

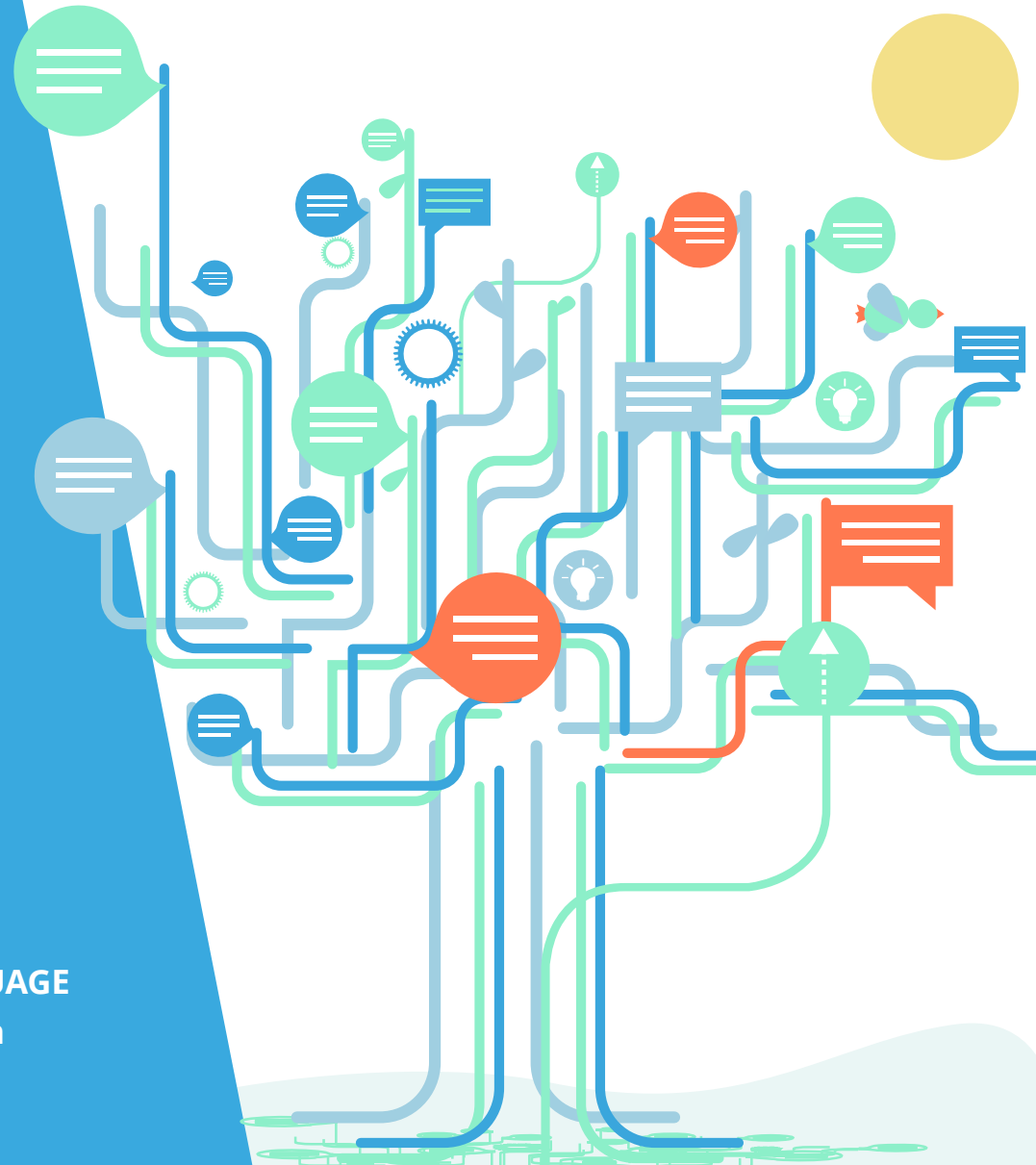
# Writing a journal

COMMUNICATION

LEVEL  
Beginner

NUMBER  
A2\_2042X\_EN

LANGUAGE  
English



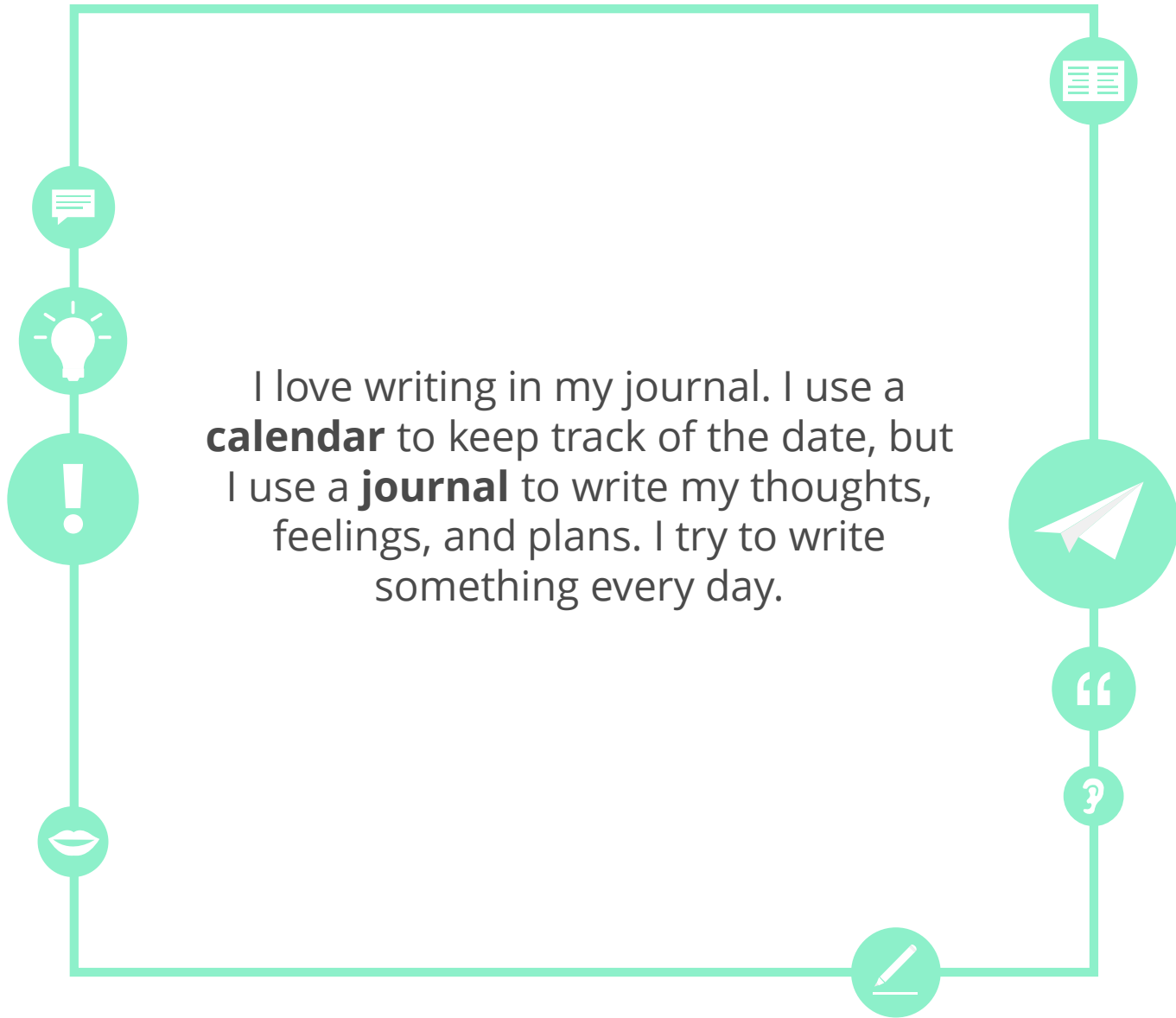


## Goals

- Can write a simple journal entry using a range of common phrases.
- Can talk about past experiences and the future using the correct tenses.



