

Student Journal “Looks Like, Sounds Like, Feels Like” Mini-Lesson

Objective

Students will review and reflect on what it looks like, sounds like, and feels like when they are actively using their Fly Five Student Journals in the classroom. This activity helps reinforce the importance of self-reflection, responsibility, and mindfulness.



Materials Needed

- Fly Five Student Journals
- Chart paper or whiteboard
- Markers or dry-erase pens

1. Introduction (5 minutes)

Explain that the Student Journals help students practice essential life skills like responsibility, empathy, cooperation, assertiveness, and self-control. Let students know that using their Student Journals can help them reflect on their actions, thoughts, and emotions in the classroom.

Ask:

- “Why do you think it’s important to have a place where we can write or draw our feelings and thoughts?”

2. What It Looks Like, Sounds Like, and Feels Like (10 minutes)

Draw three large columns on the board or chart paper with the headings: What It Looks Like, What It Sounds Like, and What It Feels Like.

Prompt the students:

- When we’re using our journals responsibly, what does it look like in the classroom?
- “What do you hear when students are using their journals responsibly?”
- “What does it feel like when you’re using your journal responsibly?”

Allow students to share ideas and write them down under each heading.

Examples could be:

What It Looks Like

- Students are sitting quietly.
- Students are writing or drawing in their journals.
- The classroom is calm and focused.

What It Sounds Like

- The sound of pens or pencils writing.
- Quiet thinking or light discussion when sharing.
- The teacher offers guidance or support.

What It Feels Like

- Students feel calm and focused.
- Students feel proud of their reflections.

3. Reflection and Sharing (10 minutes)

Ask students to spend a few minutes in their journals to reflect on how they feel when using their Student Journals. Provide a few guiding questions to prompt their writing:

- “How does using your Student Journal help you understand your emotions?”
- “When do you feel most focused while using your Student Journal?”
- “How does writing or drawing in your Student Journal help you be a better classmate?”

Afterward, allow students to share their reflections with the class if they feel comfortable. Encourage a few students to read their journal entries aloud or share ideas in small groups.

4. Wrap-Up (5 minutes)

End the lesson by summarizing the importance of using the Fly Five Student Journal responsibly and thoughtfully. Reinforce how it helps students become more self-aware, practice empathy, and build essential life skills.

Optional Extension:

Have students create a “Journal Use Reminder” poster for the classroom with visual cues about what it looks like, sounds like, and feels like to use the journal. Display this poster as a reminder for all students.