



# Dream a Little Dream

*UConn 4-H New London County*

## Background

Journalling is a great way to reflect on your thoughts, emotions, and experiences. Journalling can also help you work towards your goals and dreams. A goal is a specific activity that you plan to accomplish in a certain amount of time. A dream is a larger, more abstract desire for something that you hope to become, achieve, or experience. Goals help us to reach our dreams. Take some time to think about your dreams for the future, and then consider some goals that will help you get there. You can use the 4-H Find Your Voice journal pages to document your day and your daily goals. Design a postcard with your dreams and inspirations and ask a parent, guardian, or other trusted adult to hold onto this postcard and send it to you in the future.

## Activity #1: Journal

### Supplies and Tools

4-H Find Your Voice journal inserts (printed)

1 piece of colored cardstock, halved, with two holes in the left margin

20 inches of ribbon or string

Markers

Pencil

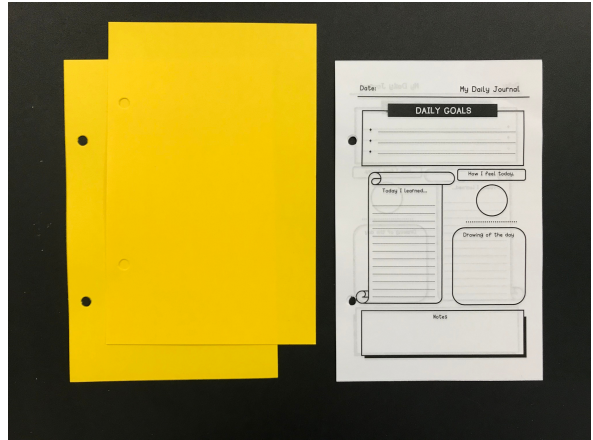


# Activity Steps

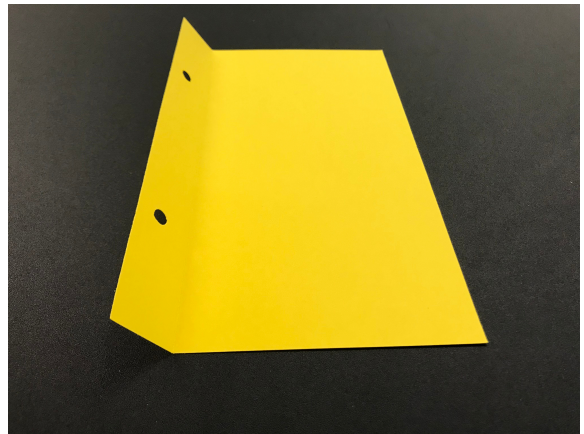
## Notes

In preparation: If your journal inserts are not already cut in half and hole punched, complete this step. Make sure that the holes in the journal pages line up with the holes in the cardstock covers.

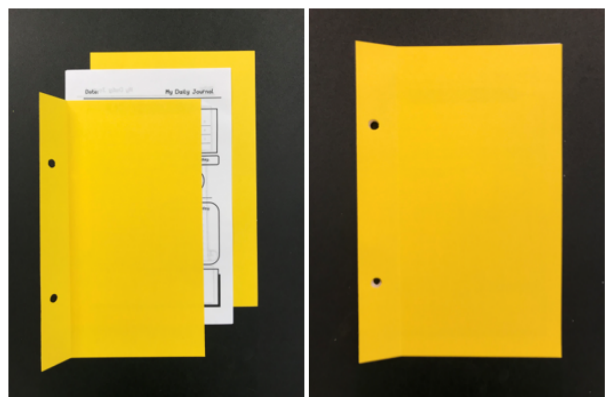
## Visuals



1. Crease one piece of cardstock (the front cover) one inch from the left margin. This will help you open your journal more easily.



2. Organize the pages of your journal. The creased cardstock should be on top – this is the front cover. The uncreased cardstock should be on the bottom – this is the back cover. Organize the inside pages of the journal between the front and back covers. Again, make sure that the holes line up.



3. Thread one end of the ribbon or string down through the top holes and up through the lower holes. Tie a bow with the two ends of the strings. Ensure that the bow is tight enough that it will not unravel or let your pages fall apart while still allowing you to open and close your journal.



4. Design the cover of your journal.



5. Try writing in your journal each day, keeping track of your emotions, experiences, and goals. Add additional pages as needed.

Date: 4/4/2023 My Daily Journal

**DAILY GOALS**

- Learn how to make a journal
- Write in my journal
- Learn more about UConn 4-H

How I Feel Today:

Today I learned...

How to make a journal with UConn 4-H New London County!

Drawing of the day

Notes

Try the postcard activity next!

# Activity #2: Postcard

## Supplies and Tools

4-H Find Your Voice postcard template (printed)

Markers, colored pencils, pens

Postage stamp

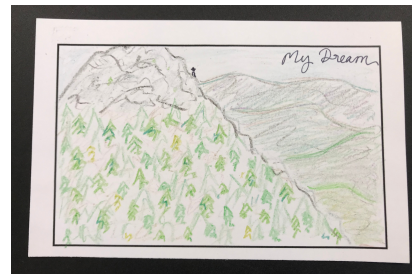


## Activity Steps

### Notes

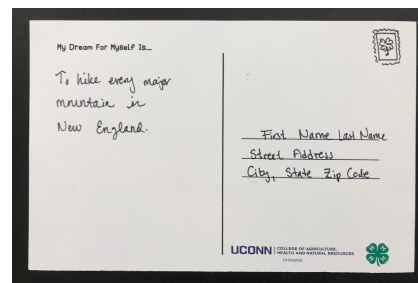
1. Draw a dream (or a few dreams) that you have on the front of the postcard.

### Visuals



2. Write a short description of your dream(s) on the back on the left side. On the right side, address the postcard to yourself or ask a trusted adult for help.

Once you have completed this step, ask a trusted adult to save the postcard and send it to you in the future. How fun it will be to receive mail from yourself!



If you enjoyed this project, visit [4-h.extension.uconn.edu](http://4-h.extension.uconn.edu) to learn more about UConn 4-H. Check out the [UConn 4-H New London County](http://UConn 4-H New London County) webpage to view the video associated with this activity.

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