I love writing in my journal. I use a **calendar** to keep track of the date, but I use a **journal** to write my thoughts, feelings, and plans. I try to write something every day.





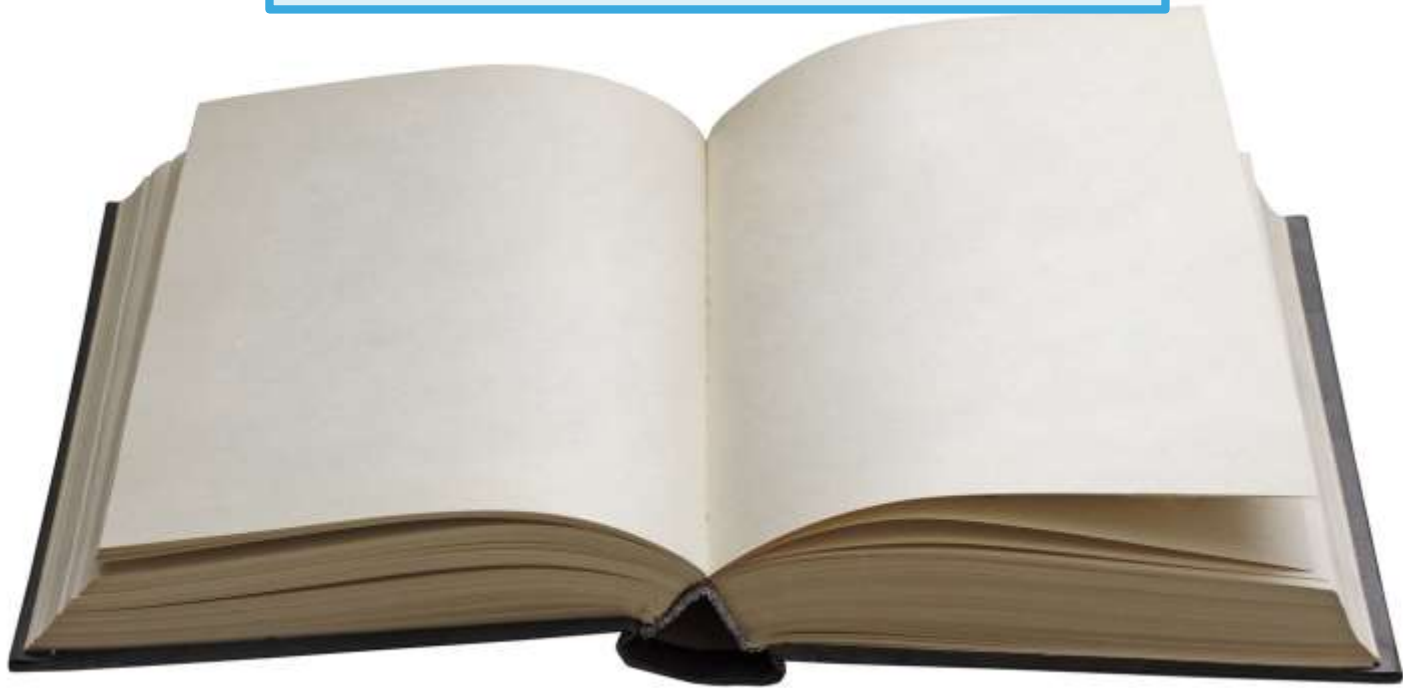
## Writing a journal

This lesson is about **writing a journal**. Journals are books where we write down what happened that day or where we can write our future plans.



