LA COUNTY LIBRARY

Activity Idea

My Journal

Recommended for Ages 5 – 8

Journaling Through These Unusual Times
Materials required: Any notebook. A composition book would work well.

Encourage your child to create a brief entry each day as part of their morning or evening routine. Journal entries can be written or drawn or both; photos can be pasted in to create a scrapbook if you want. Journal entries can be about daily routines, how they are feeling/coping with the drastic change in their life, or anything they wish.

Writing on a regular basis improves writing skills.

This activity also provides a chance to discuss with your child how they feel, what is going on around the world, what they look forward to after this, etc.

Some options: This can be personal and private in the traditional sense of a diary, or it can be a family project in which everyone regularly contributes entries and the book will be shared. In future decades this will probably be a very sentimental family heirloom.

Digital Journaling
Materials required: Google account for access to Google Docs, or Microsoft Word.

Same idea as journaling in a notebook, but instead a digital journal. Photos can be added. Once this period is over and the library reopens, it can be printed at the library and bound into a book.

For young children not used to the computer keyboard, this can provide them with good practice at typing. It could also be recommended that they take an online typing course first, and then use this exercise to have steady practice with typing, as well as build familiarity with Google Docs or Microsoft Word.