**ELA: Activity 1: Journal Entries**

This week, take the time to begin recording in a journal, scribbler or looseleaf binder. (Those who find it easier typing on a laptop or computer may feel free to do so, however it is recommended that it be handwritten as a keepsake). Remember to **put the date at the top of your page** and write about **how you are feeling**, **the weather** and **something about how you spent the day**. Remember to include the names of those who were involved in your day and any funny things that happened, games you played or special moments. Try to always include something that you are grateful for at the end of each journal entry. You may wish to do this activity at the same time each day. For example, after supper each night or every other night. It is your journal and it is up to you how often you write in it. Some days, you may wish to write in more detail than others. This will be interesting for you to read in the future when you may look back and reflect on all the memories of this unique time in your life. Decorate your journal with your name, drawings, stickers or colourful images. If possible, include a photo or drawing of yourself and tape or glue it in the inside cover or on the first page. Have fun and happy writing!