

Journal Jar Activity

Items needed:

- ~~Jar or other container (paper mache boxes are fun, and come in a variety of shapes. Available at most craft stores.)
- ~~Journal Jar questions (below)
- ~~colored paper
- ~~scissors

1. Copy questions onto colored paper, this just adds color to the jar. You can use plain white paper.
2. Cut each question into its own strip. Fold once or twice and put into the container that you have. You can wrap each strip around a pencil, then remove; this adds "curly" papers to your jar.
3. Instructions for Journal Jar: Choose one strip from jar each time you write in your journal. Write about or answer the question that is on the strip of paper. Tape strip of paper onto journal page, if desired, for future reference. Continue each time you write until strips are all gone.

Articles related to journal writing:

(All can be found by searching on www.lds.org by title name.)

Why Write It? By: Brad Wilcox

Discover Yourself, Keep a Journal By: Janet Brigham

Your Own Journal By: Janet Peterson

Dear Journal By: Jeanine Tibbitts

Journal Jar questions

- * Tell about your favorite pet ... what kind of animal? When did you get him/her? Why do you like them?
- * What's your favorite thing to do in the summertime? Why?
- * Tell about a trip your family took that you particularly enjoyed. Where did you go? What did you see?
- * What's your favorite movie? Why do you like it? What's it about?
- * Tell something you enjoyed doing with your Grandma or Grandpa.
- * What is the best Christmas present you received? What is the best one you gave?
- * What is your favorite thing to play at the park?
- * If you could have your favorite dinner for your birthday, what would it be?
- * Tell all about your favorite friend and why they are special to you.
- * What is your best and worst subject in school? What do and don't you like about them?
- * If you could have any animal as a pet, what kind would you choose and why?
- * Write something nice about your family that they do that makes you happy.
- * Tell your favorite joke, or about something that makes you laugh!
- * What is a favorite board game or computer game and why do you like it?
- * If you could watch a video over and over, what would it be and why? What's it about?
- * Tell about the house you live in. Have you lived anywhere else. If so do you remember the addresses, phone numbers?
- * Tell about a special Birthday party you've had? Given? Or been to?

- * How do you like being the older, middle, or youngest child. Does it have any particular advantages or disadvantages?
- * Who is your favorite teacher? Why? Can you remember and tell about a special teacher?
- * What are you frightened of?
- * What can you remember about the day you were baptized?
- * Describe your favorite clothes?
- * What kind of music do you like? What is your favorite song and why?
- * What was your most embarrassing moment?
- * Do you have a bicycle? What is it like?
- * What instrument do you wish you could play and why?
- * What would you give yourself if you had all the money in the world?
- * What would you give your family?
- * Where do you go to school, what grade are you in, who is your teacher?
- * What is your room like? Do you share it with someone? What makes it special to you?
- * Describe a typical day during the school year.
- * What is your favorite holiday? How do you celebrate it?
- * Have you ever been sick, what made you feel better?
- * What is the most adventuresome thing you have ever done?
- * Write a want ad that best describes you if you were for sale!
- * Tell about your favorite Aunt or Uncle.
- * Describe your perfect spring day - what do you like to do outside?
- * Describe the perfect autumn day and what activities you enjoy.

- * Describe the perfect winter day.
- * Tell about the most wonderful thing that ever happened to you?
- * What is your favorite Saturday activity?
- * Tell about your dad's job and/or your grandpa's.
- * Tell about a frustrating experience you've had.
- * Describe your cooking skills and your favorite thing to cook.
- * What is your favorite color and why?
- * List each of your Aunts and Uncles. Tell one thing about each of them.
- * What is your advice to those younger than you.
- * Where do your grandparents live? What are their homes like? Do they have a certain smell or look or feel?
- * What do you want to be when you grow up? What will you be doing?
- * How many are in your family? Do you wish you had more brothers or sisters and why?
- * List all the costumes you have worn or characters you have been for Halloween.
- * Tell the things your parents have told you that you did when you were a baby.
- * Tell what you know about the day you were born.
- * Write down your favorite scripture story.
- * Who are some of my favorite people? Why?
- * Who am I closest to in my immediate family and why?
- * What are my goals and dreams?
- * What do I look like?

- * Who is my best friend? What is she/he like?
- * Who are some of my "school friends" and what do we do together?
- * When was I the most proud of myself? and when were my parents most proud of me?
- * Have I ever stood up for what I believe, even when it was very hard? Tell about it.
- * What are some of my jobs at home?
- * Have I ever written a story, poem, or song I would like to add to my journal?
- * If I could change any part of myself, what would it be?
- * What is the weirdest dream I've ever had?
- * Do I like school? Why?
- * What is my favorite sport or activity to do at recess?
- * Who is the prophet of the church right now? What am I learning from him?
- * What are some events that are happening in the world right now? (Include newspaper clippings).
- * Tell about any General Conference talk that you can still remember.
- * Describe a time when you felt the spirit very strongly.
- * What is my YW class like? Who's in it? Who's my teacher? What's my favorite thing about my teacher?
- * What am I studying this year in Seminary? Do I enjoy it? Do I feel the spirit there?
- * What is my most favorite thing to do at home?
- * The Lord gave everyone talents, what are some of my talents?
- * Do I enjoy my everyday life? What's it like?

- * What's my favorite Christmas memory?
- * What are my favorite family holiday traditions?
- * Do I have a testimony? Write down the things you do believe and know are true.
- * Where is my most favorite place to go, what is it like?
- * Describe each member of your family.
- * What is my full name and who am I named after? If I could change it, what would I call myself?
- * What is my favorite scripture and what are my thoughts or feelings about it?
- * Write about the most interesting thing that happened since the last time you wrote in your journal?
- * What's my home life like? Write down ways you would want to change or strengthen it.
- * What do I want to do after I get out of school?
- * Did I have a blanket or a favorite toy? Tell about it.
- * Write about feeling loved and by whom.
- * What are the things I love and admire most about my mother?
- * What are the things I love and admire about my father?
- * If I could live anywhere, where would it be? Why?
- * What do I know about my Savior? What are my feelings about Him?
- * What are my goals for making it back to live with my Father in Heaven?
- * Write about something you are grateful for. Make a list and count your blessings.
- * Write about how a prayer was answered.