

Hope, Resilience & Recovery



Funded by counties through the Mental Health Services Act (Prop 63).

Hope Journal Bookmark Activity

Social and Emotional Learning (SEL) is the process, through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

A fun and easy activity that encourages Social and Emotional Learning with children, teens and young adults is journal writing. This can be done in a group format or one-on-one. Journal writing has been found to stimulate mindfulness, self-awareness, reduce stress and can be a helpful coping mechanism as it allows individuals to work through their thoughts and emotions.

What's included:

- ☞ Social Emotional Learning Journal
- ☞ Bookmark with writing prompts

What You'll Need:

- ☞ Journal, if you're unable to purchase a journal, you can learn how to make one using only one piece of paper [here](#).
- ☞ Items to decorate your journal such as coloring utensils, stickers, magazines and glitter
- ☞ Writing utensil



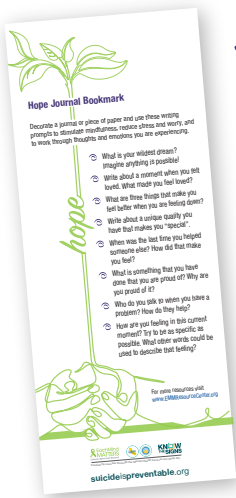
Follow these steps to do the journal bookmark activity:



1. To start, provide youth with their journal and items to decorate. Instruct youth to decorate the outside of their journal in a way that represents them. This is their space to dream, think and be whatever they want. They could utilize magazine clippings to make a collage or simply decorate with coloring utensils.



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2. From here, pick the number of days that you'd like to have the youth journal. This could be as many as every day or as little as two days per week. Begin their journaling days by either giving them a prompt off of their bookmark or allowing them to choose a prompt themselves. Allow youth five to ten minutes to think and write about their prompt.
3. If in a group or being done as an individual, after they have had time to write in their journal, follow-up with a discussion. This provides youth with the opportunity for shared learning amongst peers or others. Although this is encouraged, be mindful that their journal is their safe space and do not push for sharing if it is not welcomed.
4. As journaling is a great way for people of all ages to practice self-expression and gain self-awareness, amongst other SEL skills, you can continue to utilize this journaling activity indefinitely. If you need further inspiration for writing prompts, visit the links in the resource section below.



Writing Prompts:



- 🕒 Describe one of the happiest moments in your life. Why was it so happy?
- 🕒 What is your wildest dream? Imagine anything is possible!
- 🕒 Who is your best friend and how do they make you feel?
- 🕒 Can someone turn a weakness into a strength over time? How?
- 🕒 Write about a moment when you felt loved. What made you feel loved?
- 🕒 What is the best advice you have ever been given?
- 🕒 Body scan: Start by taking a few big deep breaths. Starting from your feet, moving up to your head, pay attention to and write down how different parts of your body feel.
- 🕒 Environment scan: Write down everything that is happening around you at this moment. Can you name three things you see, smell, hear?
- 🕒 Write about a person who you'd like to be like someday. What is special about this person?
- 🕒 What is one thing you would like to get better at?
- 🕒 What are three things that make you feel better when you are feeling down?
- 🕒 Write about a unique quality you have that makes you "special."
- 🕒 When was the last time you helped someone else? How did that make you feel?
- 🕒 What is something that you have done that you are proud of? Why are you proud of it?
- 🕒 Who do you talk to when you have a problem? How do they help?
- 🕒 How can you tell that you're getting angry? What does your body feel like? What are the ways in which you express anger? What helps you not be angry anymore?
- 🕒 How are you feeling in this current moment? Try to be as specific as possible. What other words could be used to describe that feeling?

Additional Resources:

For additional resources for parents and educators visit the Each Mind Matters collection here

- 🕒 [Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#)
- 🕒 [The Health Benefits of Journaling](#)
- 🕒 [Journaling as a Social Emotional Learning Practice](#)
- 🕒 [15 Activities for Teaching SEL](#)
- 🕒 [Free Sample of Social Emotional Learning Journal for Distance Learning for 5th and 6th grade](#)
- 🕒 [Sources of Strength: Reflect + Connect: Seven Days of Journal Prompts](#)