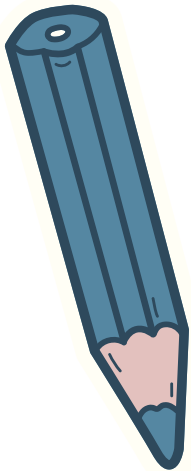


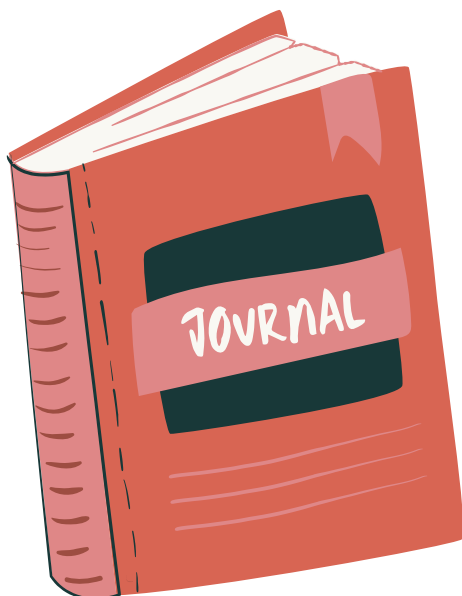
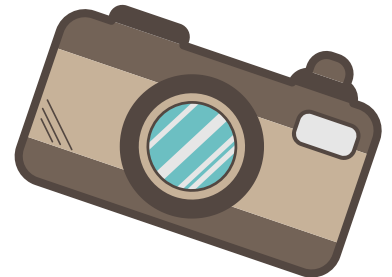
Dear Journal...

GOALS

Selective Writing Guide



# HOW TO WRITE A JOURNAL ENTRY



# Dear Journal...

## 1. INTRODUCTION TO JOURNAL ENTRIES

A journal entry is a personal record of thoughts, feelings, observations, or experiences written on a specific date. Unlike formal essays or reports, journal entries are typically more informal and reflective. As a Year 6 student preparing for selective tests, mastering the art of journal writing will enhance your self-expression, creativity, and ability to articulate your thoughts and emotions effectively.

### **Journal entries can serve multiple purposes:**

- To record and reflect on daily experiences
- To explore and process emotions
- To set and track personal goals
- To practice creative writing
- To document growth and changes over time



### **Types of Journal Entries:**

- Personal diary entries: Recording daily events and feelings
- Reflective entries: Analysing experiences and lessons learned
- Dream journals: Documenting and interpreting dreams
- Travel journals: Recording observations and experiences while traveling
- Gratitude journals: Focusing on things to be thankful for
- Creative writing entries: Using prompts or free writing for storytelling

# Dear Journal...

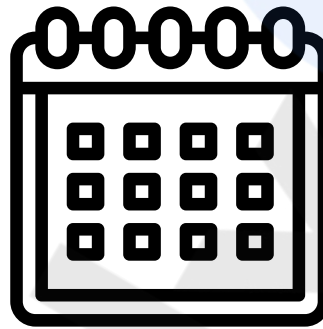
## 2. STRUCTURE OF A JOURNAL ENTRY

While diary entries can be quite flexible in structure, they typically include the following elements:

**a) Date:** The date of the entry.

Examples:

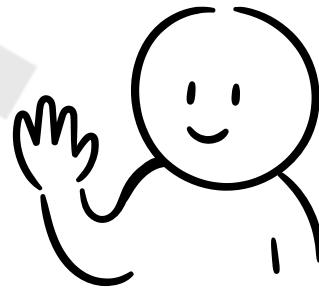
- Monday, July 28, 2024
- 28/07/2024
- July 28th
- 28 July 2024
- Monday



**b) Greeting:** A way to start the entry (optional).

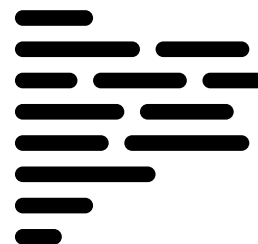
Examples:

- Dear Diary,
- Hello Journal,
- Today was...
- I can't believe what happened today!
- As I sit down to write...



