



Two Views on Journaling

Activity: Two Views on Journaling

Category: Writing Assignment

Series: Healthy Living (12 Tips to Maintain Brain Health)

Supplies

- *12 Tips to Maintain Brain Health*
- *12 Tips for Managing Stress and Anxiety*
- 1 notebook or journal for each student
- Pencils, colored pencils, or markers

Prep

Read Chapter 12 (“Keep a Journal”) of *12 Tips to Maintain Brain Health* and Chapter 11 (“Keep a Journal”) of *12 Tips for Managing Stress and Anxiety* with the students, or assign it to them to read before class.

Directions

These two chapters have exactly the same title, but they are from two different books with two different emphases. After reading both chapters, discuss the following questions with the students:

1. What are some of the benefits of journaling?
2. Which of these benefits were mentioned in both chapters?
3. What benefits did the *12 Tips to Maintain Brain Health* chapter include that the other book did not?
4. Why do you think the author chose to include this information?
5. What benefits did the *12 Tips to Maintain Brain Health* chapter include that the other book did not?
6. Why do you think the author chose to include this information?

Then hand out the notebooks or journals, or have the students bring their own. For the next week, the students should spend 15 minutes each day journaling. They can try any of the following methods:

- Freewriting whatever comes to their mind
- Describing what happened during the day
- Writing a pretend letter to someone (a real person or an imaginary person)
- Making a list of good things and/or problems that are happening to them

If they want, they can add drawings or doodles to their journal pages, too. At the end of the week, check back with the students. Did they write in the journal each day? What time of day did they write? Did they experience any of the benefits discussed in the two chapters?

Evaluation

Could the students identify similarities and differences between the two texts? Could they infer why the author chose to include (or not to include) the information? Did they journal for 15 minutes each day? RI 5.5, RI 5.6, W 5.10

Purpose

To help students compare and contrast the structure of content/ideas in two different texts, as well as to analyze the differences between two texts on the same topic.