



ADVENTURE JOURNAL

DETAILS

Start a journal to keep a record of your outings, at-home academic activities, and adventures.

Upon returning from a walk outside, for example, talk about your journey and draw a picture of what you did. Write a caption like, "We went on a nature walk." Sound out some of the initial consonant sounds for younger children and add middle and end sounds for older children.

Have your child sound out and write the words more independently when he/she is ready. Paste any items collected from nature such as fallen leaves from trees, blades of grass, and small sticks on the page or put them in a sandwich bag and staple the bag to your journal page.

Even something as simple as playing with your dog in the yard or reading a favorite book together can supply you with material worth including in your journal.

As soon as you have a couple pages, punch holes in the sides, make a front and back cover with construction paper, and bind the journal with yarn at the spine.

Remember to go through your journal together and to talk and ask questions about your different adventures.

BENEFITS

This memory-building activity fosters important academic skills and can be fun for children of all ages.

Benefits include:

- Developing memory skills
- Bolstering vocabulary
- Fostering early literacy skills
- Connecting over your time together
- Creating a record of time well-spent together