

Journal content

An informative and entertaining journal entry contains a mixture of the elements below.

1 Narration

Say what happened on the occasion you are recording in your journal, and explain who was involved.

2 Description

Make the setting clear by giving details of time and place. Indicate mood and atmosphere, perhaps using imagery. Characters also need to be briefly described with a few telling details of appearance and behaviour.

3 Reflection

Say what thoughts the incident or scene provoked in your mind. Memories or comparisons may be appropriate. Consider why the occasion was significant and worth recording.

4 Emotion

Say what your participation in the occasion made you and others feel. Which aspects evoked an emotional response?

5 Quotation

Someone may have said something memorable or otherwise significant. You can record it as direct speech for dramatic or humorous effect, or to establish character.