

# Journal

This activity might take a little time and effort to initially create, but once it is done, it can serve as a valuable self-esteem builder for your child(ren).

1. Pick up a blank sketch pad at any craft store
2. Cut letters out of construction paper to spell child(ren)s name(s); or use pre-made scrapbooking letters. Glue these to the front of the book.
3. Decorate the rest of the cover with stickers, glitter, and anything other craft supplies you have kicking around.
4. Copy journal topics listed onto some of the pages of the book(either with a sharpie marker, or by printing off on fun computer paper and gluing onto the pages). Leave a few pages in between each topic for children to draw pictures, or glue in postcard and other memorabilia.

## Fun Idea

Pick up a bag of photo corners, and dedicate a few pages of the book to adding photos.

**What does it mean to be a hero?**

**Write about one goal you would like to achieve in your life.**

**What color best describes your personality? Explain why.**

**List your three greatest strengths.**

**Where is your favorite place? Why this is your favorite place.**

**Write about one great thing that you did yesterday.**

**Think about a person you admire/ think highly of, now, think of three words to describe that person.**

**What does success mean to you?**

**What is the greatest gift that one person can give another person?**

**Write about someone or something that is important to you. Explain.**

**What are three things that make you happy?**

**Give an example of a time you made a decision on your own.**

**Who is one person you trust? Why do you trust them?**

**What is the best thing about school?**

**What do you enjoy doing when you have time alone?**

**What do you enjoy doing with your friends?**

**What does friendship mean to you?**

**What is your favorite book or movie? Why?**