



## Journaling Freedom

*(student friendly)*



**Tips for building a journaling culture with any group of students**



# Journal Writing

## Journal Session #1

Writing in journals can be a powerful strategy for students to express themselves, connect with inner feelings, gain writing fluency. While journaling is a form of writing in its own right, students can also freely generate ideas for other types of writing as they journal.

Welcome to "me time....."

- ★ Establish best time of the day.
- ★ Identify a great journaling location.
- ★ Set a goal for the following:
  - ★ *How much time?*
  - ★ *What topic?*
- ★ Define your level of journal satisfaction.
- ★ Establish a share out flow (if the norm of comfort when sharing has been established).

*I define satisfaction as not being forced to complete a certain level of journaling but being content with whatever you have accomplished or completed*

# Self - Expression

Let  
Students  
Be Kids!

Express Yourself! Kids just want to be kids! Which is the same as saying “let students be kids”. By allowing students to build in time for self-expression you are making contributions toward establishing a positive classroom culture that students feel seen and heard!

1. Have students speak openly about when they feel the most free and what activities this feeling of freedom!

2. Ask students what you can do to make the space or atmosphere feel more freeing. *“would you like me to play soft music” or dim the lights”*

3. Join in on the self-expression even if its doodling while they take time to tap into a freeing moment in order to build a appetite for journaling

