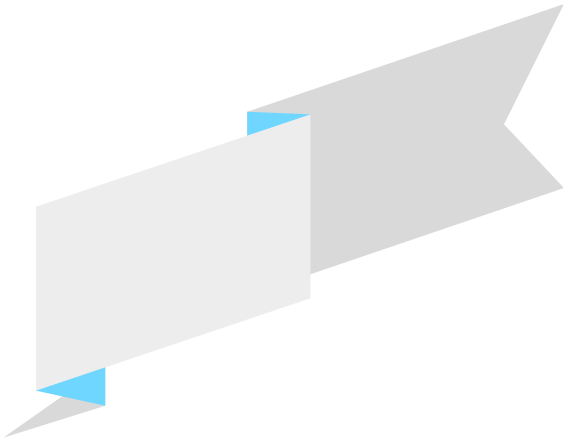
2 things you’ve never done but would love to try:



3 things you can’t get enough of:



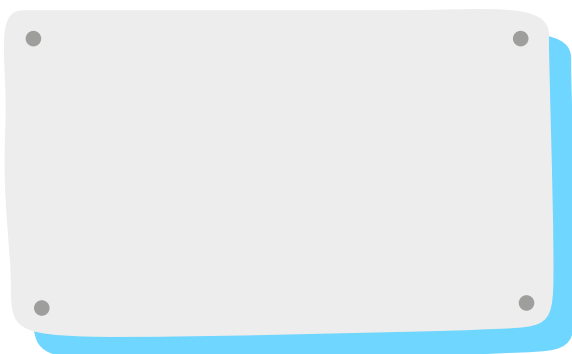
2 things in the world that are changing:



1 thing that scares others but not you:



1 thing you’re thinking about, but not quite ready to talk about:



3 things that mean a lot:



Idea 5: Poetry Prompts

6 Poems. 6 Lines. 6 Minutes!

The idea for this activity is that it often takes the act of writing a lot of things, before you hit upon a poem you love. However, the more you write, the more you will clear through the cobwebs and create content that excites you. These quick poems can then become the inspiration to keep on creating more.

This is How You Do It!

- ✓ You have 1 minute to write a 6 line poem.
- ✓ You must title your poem from 6 of the following lines below. Or you must include at least one word from the list below.
- ✓ The aim of this activity is to spark your creative flow and to stop you judging what you write.
- ✓ It doesn't matter what you create, how messy your handwriting is, how the words are spelt, or whether it rhymes or not! The only rule is, that you must get all 6 lines down in the space of one minute. (Note- you may choose to put a dramatic timer sound on your phone for added effect!)

Poem Titles:

A raging raver
An exitable tree
Torn up, soft trainers
Spongy anticipation
A heavy feather
A dusty radiator
The rain on the window drops
like sparks
A rumbling cello
Crunchy jeans

Poem Words:

Swoosh
Crackling
Swipe
Harsh
Jagged
Soothing
Crunch
Spark
Smokey

If you want to Challenge Yourself:

Try and make
your poems
rhyme

Try and use as detailed
description as possible

Try and link all
of the six poems
together

Highlight a
section that
really stands out
for you

Chose these
lines to then
turn into song
lyrics

Idea 7: Story Makers

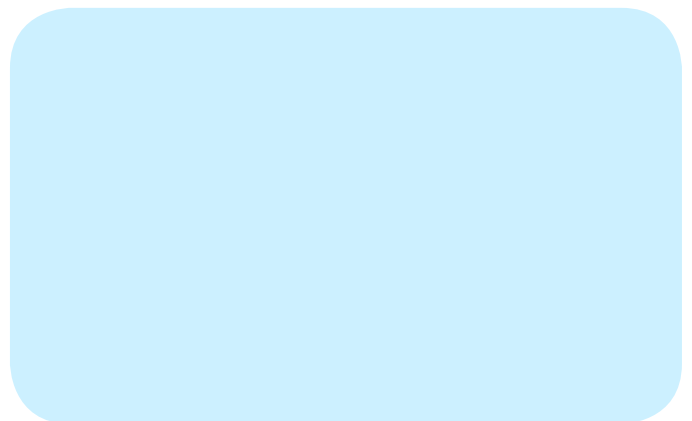
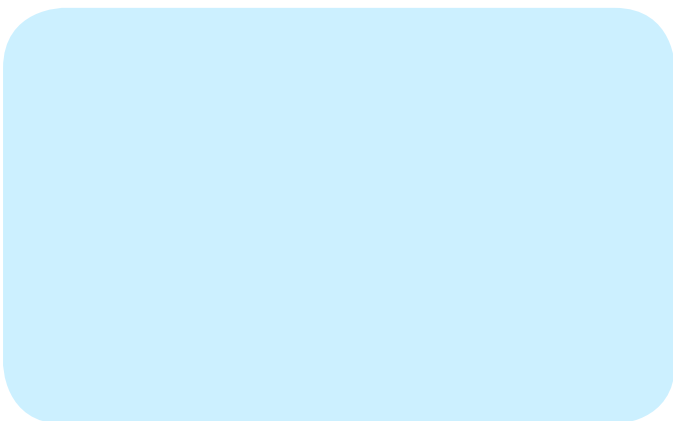
This activity is all about creating our own adventure stories! Now as I'm sure you know, every story has a beginning, a middle and an end. But something needs to happen in our story which goes wrong. So that we can then decide how someone or something fixes it! Let's begin...

