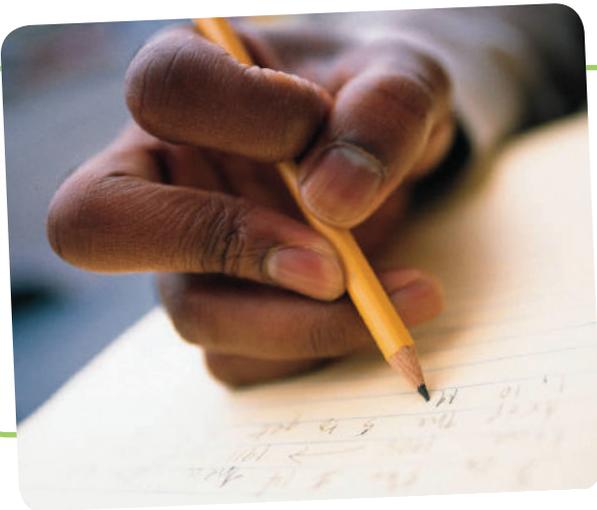


# Diary Keeping.

Lots of people keep diaries. They say that they enjoy doing it and it does them good.



## It does you good.

Dave says he keep a diary because 'it helps me make sense of my life'.

Chris says he keeps a diary because 'it just sorts me out'.

## Voice diaries and picture diaries.

A lot of people write their diaries, but some keep diaries entirely in pictures. A bit like a comic.

Other people prefer to keep a voice diary. Some even keep video diaries, talking to a video camera.



## Do it in the evening.

That way you make sense of what's happened in the day. A lot of people say it helps them sleep better that way.



## Say what's happened, and what you think of it.

Some people also like to say what's happening tomorrow, and what they think of that.

## Keep it safe.

A diary is private.

CONFIDENTIAL



## Just do it.

There's no need to do it well - nobody else will see it.

## Discussion

Have you ever kept a diary?  
Do you keep a diary now?  
Do you know anyone who keeps a diary?  
Why do you think people find it helpful to keep a diary?

## Project

Keep a diary, and tell us about it next time.

## Mythbuster:

There's no point in keeping a diary unless you've got something important to say.

**Not True.** A diary is just for you. Millions of people benefit from keeping a diary.