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Introduction

An empty journal is filled with infinite possibilities.

Writing regularly in a journal helps us to develop our imaginations, encourages us to express our thoughts, feelings, and dreams, and provides a way to communicate experiences in words and pictures. Many students feel frustrated when asked to keep a journal. They may not be sure of what to write, or they may be intimidated by a blank sheet of paper. Even professional writers occasionally face "writer's block." The Journal Jumpstarts series provides ideas and suggestions for daily journal entries. Each book contains 29 jumpstarts. You could give each student a photocopy of the same page or provide a variety of pages and allow students to choose their own topics. You may have students who will be able to sit and write without jumpstarts. At times students may prefer to express their thoughts through drawings or with a combination of drawings and writing. Be encouraging!

Through making regular entries in journals, students become more observant of themselves and the world around them, lournal writing on a regular basis strengthens students' attention spans and abilities to focus. Keeping journals promotes self-esteem because students are doing something for themselves—not for grades or in competition with others. A journal can become an essential friend, a confidente in times of personal crisis.

Encourage students to get into the journal habit by setting aside writing time every day at about the same time, such as first thing in the morning or shortly before lunch. Share their journal time by writing in your own journal. What better way to encourage a good habit than by example.

Note: Assure students that what they write is confidential. Provide a safe, secure place for students to store their journals. Respect their privacy, as you would expect your privacy to be respected—read their journals by invitation only.



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Name	Date
Personal Be	est
The ten best things about me ar	
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Name	Date	_ 1
Goals		
My three most important goals for this	s school year are	. (
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SCHOOL		_ '
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Name	Date	_
My Schedu You may have a busy schedu you do at the same time eve	ule—a list of things that ery day or week. Maybe	÷
you take out the trash on To practice baseball on Saturda probably go to school every morning. Describe your sch anything you'd like to char	ay mornings. You weekday nedule. Is there	
Why or why not?)
3		
8		

amc	Date	_
Responsibiliti	es	2
You may have been put in charge of c vashing dishes, feeding a pet, or keep	pertain things at home or school, like	.60
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Sii2i30 Segeundur kennas Interpatans	5 repode who	scations, L

Name	Date
Wish upon a Star	M.
"Starlight, star bright, first star I see tonight, I wish I may I wish I might. Have the wish I wish tonight.") \
What do you wish for when you see the first star? Write about why your wish is important to you.	
Frank Schaffer Fub.ications. Inc. 6 reproductible	PS(12130 Suprember Journal Jumps

me	Date
	A Relative Write about a member of your family and explain why that person is unique and special to you.

Name	
Family Fur	
Write about something that your family enjoy doing to	you and A
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© Frank Schedfer Publications (Inc.	8 psychological

Name	Date	=
Favorite Toy		
Do you have a favorite toy? Describe i	it and tell why you like it the best.	
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R 12 12 8		
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		4
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112130 September Journal Jumpstains	9 © Prank Schaffer Poliberati	cors.

Name		_ Date
Someone	e Special	23/1/11/11/2
Who would you most why you would like to	like to meet? Explain meet him or her.	
	#°(-)	
		1, 1, 1, 1,
8		PC12190 September Journal hi

lame	Date
My Tea	cher Appreciates Me
	Write a nice thing that your teacher this year or your teacher last year said to you. Write about how that made you feel.
12130 September located lungs	tarts 11 % Frank Schaffer Publications. I reproductible

Name		Date
Making	New Friend	ds \right a
friends, Write abo	a great opportunity to make ne- ut a new friend that you've mad explain why you like this person ngs could you do together?	e Vian
		* the many
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3		
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Date
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Name	Date
Treetop V	/iew
Imagine you are a tree. You around you for a long point of view as a tree.	fou're tall and majestic. You've been watching what go g, long time. Write observations and thoughts from yo
	Wanter Survey
	Survey Ways To
	E EN FRANCE &
	- went with went
	Leves

me	Date	
	Anthem Write a song or poem that could be used as an anthem for your school or your community.	•
o far		
*		
080 Septe-place Americal Jumpstarts	15 60 Frank Schaffer Public	SATIO

