How to Use This Book with Children

1. Read about journals (pages 2–3).

2. Read about what you can include in a journal (pages 4–5). Talk about the pictures. Make connections to children’s experiences.

3. Read and talk about Marta’s journal (pages 6–9).

4. Read and talk about Tom’s journal (pages 10–15).

5. Review the steps for writing a journal and the writer’s checklist (page 16).

6. Support students as they begin to write their own journal entries.

7. Use the write-on/wipe-off journal from the inside back cover of the book to model writing your own journal entries. Model writing several journal entries before asking children to write their own.
What Is a Journal?

A journal is a text you write about yourself.

Why Do People Write Journals?

People write journals to remember things that happened. They write to remember thoughts and feelings, too.

Journal

March 2
I had a great birthday party! My sister and parents were there!

I got a new baseball glove for my birthday! I went to the park to play catch.
What Can You Write in a Journal Entry?

You can write about something you did. You can tell about something you saw. You can describe what you think or feel. You can illustrate your journal, too.
Sunday Night

Tomorrow is the first day of school. I can’t wait! I wonder who my teacher will be this year.

Monday

I have Mrs. Johnson for first grade! She is so nice. She is really funny too. This is going to be a great year.
Tuesday

Today Jill fell and hurt her knee. I took her to the nurse. The nurse put a bandage on it. Jill was crying, but I held her hand.

Wednesday

Our class is going to a farm next week! I hope we get to ride a horse. I would really like to do that.
Today was the first day of summer vacation! I went to the park. The sprinklers were on and I got soaked!

We went to the zoo today. We watched the sea lions getting fed. They eat whole fish!
Lucy was filthy so I gave her a bath. Now she is fluffy and she smells clean.

Dad and I went for a long walk in the park. We saw some awesome birds. We spotted a deer, too.
I went to the pool with my friends. The water was freezing! I jumped off the highest diving board.

It’s raining today. That’s okay with me. I’ll read my new book. I can’t wait to get started!
First, Write Your Own Journal

1. Tell what you did or saw.
2. Tell what you think or feel.
3. Add illustrations if you want to.

Next, Review Your Checklist

I remembered to . . .

☐ Tell what I did or saw.
☐ Tell what I think or feel.
☐ Add illustrations.
Journals

Many people keep a journal and write about their lives. Find out what you can include in a journal. Read sample journals, and then write your own journal entries!

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