



# Summer Journal

**This year's summer challenge is keeping your own summer journal!**

**In a similar fashion as last year's challenge, you will get rewarded if you complete this challenge.**

**What:** Using any journal or notebook of choice (you can find them at the dollar store), students will document their summer adventures and happenings. If you need a journal, please email your homeroom teacher by June 1st to get one.

**When:** The challenge starts on the first day of summer break and ends on the last day of summer break. Journal must be handed in by Wednesday, September 7th, 2022.

**Who:** All Bear Creek Community Charter School Students entering grades K-8.

## How it works:

1. There should be at least 2 entries per week which will equal 24 entries total for the summer. Please try to write in detail about your day.

Date and number your entries at the top of the page.

**K-1:** 2+ sentences and an illustration.

**2nd-3rd:** 4+ sentences.

**4th - 8th:** fill at least one page.

2. This is your journal, so have fun with it! You can add doodles, illustrations, photos, and tape things to it... Own It!

3. **Your journal must be returned on Wednesday, September 7th** to your homeroom teacher. The journal **will not** be read in detail but will be visually inspected to ensure completion. Then on Friday, September 9th, you will get to enjoy your own VIP pizza party during your lunch period. You will also receive a fun gift bag.

## Five Benefits of Keeping a Journal

No matter which type of journal you choose, it helps to understand what you can gain by journaling on a regular basis. Here are just a few of the benefits students can expect over time:

- **Stronger, more confident writing.** It probably seems pretty obvious that writing more will make you a better writer, but journaling offers some distinct advantages over other types of writing. Because you make the rules, your writing can flow more freely—building writing “muscle memory” that then makes all writing easier. Because you pick the topics, you can write passionately about the things that interest you—helping you to develop your own distinct writing voice. Because you’re free to experiment with different types of journals, forms, and prompts, you can learn to appreciate writing as a creative process—experiencing it as a joyful practice rather than academic drudgery.
- **Improved memory and problem-solving skills.** When you describe an event or an idea in your journal, you reinforce the memory of that event or idea. Just the physical act of writing about it, especially by pen rather than keyboard, creates connections in your brain that consolidate and organize your memories. As you write about issues that bother you, you learn to step back from a problem and see connections that may escape you in your first rush of emotion.
- **Self-awareness.** Keep a journal for a few days and you may get a better perspective on this week’s events, but keep a journal for months or years and you’ll get a better perspective on yourself. Over time, you can observe patterns in your own thinking and behaviors; changes in your relationships with family and friends; and where interests, strengths, or even fears originate and grow.
- **Increased motivation.** Journaling allows you to create and maintain a dialogue with yourself about your goals—what they are, how you’ll reach them, and your progress and challenges along the way. Articulating and tracking your goals in writing makes them real, increasing your motivation and personal accountability.
- **Decreased stress, and improved health.** In several studies, researchers have found that writing about what we think and feel about stressful or even traumatic events can improve our psychological well-being, immune function, and overall health. Writing and thinking about a problem through your journal can give you the distance and perspective you need to take control of the situation. That, in turn, reduces the physiological effects of stress that negatively affect your overall health and your immune system.