Yesterday was a wonderful day. I saw my three best friends...

journal



Every day I write in my **journal**.

entry



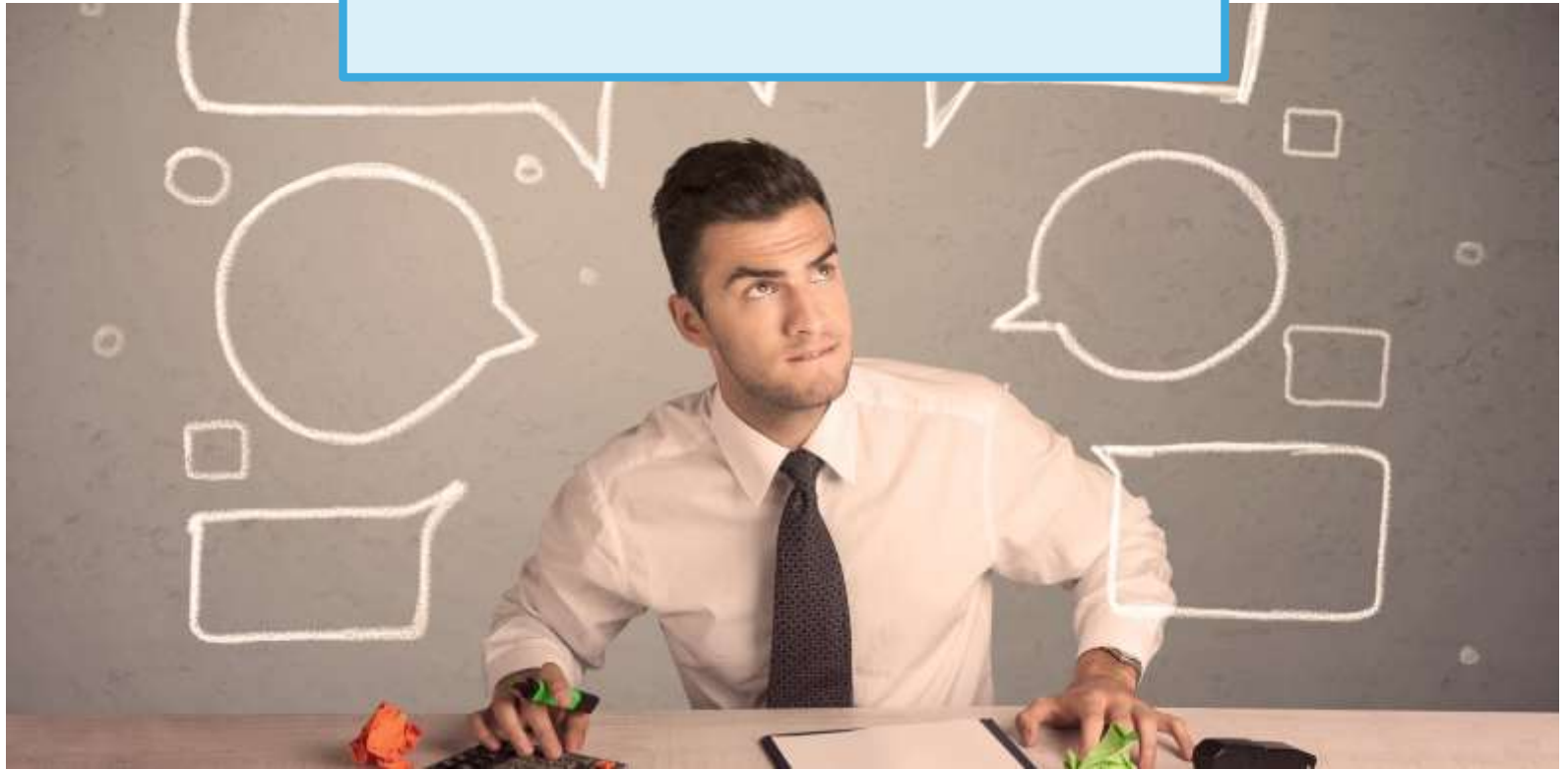
There are many **entries** in my journal.

calendar



I check the date with a **calendar**.

to plan



He is **planning** to do many things this week.



to think about



She **is thinking about** something important.