**c) Body:** The main content of the entry, which may include:

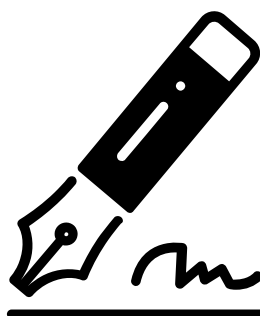
- Description of the day's events
- Expression of feelings and thoughts
- Reflections on experiences
- Secrets or confessions
- Hopes and fears



**d) Closing:** A way to end the entry (optional).

Examples:

- Until tomorrow,
- That's all for now,
- I'll write more later,
- Goodnight,
- Until next time,



# Dear Journal...

## 3. STEP-BY-STEP GUIDE TO WRITING A JOURNAL ENTRY

### Step 1: Choose your focus

- Decide what you want to write about (an event, feeling, observation, etc.)

### Step 2: Date your entry

- Write the date at the top of the page



### Step 3: Set the scene (optional)

- Briefly describe where you are or what's happening as you write

### Step 4: Let your thoughts flow

- Write freely about your chosen topic
- Don't worry too much about perfect grammar or spelling

### Step 5: Be honest and personal

- Express your true thoughts and feelings
- Use "I" statements to keep it personal



### Step 6: Include sensory details

- Describe sights, sounds, smells, tastes, and textures to make your entry vivid

*Dear Journal...*

### **3. STEP-BY-STEP GUIDE TO WRITING A JOURNAL ENTRY**

#### **Step 7: Reflect on your experiences**

- Go beyond just describing events; share what you learned or how you felt

#### **Step 8: Ask questions**



- Pose questions to yourself about your experiences or feelings

#### **Step 9: Look forward**



- Include your hopes, plans, or goals for the future

#### **Step 10: Reread and add final thoughts**

- Review what you've written and add any final reflections

#### **Step 11: Close your entry (optional)**

- Add a closing phrase if you like



# Dear Journal...

## 4. VOCABULARY FOR JOURNAL ENTRY WRITING

### 1. Reflective starters:

- Today, I realized...
- I've been pondering...
- In retrospect...
- It occurred to me that...

### 2. Emotional descriptors:

- Overwhelmed
- Invigorated
- Apprehensive
- Fulfilled
- Conflicted

### 3. Action verbs:

- Tackled
- Initiated
- Confronted
- Deliberated
- Persevered

### 4. Goal-setting vocabulary:

- My intention is to...
- I aim to...
- My short-term goal is...
- In the long run, I hope to...

### 5. Analytical phrases:

- The root cause seems to be...
- This pattern suggests...
- I'm beginning to see a connection between...
- On closer examination...

### 6. Growth-oriented language:

- I'm challenging myself to...
- My progress on... has been...
- I need to work on...
- A key lesson I've learned is...

### 7. Decision-making phrases:

- I'm torn between...
- After careful consideration...
- Weighing the pros and cons...
- I've decided to...

### 8. Insightful transitions:

- This experience has shown me...
- Looking at this from another angle...
- What I hadn't considered before was...
- The implications of this are...

# Dear Journal...

## 5. EXAMPLE SENTENCES

1. "Today, I experienced a moment of pure joy when I saw a rainbow after the storm."

2. "I can't help but feel a mix of excitement and nervousness about starting at a new school next week."

3. "Looking back, I realise how much I've grown since the beginning of the year."

4. "The scent of freshly baked cookies filled the house, reminding me of weekends at Grandma's."

5. "I'm still pondering the ending of the book I finished last night; it left me with so many questions."





# Dear Journal...

## 5. EXAMPLE SENTENCES

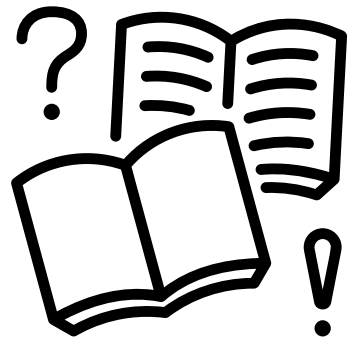
6. "Today's argument with my best friend made me reflect on the importance of communication in relationships."



7. "The sunset at the beach was breath-taking – the sky was painted in shades of orange, pink, and purple."



8. "I had an epiphany today about my math homework – suddenly, the concept just clicked!"



9. "Watching old family videos filled me with a bittersweet nostalgia for my childhood."

