

## Keeping A Journal Will Help You Feel Close To Your Deployed Parent

Lots of people keep journals or diaries. This is an activity that seems to be very helpful to kids when a parent is deployed, because a journal will help you sort out your thoughts and your feelings. A journal is usually private, but you may wish to share some of the things you write about with your parents, or even your friends. Sharing what you write in your journal is entirely up to you.

Below is a format that you may want to use for your journal. You can write the first page of your journal below, but you will want to get a notebook to write a daily journal. You can use this format, or you can just write whatever comes to mind. Of course you can also keep a journal on a computer, but you should be aware that what you write on a computer may not be private if you share that computer with other people.



Date \_\_\_\_\_

Something important to remember

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Something that was lots of fun

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Something I daydreamed about

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Something I learned about myself or others

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Something I want to share

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