## Vocabulary practice



I keep a daily **journal** where I write about my life.

I keep a **calendar** with my plans for the future.





## Vocabulary practice



I **am thinking about** what I am going to do tomorrow.

I **am planning** to do many things this week.



She is writing a new **entry** in her **journal**.

I am checking my **calendar** and writing about my future plans.





## Fill in the sentences with the correct word

1. What are you \_\_\_\_\_ about?
2. Do you write in your \_\_\_\_\_ regularly?
3. What are you \_\_\_\_\_ to do later today?
4. I write an \_\_\_\_\_ in my journal every day.
5. I need to look at the \_\_\_\_\_ to see what date it is.





## Match the sentences that have the same meaning

1. I have a lot to do this week.

2. I have a book where I write my thoughts and plans.

3. My calendar is very open.

4. I write daily entries in my journal.

a. I write things down every day.

b. I am planning to do many things in the next few days.

c. I don't have many plans.

d. I keep a journal.



## About you

**Have you ever kept a journal?  
What kind of things did you write in it?  
If you haven't, would you like to keep a journal?**





## Writing a journal entry

- A **journal entry** is a description of things you did in the past or things you plan to do in the future.
- See the examples below for things to write about in a journal.

- What you did yesterday
- What you are planning to do in the future

- “Yesterday, I went to the supermarket and met my friends for coffee.”
- “Tomorrow, I want to start planning my trip to the United States.”

Dear diary...



## Writing a journal entry

- To write a journal entry, you can use some verb tenses you already know.
- Use **past simple** or **past continuous** to tell a story about something in the past.
- Journals should contain information about how you were feeling as well as the events themselves.

### Examples

I wanted to...

I went to...

I didn't like...

I really enjoyed

I was thinking about...







## Complete the sentences

1. I want to learn something new. I am thinking about...

2. I have lots of work to do. I am...

3. I have been thinking a lot about travelling. I want...

4. I am trying to get fit. Yesterday...

a. trying to learn Chinese in the future.

b. I ran for thirty minutes and ate healthy foods.

c. planning my week carefully.

d. to see some new cities and have new experiences.



## Change the sentences to the past tense

1. I am planning to go back to school.



I **was planning** to go back to school.

2. I want to learn a new language.



\_\_\_\_\_

3. I think about my future plans.



\_\_\_\_\_

4. I am thinking about travelling.



\_\_\_\_\_

5. He is going to study English.



\_\_\_\_\_

6. I am going to learn new things.



\_\_\_\_\_

7. She is not going to graduate.



\_\_\_\_\_

8. We are thinking about the future.



\_\_\_\_\_



## About you

**Tell your teacher about what you did last week. Remember to include how you felt as well as what you did.**



I loved...

I met...

It was...

I went...



## Writing a journal entry

- To write about your plans you can use **will**, **going to**, or the **present continuous**.
- Entries about the future can also talk about how you are feeling.

### Examples

I hope I will see...

I'm going to go shopping...

I'm meeting...

I'm looking forward to...

I'm excited about...





## Writing a journal entry

- Your journal can also contain more abstract, long term goals. Here are some ways you can write about them.

### Examples

I hope to...

In the future...

I remember when...

When I get older...

When I am 70...





Write a short paragraph about your future using the phrases below

When I get older...

I am thinking about...

I hope to...

I am planning to...



What things would you include in a journal entry?

letters  
hopes emotions  
plans to-do list  
memories thoughts dreams  
fears  
creative writing



## Reflect on the sentences

**Which sentence best describes you? Why?**



I keep a daily journal filled with long entries. I really love to write.

I would like to keep a journal, but I don't write very often.

I never write in a journal. I don't think it is useful.





