RAFT IDEAS

Topics: Journaling, Psychology, Personal Growth

Materials List
✓ Colored file folder
✓ A shoelace or piece of ribbon
✓ Tape
✓ Paper clip or binding clip
✓ Paper or card stock
✓ Hole punch

This activity can be used to teach:
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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To infinity and beyond!
A Journal for Goal Setting and Looking to the Future
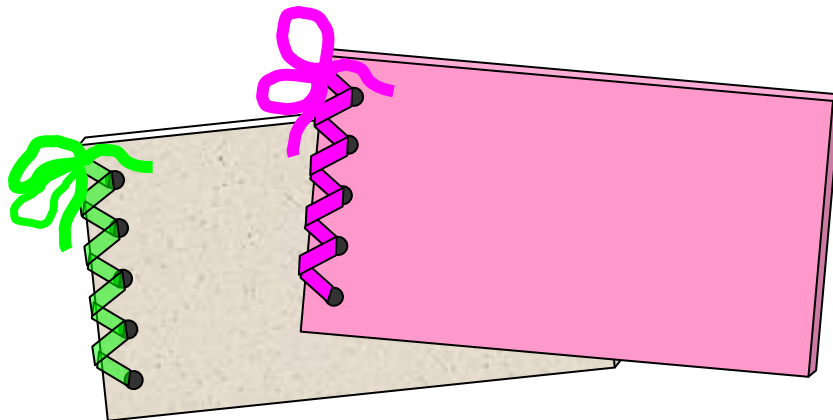
Assembling the "shoe lace" journal
1. Start with pre-printed or blank pages; either full or half sheets of paper can be used.
2. Create the book covers by marking the size of your paper on the file folder and cutting as required. If the folded edge of the file folder is used, the fold marks on the folder will bend nicely around the "laces" 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. Punch holes along the binding edge using a hole punch: five or six for a small book and ten to twelve for a large book. If available, a 2-hole punch is easiest to use.
5. If ribbon is being used, wrap the ends with a small piece of cellophane tape, this will look like the end of a shoelace and will make it easier to "lace" up the book.
6. "Lacing" this book will be easier if you hold the book between your knees. Thread the "lace" thru the bottom (or top) hole of the book and then cross the "laces" over the bookbinding. Then thread one side through the next hole and then thread the other side of the "lace" through the opposite side of the same hole. Continue the same technique up the binding and end with a single knot, and then tie a bow. Finally, take the two loops of the bow and tie them into a single knot. This should keep the book from coming untied.

Inside the Journal
Journals can be made with blank or pre-printed pages. Subject headings, directions or open-ended questions can be added to a page to give students a good start on their journaling. On the backside of this page are some examples of journal pages. If pre-printed pages are used, add a few blank ones at the end for them to be creative with.

Web Resources (Visit www.raft.net/raft-idea?isid=441 for more resources!)

JOURNAL PAGE SUGGESTIONS

I AM (a collage page of stuff about me)	A LETTER TO ME IN THE FUTURE
WHEN I AM AN ADULT... I will be... I will work at... I will work with... I want to work with... (Computers, animals, children) I want to be a... The field I want to work in...	THIS IS WHAT I THINK I WILL LOOK LIKE WHEN I GROW UP Things I want to be when I grow-up… Things I want to do when I grow-up… Places I want to go when I grow-up… Things I want to learn when I grow-up…
MY GOALS My goal for this month is to… By next summer I want to learn how to… Next fall I will be in the ___grade. By then I want to be better at… By next Christmas I want to… One year from now I will be ____ years old. One year from now I want to… Two years from now I will be___ years old. Two years from now I want to… Five years from now I will be ___ years old. Five years from now I want to…	Something I do well… Something I want to do… Something I want to do better… Something I want to teach… Some things I want to learn… Something I don't do very well. But I would like to do better… Something I dream about…
IF I WON THE LOTTERY I WOULD… **I would do…** **I would go…** **I would buy…** **I would help…**	JOURNALING FOR CLOSURE Something that I am mad about and what I want to do about it… Something that I am mad about and how I handled it… How I wish I would have done it…
MY LATEST ACCOMPLISHMENTS ARE…	**IF I HAD THREE WISHES AND THEY COULD BE ANYTHING, I WOULD WISH FOR…**