



Waldo County 4-H Program  
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*Putting knowledge to work with the people of Maine*

## My Journal

**Purpose of activity:** The purpose of this activity is for youth to gain self-awareness and skills to live a healthy life. Journaling is an outlet to express and process thoughts and feelings to help youth adapt to changes in their lives. Your journal can also include setting personal goals and making a personal plan to support positive growth and development.

### Materials:

- [4-H Journal for Cloverbuds \(Ages 5-8\)](#)
- [4-H Journal \(Youth 9 and over\)](#)
- Writing Pen or Pencil
- Notebook, folder, or binder to secure your journal in.
- Other Art Supplies
- Optional: Photographs

### Instructions:

1. Print off the appropriate journal for your age.
2. Set time aside to work through your journal and tell your story.
3. Have conversations with your parent or caring adult about your journal and invite other family and friends to do this activity.

“Adapted for educational purposes from  
New York State Cornell Cooperative Extension, Chemung County.”