

For this writing task you are asked to write a journal entry about how your school makes you feel. Think about how the building makes you feel, whether or not you like the subjects or extracurricular activities, how you get on with your classmates, if your teachers are strict and whether there are many rules at your school or not. (Before you start remember that your diary reflects your personal thoughts and beliefs and you should feel free to write exactly what you're thinking without the fear of being judged. Describe your school, the facilities, the community, interpersonal relations, rules and behaviours, extracurricular activities... Inform us about your feelings at school and give reasons for them.)

Useful language

Subjects, extracurricular activities, facilities, computer lab, classrooms, assignments, the rules, misbehave, expel, rewards, break a rule....

Feelings:

Depressed, disturbed, free, happy, responsible, sociable, worthy....

### Journal Entry: My Thoughts About School

**Date:** November 22, 2024

Today, I feel like reflecting on how school makes me feel. It's a mixed bag, really—there are things I enjoy, things that frustrate me, and moments that make me feel like I'm part of something bigger.

Let me start with the **building** itself. Our school is pretty modern, with bright classrooms, a spacious computer lab, and a well-equipped library. I love the science lab too—it's fascinating to experiment with things we learn about in books. The sports facilities are decent, and I feel most free during PE classes when we can play games or just run around on the field. But, on rainy days, the hallways feel cramped, and the lack of quiet spaces for personal work is a bit annoying.

As for the **subjects**, I have a love-hate relationship with them. I really enjoy English and history because they let me explore stories and ideas. Math, though, sometimes makes me feel defeated—it's just not my thing. The extracurricular activities are great. I'm part of the drama club, which is my escape from the routine of school. Performing on stage makes me feel alive, like I can truly express myself.

My classmates are a mix of people I get along with and some I'd rather avoid. There's a strong sense of community, though, and I appreciate how most people are supportive, especially during group projects or events. My teachers vary—some are inspiring and make learning fun, while others are too strict, leaving me feeling pressured. But I know they mean well, even if they're tough on us sometimes.

Our school rules aren't too harsh, but they can be annoying when they feel unnecessary. For instance, I don't see why we can't use our phones during breaks. On the other hand, the rules about bullying are enforced strictly, and that makes me feel safe. I try to follow the rules because I don't want to get into trouble, but sometimes, they make me feel like we're being treated more like robots than individuals.

School makes me feel a mix of emotions. At times, I feel happy and sociable, especially when I'm with friends or doing something creative. Other times, the pressure of assignments or a tough class leaves me feeling disturbed and tired. Despite everything, I know school is helping me grow—teaching me responsibility, teamwork, and resilience.

That's all for today. Writing this down helped me understand my own feelings a little better. Tomorrow, I'll try to focus on the positives and see how it goes!

Goodnight,  
[Your Name]