

Diary writing vocabulary and ideas

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|---|-----------|---------------------|--|-------------|-------------|-----------|
| Monday | January | today | lunch | home | family | learned |
| Tuesday | February | yesterday | dinner | house | mum/mother | read |
| Wednesday | March | tomorrow | tea | flat | dad/father | wrote |
| Thursday | April | a while ago | breakfast | kitchen | brother | watched |
| Friday | May | hour | meal | bedroom | sister | exercised |
| Saturday | June | minute | food | bathroom | uncle | cooked |
| Sunday | July | second | snack | living room | aunt/auntie | made |
| | August | next time/last time | | lounge | cousin | drew |
| | September | soon | | garden | grandmother | painted |
| | October | previously | | park | grandfather | walked |
| | November | before | | | | ran |
| | December | now | | | friend | played |
| | | the past | | | neighbour | slept |
| <p>Prompts:</p> <ul style="list-style-type: none"> • What did you hope to do today? • What did you actually do? • Is it different or the same to your usual day? • Who did you talk to? • What did you talk about? • What activities did you do? • Did you enjoy them? • What is your favourite thing to do? • Why do you like it and can you describe it? • How do you feel and are your feelings changing? | | | <p>Tips:</p> <ul style="list-style-type: none"> • Start each entry with the full date. • Aim to write something every day – even if it just the date and one line. • Some days will probably feel easier than others and you don't have to write the same amount each day. • If you don't manage that for one or two days don't give up, start again next week. • Read some of your other entries and see if you feel the same. Maybe some things have changed. • If you are feeling sad it is often helpful to share it with someone, it doesn't have to stay in your diary. | | | |

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