

Journal

Supplies for activities needed:

- Printer Paper
- Construction Paper
- Coloring Utensils
- Yarn
- Hole Punch

Activity Name: Journal

- School Readiness Outcomes (SRO) goals met:
 - Expressing feelings in acceptable ways
- Instructions
 1. First, you are going to take the printer paper (about 3-5 pieces should do) and fold them in half to make a book shape then do the same to one piece of construction paper. These will be the inside pages and the cover page of the journal.
 2. Next, put the folded printed paper inside the construction paper and hole punch 3 holes into them all at once. One hole should be on top, one in the middle, and one on the bottom. You will then tie a piece of yarn inside each hole to hold the journal together.
 3. Lastly, have your child decorate the front of their journal, and then you can begin using it! It is best to work/write in the journal with your child so that you can both show how to express feelings.
 - Prompts that you can use:
 - Today I feel...
 - I feel sad when...
 - I was surprised when...
 - I was sad/mad because...
 - Feel free to use this journal as a way to talk with your child about their day at the end of the day.



ECLIPSE