First of all you need to decide where your story is set. Write your description below:

(Tips: Is this place a real place or made up? What can you see in this place, what can you hear? How does it smell?! E.g. My story is set in the deepest part of a jungle. There are lots of beautiful plants there and little streams that run all the way through. You can hear hundreds of birds chirping at night there.)

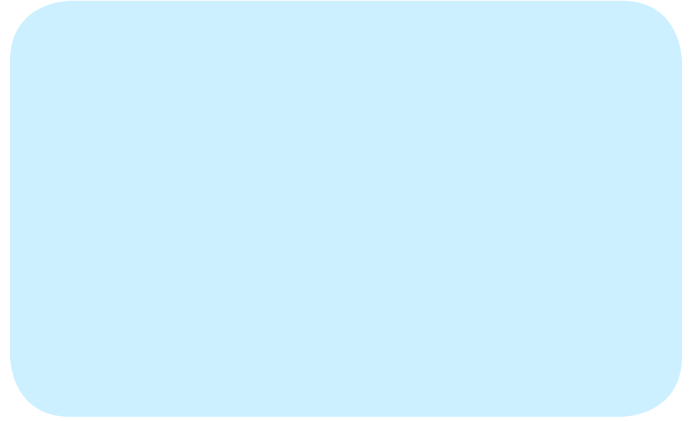
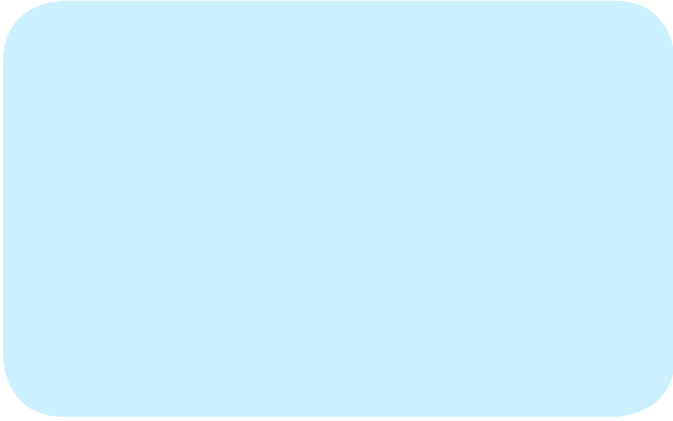
Now, who is the main character in your story?

(Tips: Are they human or an animal? What is their name? If you had to describe them using 3 words, what would your words be? How old are they? E.g. My main character is called Leonard. Leonard is silly, clumsy and excitable. He travelled to the jungle, as he wanted to find the rarest flower in the whole world.)



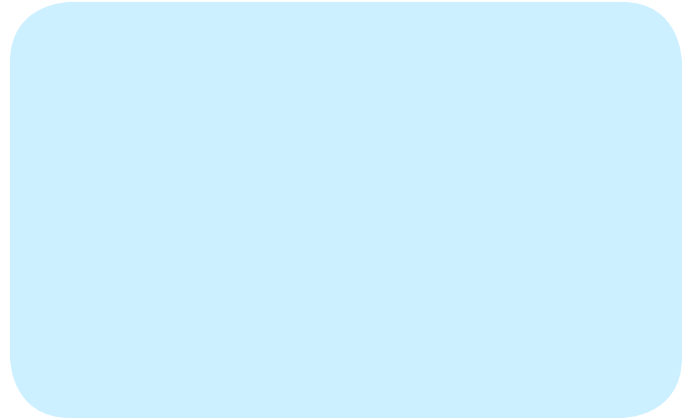
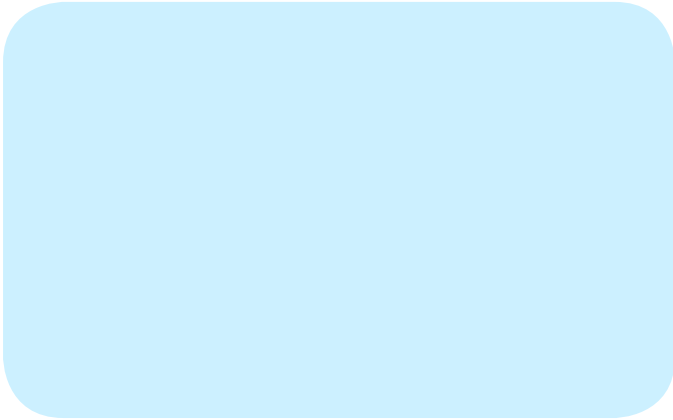
Now we have your character and where they are based, we can now do the fun bit of creating what goes wrong:

