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Professional Growth with a Personal Touch



# Creative Journaling

Sample Pages



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## Course Overview

*Creative Journaling* is a content-based courses focused on the teacher **as** writer and the teacher **of** writing. . Journal writing is a common practice of professional writers, a form of daily writing practice, like a warm-up exercise for more formal writing. Journal writing allows a writer to play and create with the crafts of writing without expectation of outcome. In this course you will explore a variety of journal writing strategies using art, music, and photographs to stimulate ideas for writing. You will use a variety of journal writing structures to exercise and develop effective writing skills. Experience the therapeutic value of journal writing as well as encourage the writer within to flourish in a non-judgmental writing format. Create an authentic, meaningful journal for your self, and use as a model in the classroom to authenticate the writing process. Use the strategies over and over again, creating new stories, and new ideas for writing. Take these writing strategies to your classroom to motivate the reluctant and non-writer.

As a result of completing the work for *Creative Journaling*, you will:

1. Identify journal writing as an integral component of the writing process.
2. Use a variety of journal writing strategies to think and behave like a writer.
3. Write a collection of journal entries using everyday experiences, memories, art, music, and photographs to explore the creative process of writing and train the writer's eye and ear for ideas, detail, and vocabulary
4. Assess the value of creative journal writing as an essential part of the writing process through printed and electronic resources (journals, books, web sites, blogs).
5. Evaluate teacher as writer and teacher of writing.
6. Create journal-writing ideas to continue growth as a journal writer or for classroom instruction as part of the writing program.
7. Evaluate the efficacy of journal writing as part of the writing program and as a way to meet literacy standards.

*Creative Journaling* meets **Common Core State Standards (CCSS) for K-12 Anchor Standards for Writing**, "Text Types and Purposes", Standard 3, "Production and Distribution of Writing", Standard and 6 and "Range of Writing", Standard 10.

Use the text, outside reading and writing activities to complete the course work. A syllabus is available on [www.collegecoursesonline.com](http://www.collegecoursesonline.com)

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## Introduction

*Creative Journaling* is a course about journal writing using art forms such as music, art, and photographs as stimulus for writing. Its intent is to help stimulate both sides of the brain through the use of imagination and verbal and written expression. *Creative Journaling* will help you become more aware, sensitive, and reflective to the world around you, and your relationship with it. Your awareness will encourage you to live life to its fullest, becoming ever more appreciative of your uniqueness and your connectedness.

The deeper intent of *Creative Journaling* is to acknowledge and appreciate the creative spirit within you. Whether you believe it or not, you are creative. Happiness and fulfillment in life is dependent on nurturing that creative spirit that is yours. That spirit is manifested through your everyday life, in everyday ways. This course is more than exercises in writing. It is a journey about you, discovering and expressing your unique self.

In this course emphasis is made on personal growth, recognizing that the intrinsic value of journal writing as process and as essentially therapeutic. Practicing journal writing allows you to have your own experience with creative journaling, and to get comfortable being a role model to others in the writing process. Once you have had the experience, you can trust that the students you work with can have the opportunity to grow and develop their creative selves, to be more independent, discovering their unique journey, to be happy, healthy and productive individuals.

Journal writing is an essential practice of writers. It is a way to warm up and start exploring a topic. Through guided writing exercises such as 5 minute sprints, structured writes, clustering, captured moments and free writing you learn about the process of writing without the pressure of producing a finished piece. As with any skill, the more one writes, the more skilled and facile one becomes at the craft. Whether you are a skilled writer or a reluctant writer, this course will give you the experience of writing. Enjoy the process!

**Exercise:**

**My Intention.** It is my hope that you leave this class excited about the opportunity to journal, and that you see the world around you from the extraordinary to the mundane, as opportunities for creative expression.

I also hope that you allow yourself the experience of the therapeutic value of writing. Your part will be your willingness to let go and let it flow. The magic happens in the writing and insights occur in the rereading and reflection of what you've written.

It is also my intention that you see yourself as a writer, and that your experience in this course will help you "grow" your writing self and your knowledge of writing.

**Your intention.** What do you want to gain from taking this course? What are your expectations and goals? *Please write.*

## Defining My Creative Self: Creativity is...

Most people say, "I'm not creative. I can't draw, sing, dance, or play a musical instrument." This is a very narrow definition of "creative". In this course, "creative" is defined as what makes you uniquely you, how you express yourself through your words, actions and being. It includes your good qualities and your bad, your skills and your not- so- great- skills, your experiences, your thoughts, your passions, your needs and wants. People, who are tuned into their creative selves and practice their creative talents, feel happy and fulfilled. They are nurturing their souls.

The next exercise is designed to heighten your awareness about your creative self and to put aside your fears about your perceived inabilities and your perceived inadequacies. (P.S. You are supposed to be that way. In fact that is part of your creativity. Honor it and cherish it.)

**Exercise:** *Complete these sentence stems:*

Creativity is

When I think of myself as a creative person, I

I can

I can't

I wish I could

A creative talent I admire is

I am supposed to be imperfect because...

An imperfection that gets in my way of writing is....

The gift of my imperfections is:

### **Just for Today**

For the duration of this course, I am willing to put aside my judgment of my creative abilities, and am willing to explore my creative self. I am learning to accept and love my imperfections as part of my creative "signature".

Signed \_\_\_\_\_

Date \_\_\_\_\_

## Ten Word Symbols that Describe Me

Symbols= those words or phrases that create a concept about you.

**Define yourself in ten word symbols.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

How would you represent these symbols tangibly? Use magazine art to create a collage about you. Label each picture.

How are these symbols represented in your activities? Look at your dress, your classroom, your home, and your car. Look at the activities you choose to do each day, from the mundane to the special events. Do they accurately reflect your symbols or do you want to modify your life style?

## Music: Memories

Music is a very powerful emotional experience, not only stimulating emotions and moods but also often evoking memories. In this exercise, think of songs and music that evoke feelings and memories that are special to you.

What are some of your favorite types of music today?

What lullaby do you remember? Sing it and notice the memories that it evokes and the feelings that come up.

What childhood songs do you remember? What memories do they evoke?

What were the songs of your teenage years? What are the stories?

**Captured Moment:** Choose a song, or piece of music that elicits a memory. Write a Captured Moment.

## Photographs: Sensory Writing

Looking at a photograph that is meaningful to you. Remember the experience. Describe your memory using your senses.

**Exercise:**

I remember...

I feel...

I smell...

I hear...

I touch...

END OF SAMPLE PAGES.

SEE DETAILS FOR REGISTERING FOR THIS COURSE  
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