Name	= = 90	^
Tomorrow		4/57
Write about three things that	i would make	12
you happy if they happened	tomorrow.	3-1
	*/	4 - 1
Write about three things that you happy if they happened		i - ///

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THE PERSON NAMED OF THE PROPERTY.	reporducible	

Holiday In	ventor	Sep.
	Invent a new holiday for September. Explain when it would take place, what you would call it, why people would like it, and how people would celebrate.	and and an other Contraction of a contraction of the Contraction of th
		4
PSI(219) September (memal lumpstern)	17 © Frank Schaffer Publication regroducible	ALS, I

Name	Date
In the Fut	ure
1 1 1 1	vill be like when you go to high school? You will be n years old. Write about how you might look and what
might interest your	
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6	
^	
	711/1/100
20 10 10 10 10 10 10 10	13 19 15
13/4/9	10 /11 /12
22 /23 /24 / 10 / 17	1/8 /19
27 / 50 / 51 /	
	PNI12130 September Joseph Loups
Frank Schaffer Publications, Inc.	18 PSILLS September Holling to 40

Name	Date	
Shipwrecke	ed	
If you were shipwrecked alon three things that you would d	e on a deserted island, what are the first o?	
	MES SA	
	THE TOTAL	
	Swin win	
802/30 September forms l'Inceptions	19 © Frank Schaffer zublicar	dons

What's for B	
If you could have anything that y you eat? Write about the tastes, to you enjoy most for breakfast.	ou wanted for breakfast, what would xtures, and smells of the foods that
MENU	
TO SEE SEE	
6	
The state of the s	

Name	590	Date		8
Sunday,	Sunday			
Write about Sundays home, What do you Sundays? What do yo	at school or at like most about	2 3 9 9 10 15 16 17 22 23 24 2 29 30 31		San Contraction of the Contracti
				Manual Day
				TO TO
FS-14180 September Journal Jumpstart	21	le	© Frank Schaffer Publications 1	ac.

Name		Date	
Fall			1
September is the first month of fa what makes September days and n different from summer days and n What do you do, see, hear, smell, t feel in September?	nights nights.		
	7		
n s Schaffer Publications, Inc.	22	PS112130 September	Ionruel Jumpua

Name	Date	
Funny Money		TWITT!
The money that we use has pictures and veryou could put new pictures and writing obills, what would you choose? Describe youngery with words and draw pictures of it back of this page or on a separate sheet of	on coins and our new t on the	
	Manual Comments	
U2I30 September Journal Jumpstarts	23 subjectible	Frank Schaffer Sublications,

2 7 2 10 1	
Animated	Me
Which cartoon character are like? Write about how you as character are similar.	you most and that
ank Schaffer Kuhlications, Inc.	24 PS112130 September Journal Jumps reproducible

Name	Datc	
SCHOOL MY	Write about what you like best and lea about your school, If you could change one thing about your school, what would it be? Why?	st
The state of the s		
SUZIW) September Journal Europyters	25 Septembraciole	Nor Publications Top

Name	
Class Rules	e la company
Write about a classroom rule that y explain why. What could you do to	ou think is unfair and change it?
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of the state of th	
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nk Schaffer Publications, Inc	26 ESIERSO September tournal lump reproducible

Name	Date
Six Days a Week	2010
Write about how you would feel if you went to sch six days a week instead of five. Would you like it? Why or why not?	ool G
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Name	Date
School Cloth	ies as Was a ward xi
	to wear to school? Should they be allowed to ald they wear uniforms? Explain what you
4	
2	
de la companya de la	
	Fred Early
ik Schaffer Publications, Inc.	28 FSH2ISO September Journal Juni

Name		_ Date	
Writing Sea	uels		
What's the best book that you rou are going to write more or hapter or another book. Whatew part?	f the story in another	MIL	
		- 00 A	
			1
12.30 eep.co.bor laansa Jungadaha	29		cay hadin day o

Name	Date
Secret Sta	aircase
Imagine that you find a so hidden? What happens wh	ecret staircase at your school. Where does it go? Why is i hen you use the stairs?
TSCHOOL)	>
5 months of	huzing
E & TONE	- J
n's Schaffer Publications, Inc.	30 PXII2E80 September Journal Jumpston reproducible