

What? This is a journal for you to fill with entries over the summer.

Where? Journaling in the same quiet, comfortable space is ideal, but not necessary.

When? It is recommended that you journal at least 3 days a week, starting with a length of time that feels "Just right" (not too easy, not too hard) for you. Using a timer may help as you get familiar with adding journaling to part of your daily life.

Why? Journaling is beneficial to your social-emotional health. It can help you manage your emotions and thoughts in a healthy way.

How? There are a variety of ways you can structure a journal entry. Sometimes, you may have a lot to say, so when the pencil hits the paper you will write and write and write. Other times you may just be writing about something you are observing or observed in a list. Initially, your entries may be short and simple. That's okay. Journaling takes practice, just like anything! When you journal, you do not need to worry about spelling and punctuation. That can block the flow of your writing!

Who? This journal is for you. I will not be reading through your entries. You will be expected to flag one entry to share with the 4th grade community when we return to school after summer break.

What? This is a journal for you to fill with entries over the summer.

Where? Journaling in the same quiet, comfortable space is ideal, but not necessary.

When? It is recommended that you journal at least 3 days a week, starting with a length of time that feels "Just right" (not too easy, not too hard) for you. Using a timer may help as you get familiar with adding journaling to part of your daily life.

Why? Journaling is beneficial to your social-emotional health. It can help you manage your emotions and thoughts in a healthy way.

How? There are a variety of ways you can structure a journal entry. Sometimes, you may have a lot to say, so when the pencil hits the paper you will write and write and write. Other times you may just be writing about something you are observing or observed in a list. Initially, your entries may be short and simple. That's okay. Journaling takes practice, just like anything! When you journal, you do not need to worry about spelling and punctuation. That can block the flow of your writing!

Who? This journal is for you. I will not be reading through your entries. You will be expected to flag one entry to share with the 4th grade community when we return to school after summer break.