

Objective

By the end of this lesson, the student will understand the importance of keeping a diary and will be able to write engaging diary entries that express their thoughts, feelings, and daily experiences.

Materials and Prep

- A notebook or sheets of paper for writing.
- A pen or pencil.
- Comfortable space to write and reflect.
- Knowledge of basic diary structure (date, entry, etc.).

Activities

1. **Diary Entry Writing:** Begin by writing a diary entry about a recent event or feeling. Encourage the student to describe the event in detail, using their senses to paint a picture with words.
2. **Diary Prompts:** Provide a list of fun prompts such as "Describe your favorite day ever" or "What are three things you are grateful for today?" Allow the student to choose one and write a short entry based on it.
3. **Reflection Time:** After writing, take a moment to read the entry aloud. Discuss what emotions or thoughts came up during the writing process and how it felt to express them.
4. **Creative Diary Design:** Encourage the student to decorate their diary or the pages they have written on with drawings, stickers, or creative borders to make it personal and fun!

Talking Points

- "Keeping a diary is like having a friend you can always talk to. What do you think it would be like to share your thoughts with just one person?"
- "A diary helps you remember important moments. Can you think of a time you'd like to remember forever?"
- "Writing about your feelings can help you understand them better. How do you feel when you write?"
- "You can write about anything in your diary! What's something fun you did recently that you'd like to write about?"
- "Your diary is private, so you can be honest. What's something you'd want to write that you might not say out loud?"
- "Using your senses in writing makes it more exciting! Can you describe a smell or sound from your day?"
- "Decorating your diary makes it special. What colors or drawings would you choose to show your personality?"