



# Jolly Photo Journal Worksheet

## TEACHER GUIDANCE SHEET

### Required Material:

- ▶ Pens / Pencils
- ▶ The Jolly Photo Journal worksheet

### L.O:

- ▶ To recognise the positive impact of journaling.
- ▶ To be mindful of the things that make me happy on a daily basis.

### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – Ask the children if they were to keep a diary what kind of thing they would write about and why. Then have them discuss what the benefits of journaling may be.

### MAIN TEACHING (10mins)

Introduce the concept of journaling to the class, and how it is usually a book of thoughts, feelings, memories, ideas or opinions that is private to us. Tell the children that you don't have to be an expert writer to keep a journal, it can just be a place where you express what's on your mind.

It can clear your head of worries or if you find you have too many things to think about you can list them down. Many people keep a journal to track their emotions and what things impact how they feel so they can better manage them and lead a potentially happier life.

Tell the children that you can also keep a photo journal to better visualise your memories and even just keep the visual memories of the parts that made you happy so you can enjoy them in the future.

### MAIN TASK - Jolly Photo Journal (15mins)

Using the Jolly Photo Journal Template the children are to think of what they will be doing over the summer holidays and write down a list of things that they think will make them happy, and must capture in a photo.

If they are going to the beach, maybe take a photo of an ice cream, or if they are going to see family or friends take a photo of them all together. Before the end of the summer they must try to collect all photos that they have written on the template as a form of a journal.

### PLENARY (5mins)

**GROUP DISCUSSION** – Ask for volunteers to share what they are planning to take photos of and why these things make them happy.

### DID YOU KNOW!

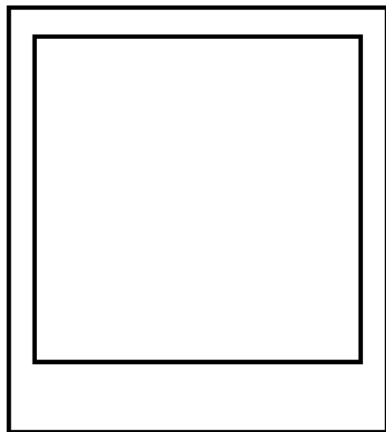
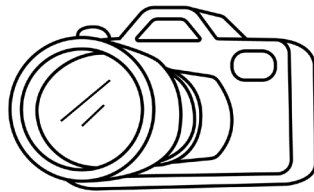
Every two minutes, we take more pictures than all humankind did in the whole of the 1800s.



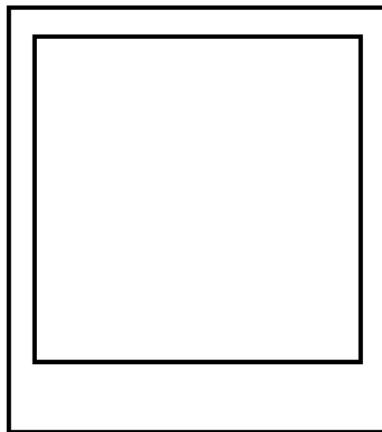
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CHILDREN GUIDANCE SHEET

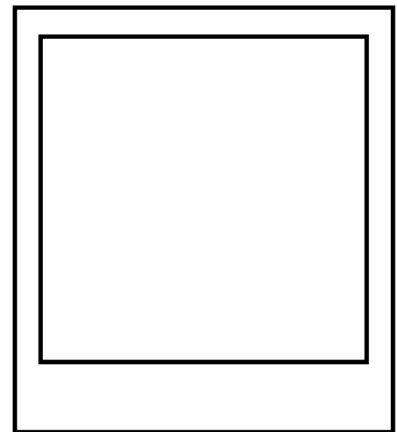
Keeping track of the good times and what makes us happy in a journal can be a wonderful exercise for us to look back on. Using this template, think of a number of different things that you are going to do over the summer holiday that you think will make you happy and set yourself the task of taking a photo. Try to collect all of the pictures to make the happiest summer memory collage. Tick them as you go.



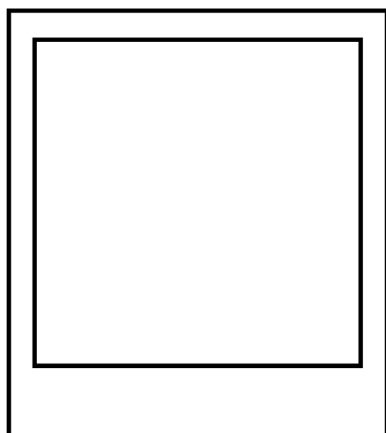
Something Cute



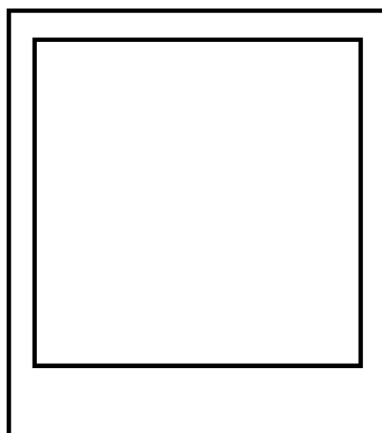
Something Happy



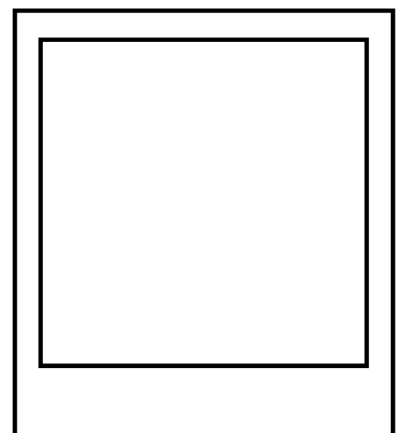
Something Amazing



Something Scary



Something Beautiful



Something Delicious