

Journal Entry

Finish the statement, “I remember...”, in the box below. As you write, try to include as many descriptive details as you can. On the bottom of the worksheet, you’ll see different emojis. Circle the emoji that most closely matches how you felt, and then write down why you think you felt that way in the box to the right.

Date:	I Remember...
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Today, I felt...



I felt that way because...

Example Journal Entry

Below are two journal entry examples from a student's week. (Remember: When you keep your journal, you will only write one entry per page.) First, read the excerpts below and then read the narrative poem example on page 4.

Date: Saturday, May 6

I Remember...

I practiced the piece I'm playing at the recital tomorrow for THREE HOURS. There's one movement in the piece that's really hard to control because of the tempo. It's such an awkward speed: Andante is supposed to be not too slow, but not too fast, and I'm having hard time staying exactly on beat. I feel like I played that part over and over and over and over again. Jacob kept yelling from his room, "STOOOP PLAYING THIS PART!" I just ignored him though, because I really want my playing to sound good tomorrow.

Date: Sunday, May 7

I Remember...

I DID IT!!! I was so nervous when I walked out on stage. It felt like my heart was going to beat out of my chest. The lights were super bright, and they made the audience kind of invisible, and everyone was soooo quiet. I could hear my footsteps echo as I walked across the stage, which was pretty spooky. Once I sat down and touched the keys though, I knew exactly what to do

I felt...



I felt that way because...

Narrative Poem Example

Below is a narrative poem that was inspired by the journal entry examples.

I Remember...

The recital hall, as I walked toward the piano.

Stage lights, hot and bright. The lacquered stage, freshly polished, so strong I could smell it.

The audience sat silently,
but I could hear my nervous heart
pounding through my chest.

A smooth, even beat that marched on, in between my steps.

beat

beat

beat

I Remember...

The day before, when I practiced for hours:

Andante – not too fast, not too slow. Keep an even tempo.

My hands danced up and down the octaves. Eighth notes and chromatic scales,
Over and over and over again.

Staying positive and driven
to perfect my syncopated rhythms.

beat

beat

Beat

I Remember...

Finally finding my place at the piano.

I stretched my hands out wide and flat, readying them for the task ahead

Gently curved on top of the keys, fingers light as feathers. I took a deep breath, and

beat

beat

beat

Narrative Poem Reflection

A narrative poem uses the descriptive, heightened language of poetry to tell a story. Answer the reflection questions below to help develop additional details about the significant event you chose.

What is the most significant thing (positive or negative) that happened to you this week?

Why did that thing happen? How did you feel about it?

Where were you when that thing happened? What did that place look, sound, smell, feel, and taste like?

Was anyone else there with you? What did they do or say during this event?

How did this event impact the rest of your week?

Your Narrative Poem

Write your own narrative poem in the template below. Use your journal entries and your reflection questions to help you. If you need more space, continue in your writing journal.

I Remember...

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