

Campus Calgary / Open Minds Engaging Parents with Journalling

How parents can engage in journalling with their children and learn to love it themselves

A journal is something that can be used by anyone at any time. It is something that goes far beyond school and work in a classroom. A journal can help children and adults too to increase awareness and a deeper understanding of the world around them.

A journal can help create opportunities to slow down and look beyond the obvious through writing and/or sketching. Journalling can help create connections with one's surroundings – objects, people, a natural environment – and record thoughts, questions, and wonderings to go back to later.

For more information, check out these following resources:

- Alexandra Horowitz's book 'On Looking: Eleven Walks with Expert Eyes' illuminates what it is like to 'walk' through a neighbourhood fully aware. Check out this [video clip](#).
- Keri Smith's book 'How to be an Explorer of the World' is a great resource to look at different ways of slowing down and truly becoming an explorer of the ordinary. There are many different explorations to engage in within this book that can be easily used anywhere – walking through your neighbourhood, going on a family road trip, or vacationing to far off or near locales. Check out the [link](#) to her website and '100 ideas'.

