

Journal Entry Worksheet

Name: _____ Class: _____ Date: _____

What Is a Journal Entry?

A **journal entry** is a personal piece of writing where you write about your **thoughts, feelings, experiences, or daily activities**.

Basic Format

Date: _____

Dear Journal,

Write about what happened, how you felt, and what you learned or thought about.

Your Name: _____

Example Journal Entry

Date: 15 September 2026

Dear Journal,

Today was a wonderful day at school. Our class had a science activity about plants. I worked with my friends to plant a small seed in a pot. At first, I was nervous because I had never planted anything before. My teacher showed us what to do, and soon I felt confident.

I learned that plants need water, sunlight, air, and care to grow. I am excited to watch my seed grow over the next few weeks.

Good night, Journal!

— Riya

Now Write Your Own Journal Entry

Step 1: Think About Your Day

What happened today?

How did you feel?

What did you learn?

What was your favorite part?

Step 2: Write Your Journal Entry

Date: _____

Dear Journal,

Your Name: _____

Writing Checklist

Before you finish, check:

- ☐ I wrote the date.
- ☐ I started with "Dear Journal."
- ☐ I described what happened.
- ☐ I included my feelings or thoughts.
- ☐ I used complete sentences.
- ☐ I checked my spelling and punctuation.
- ☐ I ended with my name.

Writing Tip

Don't worry about making your journal perfect. **A journal is a place to express your own thoughts and feelings.**