#NCSconnects Summer Camp Activity

**Activity:** Journal Personalization

**Category:** Arts & Crafts

**Suggested Grade Level:** Grades 7-12

**Description:** It is time to celebrate you! Writing can not only be healing to the soul, but rejuvenating. Writing down important information can also help you retain information longer. Decorate your journal with descriptions, pictures or phrases that represent you, your community, culture, and strengths!

**Supplies:**
- A journal or a notepad
- Pictures, words, phrases, stickers, etc. from magazines or newspapers
- Mod Podge (or mix Elmer’s Glue and water to make a glossy, transparent glue)
- Paintbrush (optional)
- Scissors

**Instructions:**
1. Cut out your favorite words or pictures from magazines or newspapers using scissors.
2. Apply glue over the notepad entirely or add glue under each picture one at a time. A paintbrush can be used to help spread the glue evenly.
3. Place the pictures, phrases, and words as you like. Alternatively, you can stick animal shapes, pieces of cloth, and beads on the notebook cover.
4. Coat your pictures with a thin layer of the glue and water mixture. This will add a sheen gloss over top of your notebook and may help seal the edges of your pictures down. Let it dry.

**Takeaways:** There are many benefits to journaling. It can be enjoyable, stress-relieving, reflective, and can encourage social growth.