



CoVideos

Online Creative Activities to chase away the Lockdown Blues

All About Me – Creating a Journal

Resources

Many people find that writing a journal is really good for their mental health, as well as being a lovely thing to look back on.

Here is a list of the main items you will need to make your journal. We have tried as far as possible to ensure that you are likely to have everything already lying about the house.

You will need...

- A notebook or exercise book
- Pens/pencils for writing with
- Any felt tips, crayons or paint you have
- Printer paper or cartridge paper
- Old magazines and newspaper
- Sellotape
- Glue
- Scissors

The video will give you some ideas for your journal and how to get started. Below are some other things you may wish to consider. However, this is a personal book, and these are only suggestions.

Most journals are fairly organic affairs. You may already have some ideas about what you wish to include, other things will come to you as you go along. If you have some definite ideas, you could allocate a page or two to those so you can add to them later. You may also want to leave space for drawing or adding photographs. Alternatively, you may just like to start at the beginning and just work your way through, adding things as they come to you.



Some ideas for pages in your Journal

- Do a line drawing - make a drawing where you don't take your pencil or pen off the page - enjoy curls!
- A poem page – have a go a writing cinquain poem a very old Saxon poetry form that goes like this:

<p>A noun Two adjectives Three verbs A short phrase A simile</p>	<p>e.g.</p>	<p>dog loyal, protective barking, running, sleeping a friend who loves me always he's like my best mate</p>
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- A fantasy road trip plan – where would you like to go? Draw a wiggly line on your page and draw the places on the route. And notes on why this would be a good trip (e.g. seeing family, visiting the beach, traveling across 3 continents!)
- Favourite quotes page
- Things I couldn't live without
- Food you are enjoying currently
- A birthday entry – for you or someone else!
- Pressed flowers
- A nature page - lists of birds or flowers in your garden, or highlights from a walk
- Hobbies – take this any way you like – write about them, make lists, stick in pictures.
- Summer memories
- Festive memories
- Your own private island – draw it, or a map of it. What would it be like? Your rules, your choice of landscape. What goes on it?
- Who you would like to invite to supper.

Or, you may prefer to go with chapter headings, for example...

1. My Happy Place
 - a) Is it in this country, or abroad?
 - b) Inside or outside?
 - c) Lively or quiet?



d) Why is your favourite place? How often have you been there?

2. My Friends

- a) Do they live close by?
- b) Do you see them very often?
- c) What activities do you do with your different friends?
- d) Who can you talk to the most easily?
- e) Who makes you laugh?

3. My Philosophy of Life

- a) Does this come from the way you were brought up?
- b) what is your method for making important decisions?
- c) How do you resolve arguments?
- d) Are you optimistic or pessimistic?
- e) How do you relax?

4. My most prized possessions

- a) Why are these important to you?
- b) Are they of sentimental value?
- c) Were they expensive?
- d) Describe them in as much detail as you can, or draw them, or perhaps stick in a photo

5. Things I would like to do

- a) Places I would like to visit
- b) People I would like to talk to
- c) Things I would like to do

Of course, you can go back and add to your journal at any time. These are your pages, so go for it!

Please email us at: info@rutlandcommunityventures.uk

We're looking forward to hearing from you and seeing the results of your activities!

That's all for now. Goodbye - and we hope you enjoyed the activities!