10. "Despite the challenges, I'm determined to achieve my goal of running a 5K by the end of summer."





# Dear Journal...

## 6. FULL EXEMPLAR DIARY ENTRY

Monday, July 28, 2024

Dear Journal,

As I sit on my bedroom window seat, watching the last rays of sunlight paint the sky in brilliant oranges and pinks, I can't help but reflect on what an extraordinary day this has been. It started like any other Monday – the usual rush to get ready for school, the mad scramble to find my left shoe (how does it always disappear?), and Mom's gentle reminders to eat my breakfast. Little did I know that this ordinary Monday would turn into a day I'll remember for a long time.

During lunch break, our principal made a surprise announcement: our class had been chosen to participate in a special environmental project! We're going to work with local scientists to study the ecosystem of the nearby creek and help with conservation efforts. The excitement in the room was palpable – everyone was buzzing with questions and ideas.

*Dear Journal...*

## **6. FULL EXEMPLAR DIARY ENTRY**

I've always loved nature, but I've never had the chance to do real scientific fieldwork before. The thought of putting on waders, testing water quality, and maybe even discovering a new species (okay, that might be a stretch, but a kid can dream!) fills me with a mixture of excitement and nervousness. What if I'm not good at it? What if I slip and fall into the creek in front of everyone? But then I remember what Dad always says: "Growth happens outside your comfort zone." I guess this is my chance to grow!

After school, I couldn't wait to tell Mom and Dad about the project. Their enthusiasm matched mine, and soon we were brainstorming ideas for my part of the research. Dad even dug out his old microscope from the attic – it's a bit dusty, but it still works! I spent the evening looking at leaves and bugs from our backyard. It's amazing how different things look up close. A tiny aphid becomes a strange, alien creature under the lens. It makes me wonder what other hidden wonders we'll discover in the creek.

As excited as I am about the project, I can't help but feel a twinge of sadness too. This will be our last big class project before we move on to middle school next year. It's bittersweet to think about how much we've all grown and changed since first grade. Will we still be as close when we're in different classes next year? I hope so, but I know things will be different.

*Dear Journal...*

## **6. FULL EXEMPLAR DIARY ENTRY**

Looking ahead, I've set myself a goal: I want to learn as much as I can about our local ecosystem and maybe even come up with an idea to help protect it. Who knows? This project could be the start of a lifelong passion for environmental science. The thought both thrills and terrifies me – in the best possible way.

As I finish writing, the sky has turned to a deep blue, with the first stars beginning to twinkle. I feel a sense of calm and purpose settling over me. Whatever challenges this project brings, I'm ready to face them. After all, every great scientist started somewhere, right?

Until tomorrow,  
[Your Name]

P.S. Note to self: Remember to ask Ms. Thompson if we need to bring our own equipment for the creek study. And maybe invest in some waterproof shoes!

*Dear Journal...*

## **7. TASKS, EXERCISES, AND ACTIVITIES**

### **1. Sensory Experience Journal:**

Spend 10 minutes focusing on your surroundings using all five senses. Write a journal entry describing what you observed.

### **2. Emotion Exploration:**

Choose an emotion you experienced recently and write a journal entry exploring why you felt that way and how you dealt with it.

### **3. Future Self Letter:**

Write a journal entry in the form of a letter to your future self, describing your current life, hopes, and goals.

### **4. Gratitude Journal:**

Write a journal entry listing five things you're grateful for and why they're important to you.

### **5. Dream Journal:**

Keep a notebook by your bed and write a journal entry about a recent dream, describing it in detail and reflecting on its possible meanings.

*Dear Journal...*

## **7. TASKS, EXERCISES, AND ACTIVITIES**

### **6. Problem-Solving Entry:**

Write about a problem you're facing, exploring possible solutions and your feelings about the situation.

### **7. Nature Observation:**

Spend time outdoors and write a detailed journal entry about what you observe in nature, including your thoughts and feelings about the experience.

### **8. Fictional Character Journal:**

Write a journal entry from the perspective of a character from a book or movie you enjoy.

### **9. Goal-Setting and Reflection:**

Write a journal entry setting a personal goal, then revisit it in a week to reflect on your progress.

### **10. Stream of Consciousness:**

Set a timer for 5 minutes and write continuously without stopping, letting your thoughts flow freely onto the page.