



*'Therapeutic writing and drawing can become a way of life for children. A regular practice for staying centred in the face of life challenges, and the winds of change.'* (Lucia Capacchione)

## THE CREATIVE JOURNAL GROUND RULES

- ① All children's Creative Journals are confidential and private
- ② Creative Journals are never graded, evaluated or criticised.
- ③ Creative Journaling is done quietly, with no talking.
- ④ Soft, soothing music is recommended during journaling time.
- ⑤ Children never need share the journals with anyone, including counsellors.
- ⑥ Children are invited to share their journal in one-to-one or group sessions, but there is no requirement to share. They may prefer to simply talk about what they are learning about themselves.
- ⑦ No criticisms or ridicule is permitted among children in group sharing.
- ⑧ Creative Journal activities are led by adults trained in the method.
- ⑨ The creative Journals are kept in a safe place to guard the child's privacy, perhaps a locked cabinet.
- ⑩ Creative Journals may remain in the care of the counsellor but kept confidential, with the child receiving the journal upon leaving the programme.
- ⑪ Each child's Creative Journal is his or her private property to do with whatever he/she wishes.
- ⑫ Parents, family members or guardians are informed about the Creative Journal programme and asked by the counsellors to honour and respect the privacy of the child's Creative Journal.

