

What do Diaries & journals express?

-  Personal feelings
-  Recount recent events
-  Record information from different sources

 Try to use interesting and powerful adjectives when you are describing emotions in a journal entry

❖ Add two or three more synonyms for each of the adjectives below.

troubled- blue- exciting- ashamed-self conscious-
uneasy- exhilarated- gloomy-appalled- stunned- -
electrified-disturbed-anxious- concerned -thrilling -
depressed- delighted -miserable- upset

ADJECTIVE	SYNONYMS
boring	
interesting	
embarrassed	
shocked	
excited	
worried	
sad	

❖ Select the suitable adjectives from the chart above and fill in the spaces in the following journal entry.

I was thrilled/ blue/ appalled when the music began and Alex forgot the words. I blushed terribly-the whole audience must have noticed! I looked across at Jacob- he just looked completely self conscious/ exhilarated/ disturbed about what had happened. I looked at my parents in the front row: they just looked totally uneasy/miserable/embarrassed



When I write a diary/journal entry I have to include:
date of entry **personal feelings** **powerful adjectives**
linkers **Time expressions** **sensory images**