(E.g. The animals in the jungle don't like Leonard coming into their home. They decide to play a huge prank on him, so that he's scared and will go away. They lay a trap of leaves over a huge hole so that Leonard will fall in when he walks past!)



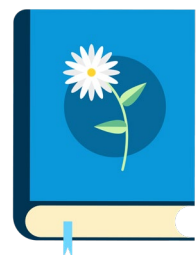
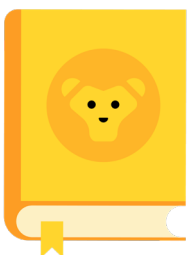
And now, can you think of how the problem is fixed?!

(E.g. A very kind parrot, called Penelope, takes pity on Leonard and lifts him out of the hole her with strong, multi-coloured beak. She explains to Leonard why the animals don't want him there, and Leonard realises that he needs to help them as well as trying to find the flower.)



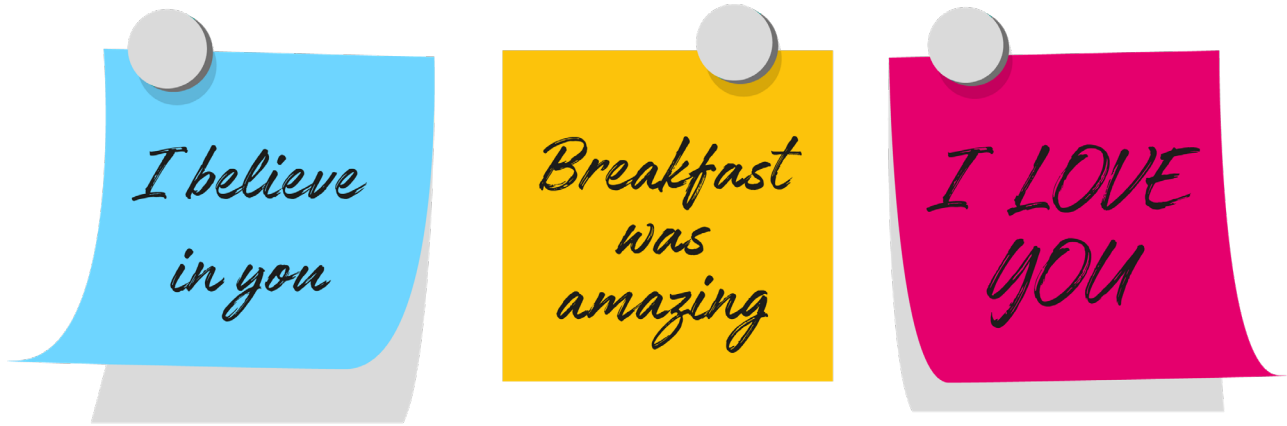
You can now join all of the parts of your story together and write your brilliant adventure down. You might even want to create a book cover to show your grown up when they get home.

Or, if you prefer to tell the story, you can practice saying it out loud and perform your story to your grown up. Try and add a sound and a movement for each section of your story. Get your audience to repeat the sounds too!



Idea 8: Daily Notes Exercise

This activity is a way to help you feel close to your parent, even when they have to go to work. You will need some paper and pens for this exercise!



Instructions:

1. Find a piece of paper or a post it note if you have one in your house.
2. Write a note on it for your parent, think about what you might like to say to them throughout the day. You can add a picture too if you'd like!
3. Now hide it somewhere that your grown up will find it later on!

Here are some ideas to help you write your note so that you can spread a smile for your grown up:

- ✓ Your favourite memory with them
- ✓ A joke
- ✓ Something that makes you smile
- ✓ A compliment!
- ✓ A positive statement- e.g. I believe in you!
- ✓ Something that you're proud of them for
- ✓ A funny story

If you can't think what to put - do some detective work first! Ask what makes them smile, or what they'd like to hear when they are at work.