## Public or private?

**Do you think a journal should be private, or should we show other people?**



## Memory journal

- Think of a happy memory from your childhood. What was it? What did it feel like? Write three sentences to describe it, then share!





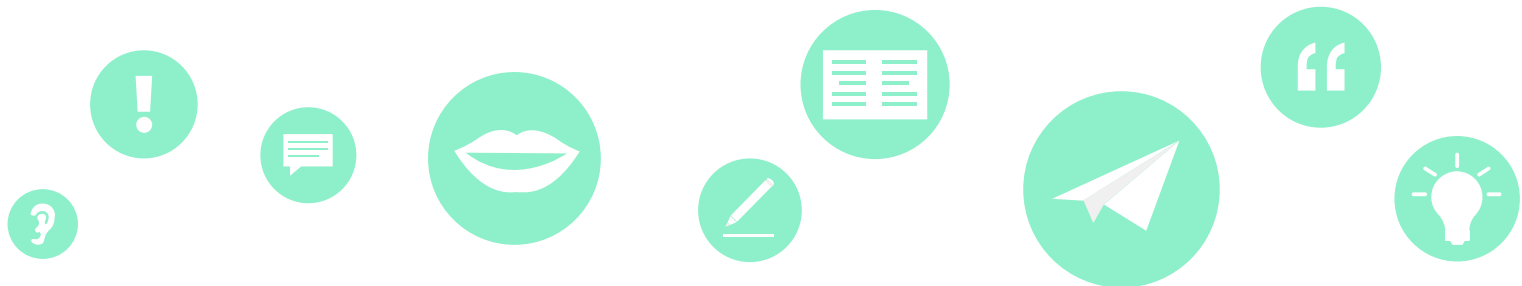
## Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

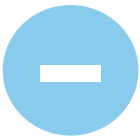
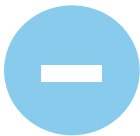
no



## Reflect on this lesson

Think about everything you have seen in this lesson.  
What were the most difficult activities or words? The easiest?

