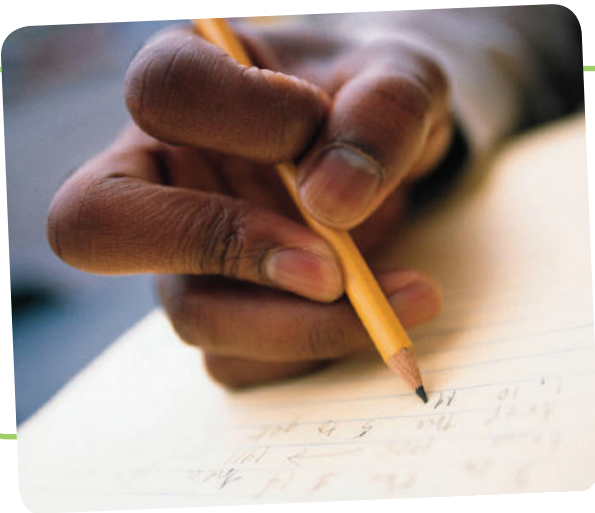


Diary Keeping.

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.