

# Journaling – Healthy Living Activity

Created by Justin Bower, Logan County 4-H Educator

## Intended Audience:

7<sup>th</sup> grade to adults

## Lesson Objectives:

Audience will –

- Compare the different styles of journaling
- Process why they would like to journal
- Test a style of journaling that works for them
- Learn the impact journaling has on processing emotions, recording goals, and improve overall happiness
- Determine which style and reasons they would like to continue to use in journaling

**Time:** 60 minutes

## Supplies:

- Giant Post-Its
- Journals
- Pens/Pencils
- Journaling Handout

## MENTAL HEALTH – GOALS – LIFESTYLE

### BACKGROUND

For years journaling has been used by people as a way to process life, emotions, record goals, remember experiences, and more. Today journaling has been shown to increase overall happiness and serve as a self-help method for mental health.

### WHAT TO DO

1) Before the lesson, using the Journaling Handout as a guide, write the 4 steps to journaling out on a giant post-it. Try to write out examples of the 8 styles of writing on giant post-it's for audience to see.

2) Introduce journaling and go over the 4 steps to make a journal. Encourage participants to think about something they would want to try today. Why are they wanting to journal? How will they do it?

3) Once you've gone through the 4 steps of journaling, give the audience 30 – 45 minutes to actually go off and journal. Encourage them to try something they learned.

4) After journaling, take some time with the audience and debrief their experience using the following questions. They do not have to share about what they journaled about if they do not want to.

### QUESTIONS

- What was your reason to journal? Which style did you choose?
- What was the experience like? Was it easy? Hard? Why?
- Did how you were feeling change as you were journaling?
- If you did this again, what would you do different? What would you keep the same?



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