If you have time, go over  
the most difficult slides again



## Answer key

### Exercise p.12

1. thinking 2. journal 3. going/planning, 4. entry 5. calendar

### Exercise p.13

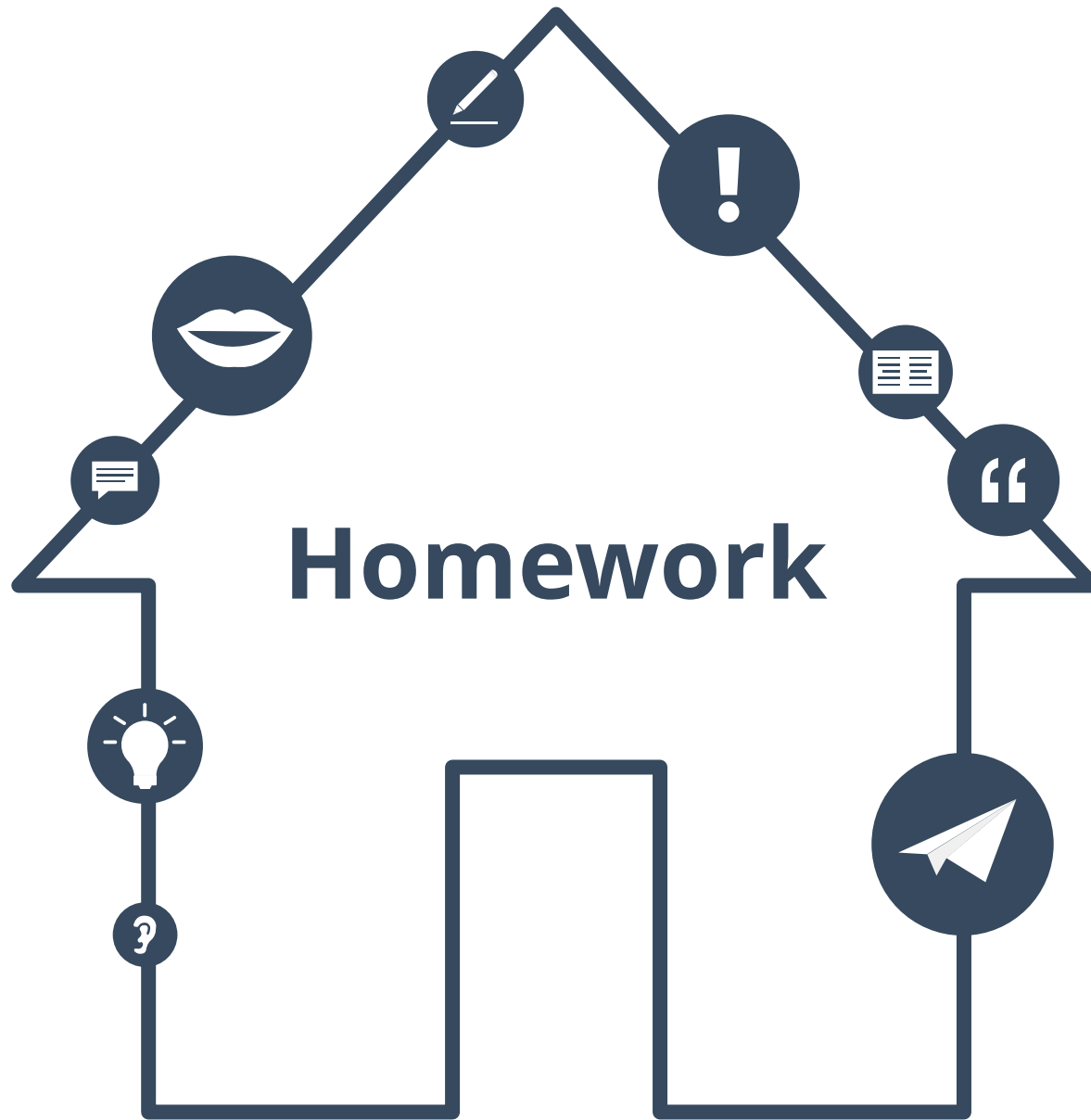
1.B 2.D 3.C 4.A

### Exercise p.17

1.A 2.C 3.D 4.B

### Exercise p.18

2. wanted to 3. thought 4. was thinking 5. was going to 6. was going to 7. wasn't going to 8. were thinking





## Writing a journal entry

**What did you do yesterday? What are you planning to do tomorrow? Write a short journal entry (5-6 sentences) to describe your thoughts.**

A vertical rectangular template for a journal entry. It features a light gray background with a vertical line on the left side. Along this line are ten circular punch holes. To the right of the line are ten horizontal lines for writing, spaced evenly down the page.



## Vocabulary lists

**Check the first five words of the lesson.  
Sort them into two lists.  
Give your lists a name.**

List 1: \_\_\_\_\_

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List 2: \_\_\_\_\_

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





## My favourite words

Choose five words or phrases from the lesson,  
and write them down in your list of *My favourite words*.

A graphic of a notepad with a spiral binding on the left. A white sticky note with a light blue tab is attached to the top right of the notepad. The sticky note has the text "My favourite words" written on it. Below the sticky note, the notepad has several horizontal lines. The first three lines are pre-filled with the text "Word one", "Word two", and "Word three" respectively. The fourth line is followed by an ellipsis "...". There are four more empty lines at the bottom of the notepad.



## Make flashcards

**Make flashcards out of paper, and copy down four words or phrases from this lesson that are hard for you.**





## Sentences in the third person plural

**Choose five example sentences from this lesson.  
Copy them, and rewrite them about  
a group of people (or using the pronoun *them*).**



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Examples:

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She is a doctor

---



→ Hannah and James are doctors.

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He speaks English and French

---



→ They speak English and French.

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...

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