

What is a correspondence Journal?

Somma looked at the small bookshelf his grandmother had in the corner of their small apartment. He knew better than to take the books out of the shelf because he would get in trouble with his grandmother. When he was little he took one and chewed the corner both his father and his grandmother scolded him. It was at that point he knew not to bother things on top or in that special bookshelf.

Waiting for dinner was taking so long that Somma decided that he wouldn't take anything off the shelf, he would just look at the books on the shelf. He noticed all of them had titles and was even able to read most of them. There were two books that didn't have a title on them. These books made him interested in them.

One of the books especially was a mystery. It was red and looked like it had cloth on it. There was a ribbon that held the book closed. There were a few things coming out of it like strips of paper, bookmarks, and torn up articles out of magazines.

Somma was looking so hard at grandma's really neat book that he didn't even notice that he had been called for dinner.

After his grandmother calling him so many times, he heard her. "What are you doing Somma?", his grandmother said "that you didn't even hear me call you for dinner. When you came over you were so hungry."

"I didn't touch it, but I have been looking at a book on your bookshelf. It is so pretty and I wonder what it is, can you tell me?" asked Somma after a few minutes of silence.

His grandmother looked at the book as he pointed out the red book that had his attention so much. "Oh, that book," replied his grandmother "that is my correspondence journal. It is a book where I write down correspondences to things in the world, how they affect me, and how they affect others. You can find books that do the work of figuring out what they mean, but, I like to take what those books say and make my own observations to make my own view."

"That is a pretty busy book grandmother." Said Somma.

"Yes, I have been working on that book since I was a kid." Grandma said while nodding her head.

Activity-

- Get a spiral notebook or gather papers and some yarn to make your own correspondence journal for your child.

- Once done explain to them, once again, what goes into a correspondence journal.
- Let them know that this will be their own correspondence journal and they will write it on their own.
- If you have correspondence books or your own journal allow your child to look at them and see how they are.
- Tell your child that they are going to start their own journal. Allow them to go to the first page of their book and take a crayon (their favorite color) and color a circle or square in the middle of the page. Make sure this doesn't get too big because they will need to write all around it.
- Tell your child to stare at their shape that is their favorite color and describe how the color makes them feel. Have them write it down in their journal in a few words. If you have books or your own correspondence journal help them look up the color and come to a one or two word conclusion at what is being said and add those words to their journal.
- Help them find a special place to keep their journal at and put it up.
- Tell them for the next week they are going to pay attention to that color and what is going on around them and/or how it makes them feel. If they notice that there are things which are repetitive have them write that into their journal also.
- You could also have them wear their favorite color one day and have an overview of how the day went in a couple of words to be added into their journal too.
- At the end of the week have them look over all of the things that has been written about this color and summarize it up in a few words which they will write into their journal and circle. Explain that this is how a correspondence journal is written. Sometimes it takes decades to finally come to a conclusion on one topic and its meaning.
- According to the age of the child you can continue with the colors then move on to another topic. For an older child you may have them work on more than one topic at a time. You can also have them pick the topics to use, instead of always using colors.

****You can often refer to their journal at times and help them understand how to 'read' more about situations and/or times by using the correspondences that they have written in their journal.***