

Objective

By the end of this lesson, the student will understand the basics of diary writing, including how to express thoughts and feelings, develop a personal voice, and create engaging entries that reflect their daily life and experiences.

Materials and Prep

- A notebook or several sheets of paper for diary entries.
- A pen or pencil for writing.
- A comfortable and quiet space to write.
- Familiarity with the concept of a diary and its purpose.

Activities

1. Diary Entry Brainstorming:

Start by brainstorming topics that the student might want to write about in their diary. This could include daily activities, feelings, dreams, or events that made an impact. Encourage the student to list at least five ideas before moving on.

2. Writing a Diary Entry:

Choose one of the brainstormed topics and write a diary entry. Remind the student that there are no rules in diary writing; they can write freely and express themselves however they like. Encourage them to include feelings and thoughts in their writing.

3. Sharing and Reflection:

After writing, the student can choose to share their entry with you if they feel comfortable. Discuss what they enjoyed about writing it and how it made them feel. This reflection will help them understand their writing better.

4. Creative Writing Prompts:

Introduce a few creative writing prompts related to diary writing, such as "What would you do if you could time travel for a day?" or "Describe your perfect day." Let the student choose one prompt to write about in a new diary entry.

Talking Points

- "A diary is like a friend that listens to you without judging. You can share anything!"
- "Writing in a diary helps you express your feelings. It's a safe space for your thoughts!"
- "Every entry can be different! Some days you might write a lot, and other days just a few sentences."
- "Don't worry about spelling or grammar. The most important part is your voice and feelings!"
- "You can write about anything: your day, your dreams, or even your favorite pizza topping!"
- "Think of your diary as a time capsule. One day, you can look back and remember what you felt!"
- "It's okay to write about tough days. Writing can help you process and understand your feelings."
- "You can add drawings or doodles to your diary. It makes it more personal and fun!"

- "Try to write regularly. It helps you get into the habit of expressing yourself."
- "Remember, your diary is for your eyes only. It's a place to be completely honest!"
- "Use descriptive words to make your entries lively. Instead of saying 'I was happy,' say 'I was overjoyed!'"
- "You can start each entry with the date. It helps you remember when you wrote it!"
- "Don't be afraid to write about your dreams or goals. It can help you visualize what you want!"