

## Journal Buddies

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Journal Buddies author tells all..... Lauren Smith: Tell us about your books? Jill Schoenberg: Journal Buddies is a fresh take on journal keeping! It's interactive, guided and creative! Let me explain. First, these journals are shared and completed WITH the help of others, hence the title Journal Buddies! Friends, mothers, aunts, grandmothers, fathers, teachers, and mentors are all excellent candidates to be a child's journal buddy. Second, the focus of the journals is on the positive qualities, traits and talents of both the journal-keeper and his or her journaling buddies. Thirdly, these journals are centered on the idea of creative journaling, which is a concept that encourages kids to express themselves not only with words, but also with their unique creative ideas and expressions. This is the aspect of Journal Buddies that really hooks a kid's attention and energizes his or her interest in journaling.

By the way, there's a list of 89 creative ideas in the book to help kids on their creative journaling adventure. A few examples of creative journaling ideas are:

- Print out a special email from a parent, friend or grandparent and paste it into your journal.
- Take scraps of construction paper and paste them into your journal to create your own unique design.
- Paint with watercolors in your journal, and don't worry if the pages get wavy from the water! (In fact, your readers can visit my website and download the entire list at [JournalBuddies.com](http://JournalBuddies.com))

**MORE DETAILS ABOUT JOURNAL BUDDIES** There are thirty journal entries, each offering the journal keeper a "thought of the day", spaces for the qualities, traits, and talents the buddies admire about each other, a focus word for the day, and blank pages to record their thoughts or to go wild with their creative journaling! Also, there is a section for reflection at the end of the book that encourages the journal-keeper to reflect on their journaling experience. Of course, I'm naturally excited about these books. I wrote them and polished them and tested them and rewrote them again (and again). The final result is a book PACKED full a great journaling ideas designed to HELP PARENTS strengthen their child's self-esteem, build healthy relationships and encourage creativity! This truly is the most innovative (and fun!) journaling tool to hit the market in decades! Lauren Smith: How did you come up with this idea? Jill Schoenberg: Thanks for asking me this question. How this idea came about is a great story! One day, I was sorting through my childhood keepsake boxes (yes, I have a few big boxes of great stuff). In my diggings, I discover diaries from when I was a child between the ages of 8 - 12. As I read the entries I was thrilled to re-discover these musings from long ago. I was even more thrilled to gain this precious insight into my thoughts and feelings at such a tender age. Sadly, I had only recorded a handful of entries in each diary and was left with a deep yearning to read and learn more about myself as a child. My yearning to know more about my thoughts, ideas and feelings persisted. Over and over again this one question haunted my mind -- "Why did I stop writing?" The answer came to me quickly. As a child I was simply overwhelmed with all of the blank lines in my diary and felt obligated to fill each page. This took the fun out of keeping a diary. Furthermore, I was terrified that someone would find and read my diary and discover all of my secrets (I have two older brothers, so I'm sure you can understand my terror at the time!). I was saddened by these realizations. Soon, I began to ask myself, "How can I help kids of today to start journaling and stick with it?" Well, the idea for Journal Buddies came to me through a brief and sudden moment of inspiration. It went like this -- make journaling interactive, fun, creative, and flexible. Get rid of all the blank lines, make it a game, give kids permission to journal in the style that matches their personality, Also, encourage them to use a journal to celebrate their greatness and the fear of being discovered is greatly lessened, if not gone altogether. Wow! I was blown away by this innovative journaling concept and have worked on Journal Buddies since that time. And, I ABSOLUTELY LOVE the results and I think you will too! Lauren Smith: How will these books help a child's self-esteem? Jill Schoenberg: Self-esteem is directly related to the core beliefs we hold about ourselves, and Journal Buddies is all about creating positive core beliefs about qualities, traits and talents and bringing them to the forefront of life. This is so important to consider: "The extent to which children believe they have the characteristics valued by the important adults and peers in their lives figures greatly in the development of self-esteem." ([Kidsource.com](http://Kidsource.com)). For this reason, the process of self-discovery can be an exhilarating one once we are comfortable looking at ourselves and honestly embracing what we see. This process, however, takes practice and this is where Journal Buddies can help our children as it serves as a practical, hands-on means to learn and refine this vital life skill. You see, these journals become tangible evidence that clearly demonstrate to a child that they possess characteristics valued by others. That is why there is a direct link between Journal Buddies and improved self-esteem. Also, research tells us that our self-esteem habits begin in childhood and affect us throughout our entire lifetime. Factors such as: Having a positive attitude Ability to identify our talents and abilities How much we value our talents and abilities all contribute to one's overall feeling or sense of esteem. These skills are best taught at an early age and subsequently practiced throughout a lifetime. My books are an excellent opportunity to teach and practice these invaluable skills. That's exactly how Journal Buddies can and will help to build, strengthen and improve a child's self-esteem. Lauren Smith: Are there age restrictions for these books or do they work for all ages? Journal Buddies are appropriate for kids of all ages! Nevertheless, I suggest the following guidelines for parents: When using Journal Buddies. Kids ages 6 and 7 tend to need more help, support and guidance, whereas kids ages 8 - 12 dive right into the journals without reservation (and with the necessary skills to get to work on it straight away and, therefore, with less guidance). Older kids, those 13+, often need more encouragement to either keep at the journal or to share it with others, as they tend to become quite secretive about their feelings at this age. Parents, please note! I guarantee that the time investment necessary to get your child started on this new style of journaling will pay off, big time! I say this because once kids wrap their minds

around this incredibly fun and freeing form of journal keeping, there is virtually no stopping them. I've witnessed these results first-hand, and I can tell you without reservation that it is incredible, simply incredible! Oh, and one last suggestion for parents -- a playful, open attitude toward this new concept of interactive and creative journaling is required. So expand your notion of journaling and get creative, have fun, and savor the journey. Lauren Smith: What's the best way for a parent to get started using this book? Jill Schoenberg: It's simple. Get the book, gather some creative supplies (you know you have them stashed in drawers, cabinets and cupboards!), and start thinking of the myriad of great qualities, traits and talents you LOVE, LIKE or ADMIRE about your child! In the meantime, learn more about Journal Buddies by visiting my media room. Parents can download free excerpts from the books that explain exactly how Journal Buddies works and a free sample journal entry from both the girls and boys books.

The direct link to the media room is: [http://www.journalbuddies.com/Author\\_Media\\_Pages/media\\_room.htm](http://www.journalbuddies.com/Author_Media_Pages/media_room.htm))  
Lauren Smith: What are some of the other benefits of your books? Jill Schoenberg: Oh my, there are so many great benefits to Journal Buddies in addition to improving a child's self-esteem. But, to keep my answer simple and to the point, I'll give you my top three favorite added benefits of my books. With Journal Buddies, kids will: Form powerful connections with the people who mean the most to him or her. Learn how to creatively and freely express feelings in his or her unique journaling style. Experience the incredible, fun and freeing art of creative journaling. This is an exciting and dynamic journaling experience that has tremendous value to parents and kids alike. Lauren Smith: Do you have any final comments? Jill Schoenberg: I would like to say that it is my sincere hope to inspire kids and parents alike to expand their concept of journaling. Journal writing can be a secretive process used to process difficult or challenging emotions, but it can also be a shared experience full of positive, feel good words and experiences. Also, journaling can be much more than written words on a lined page. I love it when I see journals covered with bright marker strokes or stickers or poems or drawings or paint&hellip;. It is truly spectacular, and it my wish that you experience this vision for yourself! Until next time, happy journaling....