RAFT IDEAS

Topics: Journaling, Psychology, Personal Growth

Materials List
- ✓ Colored file folder
- ✓ Curling ribbon, raffia, or string
- ✓ Beads (optional)
- ✓ Paper or light card stock
- ✓ Hole punch
- ✓ Paper clips or binder clips

This activity can be used to support the teaching of: Common Core English Language Arts Standards:
- Write opinions and narratives (Writing, Grades K-5, 1; Grades K-8, 3)
- Write with organization & development (Grades 3-8, Writing, 4)
- Writing over time (Grades 3-8, Writing, 10)

- Experiment w/ forms, structures & materials (National Visual Arts Standards: Creating, Grades K-8)

This activity can also be used to develop the Intrapersonal Intelligence

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It's all about me!
A Journal for Self-examination and Discovery

It's All About Me!

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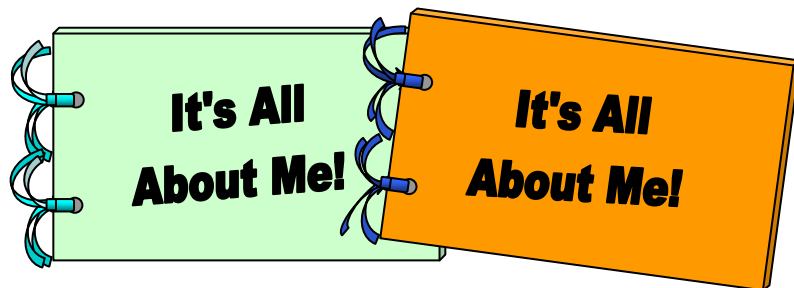
Assembling the Journal
1. Start with pre-printed or blank sheets of paper for the pages of the book. Use either full or half sheets of paper, depending on the desired book size.
2. Create the book cover(s) by marking the size of your paper on the file folder and trimming as required. If the folded edge of the file folder is used, the fold marks on the folder will bend nicely around the binding when the book is opened. If there will be a lot of pages, cut the covers apart to make room for the added thickness.
3. Put the pages between the covers and hold them in place with paper clips or binder clips on all sides except the side you are going to bind. Leave the clips on until binding is complete.
4. Use a hole punch to punch 2-4 holes through the covers and pages. If available, a 2-hole punch is easiest to use.
5. Thread a ribbon or string through each hole and tie a double knot on the end. Alternate method: thread the ribbon or string through two holes and tie a double knot on the front of the book.
6. Curl the ribbon or leave it plane and cut it on a diagonal. If desired, beads can be added to the ribbon at this point.
7. Remove the clips at this point.

Note: Many different materials can be substituted for the covers, such as EVA foam (durable and flexible), matte board, and heavy card stock.

Inside the Journal
Journals can be made with blank or pre-printed pages. Subject headings, directions, and open-ended questions can be added to pages to give students a good start on their journaling. See the second page of this Idea Sheet for examples of journal pages. If pre-printed pages are used, add a few blank pages at the end of the book for students to use as they wish.

Web Resources (Visit www.raft.net/raft-idea?isid=174 for more resources!)

JOURNAL PAGE SUGGESTIONS

ALL ABOUT ME!

Name
Age
Grade
I was born on___
I have _____ colored eyes
My hair is___
I am about _____ tall.
I have ___sisters and ___brothers.

My favorite thing about me is…

Something I do really well is…

MY FAVORITES

My favorite food…
My favorite animal…
My favorite thing to do is…
My favorite book…
My favorite sport…
My favorite game…
My favorite color…
My favorite season is…
My favorite holiday is…
My favorite movie…
My favorite place to go is…

HOME SWEET HOME
A picture of my house (either draw your house or put a picture here)

My address is
I've lived here for ___years
I was ___ years old when I moved here
There are ___ bedrooms and ___bathroom
My favorite room is...
My favorite place in my home is...
The thing I like best about my home is...

A GUIDE TO MY ROOM
(A picture of my room)

The shape of my room is _____
I share it with…
It have ___ windows.
My room is special because…
When I look outside the window I see…
My favorite thing to do in my room is…

MY NEIGHBORHOOD
(Draw a map of your neighborhood)

My favorite neighbor is/are…
What I like about my neighborhood is…
What makes my neighborhood different is…

HAPPY BIRTHDAY
Birthday wishes from

I AM HAPPY ABOUT…

MY SCHOOL
I ATTEND _____ SCHOOL.
MY TEACHERS NAME IS/ARE
I LIKE TO STUDY…
THE BEST THINGS THAT HAPPENED TO ME AT SCHOOL WERE…
IMPORTANT THINGS I HAVE LEARNED AT SCHOOL ARE…

SPECIAL MESSAGES

FAVORITE SAYINGS OR QUOTES FROM BOOK, MOVIE, OR PEOPLE.