



Activity Time

What you need: A copy of “My Journal” cover, several journal pages (art work included with this lesson) for each child who doesn’t have a journal, other family members journals, and pen or pencil for each family member. Staples or needle & thread for binding.

- Preparation**
1. **Print** out the art work (Optional: For added durability have cover laminated or put in a plastic sheet protector).
 2. **Fold** art work in half.
 3. **Place** journal pages inside cover.
 4. **Bind** by stapling together or sewing together with needle and thread.

Activity: (Younger children will need help from an older sibling or parent.)
Explain to your family that one important reason to keep a journal is that we have been asked to by the Savior and His prophets. Developing a habit of keeping a journal while you are young will help establish the journal habit. You don’t have to write in your journal every day, but you should write in it often about everyday events as well as special occasions.

1. Discuss with your children the kind of things he or she might want to record in their journals (joys, sorrows, special occasions, feelings, challenges, testimony, triumphs, failures, etc.). Your journal should contain your “true self”, but don’t dwell on the negative.
2. Share an entry from your journal or from another family member.
3. Help each child record an event in their journal (be sure to date entries). Parents or an older siblings can write for children who don’t know how to print. Be sure to write it in their own words. They may also choose to draw a picture of an event. Encourage children who can print to write themselves. (You may choose to assist with spelling but helping a child to articulate how they feel is more important.)

My Journal



*"The Angels may quote from it for Eternity."
President Spencer W. Kimball, New Era, Oct. 1975*

