

ARTMAKING AT HOME

Playing Truant Unintentionally, Just Writing my Diary

Have you ever written a diary? You haven't? Then we must fix it! Writing a diary is an opportunity to record the difficult time we are currently experiencing in an interesting way, and at the same time, to use our time meaningfully, to have fun, but also to learn something interesting about ourselves. A diary can also become a family heritage and a documentary about the time in which we live. If you persevere in writing a diary, you can even create a time-lapse document, a kind of family chronicle and a message for future generations. Or you can create a purely personal and private diary.

How to do it?

- 1.** First, think about the form of a diary. You can use a purchased diary or workbook, or create your own diary from individual sheets of paper.
- 2.** Then think about the form of writing. It can have a narrative, a description of events, various records of your thoughts and feelings. You can write sentences with direct speech – or just brief notes. You can even write in verses and insert your drawings, clippings, photographs. You can also ask your siblings, parents or friends to draw something for your diary. The sky is the limit to your imagination.
- 3.** Start writing! When? Best in the evening or at times when you can write in peace. Create a writing ritual, prepare a notebook and a pen – always keep them in the same place. You can write about the things that have fascinated you, amused you, that were unusual, or the things you look forward to – or, conversely, the things that bother you.

Why to write a diary?

The written remains. And writing a diary will help calm your mind. You can use the writing time for self-knowledge.

Diary writing can be a personal psycho-hygiene. And a distinctive artistic expression.

You may find that you have a talent for writing!

I will write about everything I experienced during the day!

