



Scotland's Stories



**Creative
readers'
journal**

Welcome to your creative readers' journal!

Reading has a variety of positive impacts on readers, including improvements in wellbeing, reductions in feelings of loneliness and the development of empathy. However, research shows that reflecting on what we read can further increase the impact of these benefits.

This journal contains five creative activities that will support you to reflect on your experience of reading *Scotland's Stories: Hope*. There are instructions for each of the five, but do feel free to adapt the activities to allow you to reflect on the aspects of reading the stories that stood out to you.

To help us understand the different ways that readers engage with stories, the impact that both reading and reflecting on reading has on us, and to hear your feedback on this year's Scotland's Stories collection, we'd love you to send us photos of your completed journal for us to analyse as part of our research.

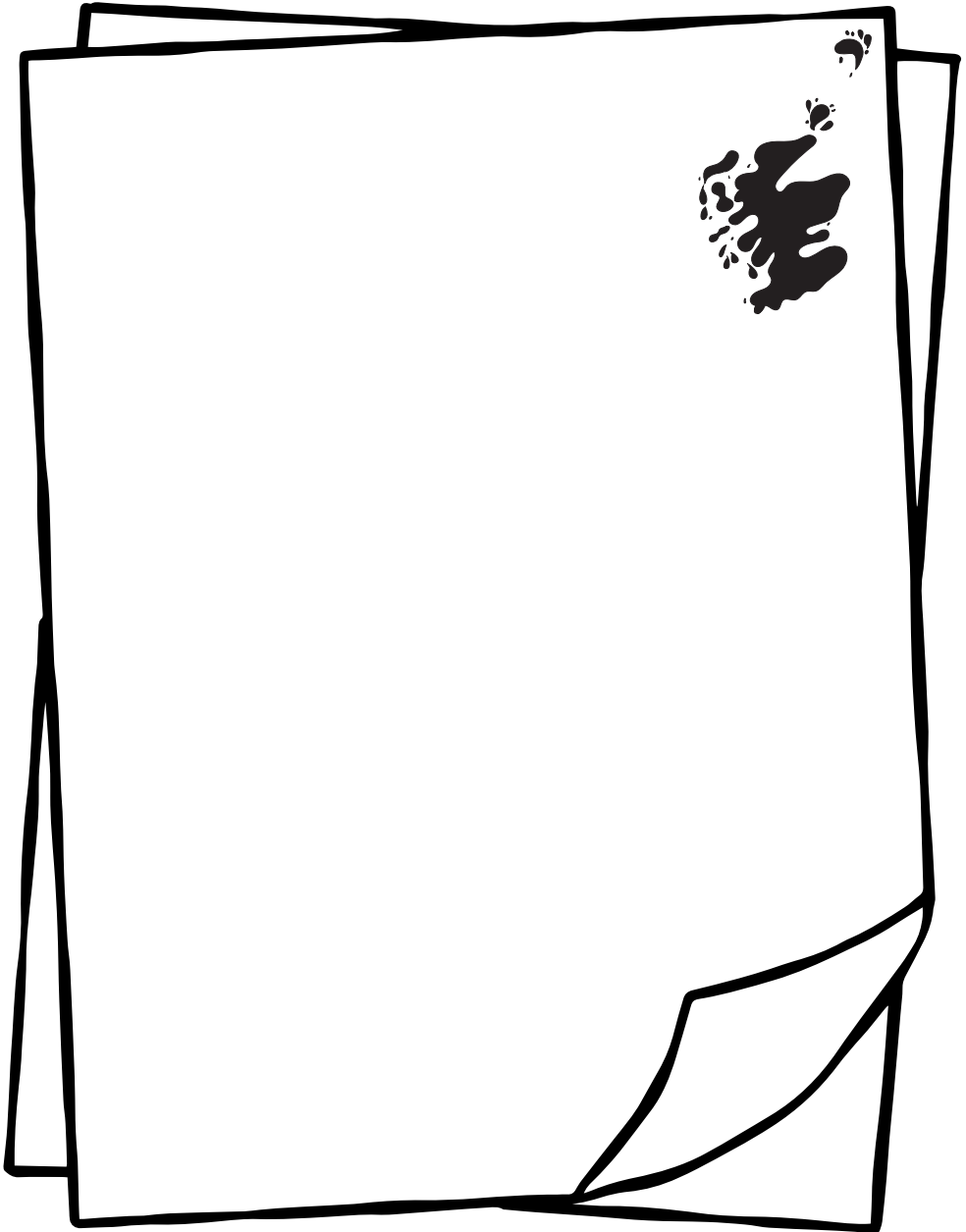
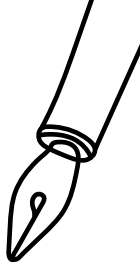
To send us photos of your completed journal, please visit our website for further details.

scottishbooktrust.com/journal



Write a letter to the author of one of the Scotland's Stories you particularly enjoyed.

Why did this story resonate with you? Are there any questions you would like to ask the author? Write on a separate piece of paper if there's more you'd like to say.



Pick one of the Scotland's Stories. Imagine you are at the location or setting of the story.

What can you see?

What can you smell?

What can you hear?

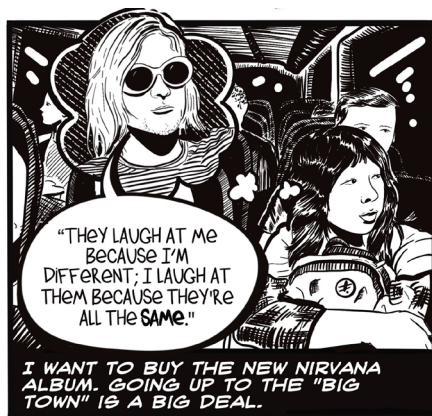
What can you taste?

What can you feel?

**What emotions do you feel when you're there?
Why do you think you feel like this?**

Add your thoughts about this story around the comic strip – you can write, doodle, or do whatever you'd like.

This comic strip is from 2023's *Scotland's Stories: Adventure*. You can find new visual adaptations for *Hope* on the Scottish Book Trust website.



THE NEXT STOP IS THE LEGENDARY VIRGINIA GALLERIES, A LITERAL GRUNGE NIRVANA.



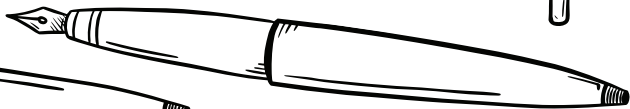
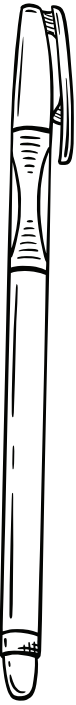
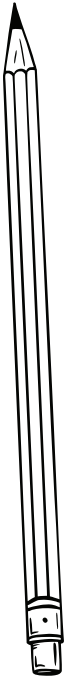
I MAKE MY WAY BACK TO SUBURBIA ON THE NO. 23 BUS, BACK TO SATURDAY NIGHT TV IN MY MUM'S LIVING ROOM.

I STICK THE FLYER ON MY BEDROOM WALL BEFORE I GO TO BED, NEXT TO KURT COBAIN'S GIANT SAD FACE.

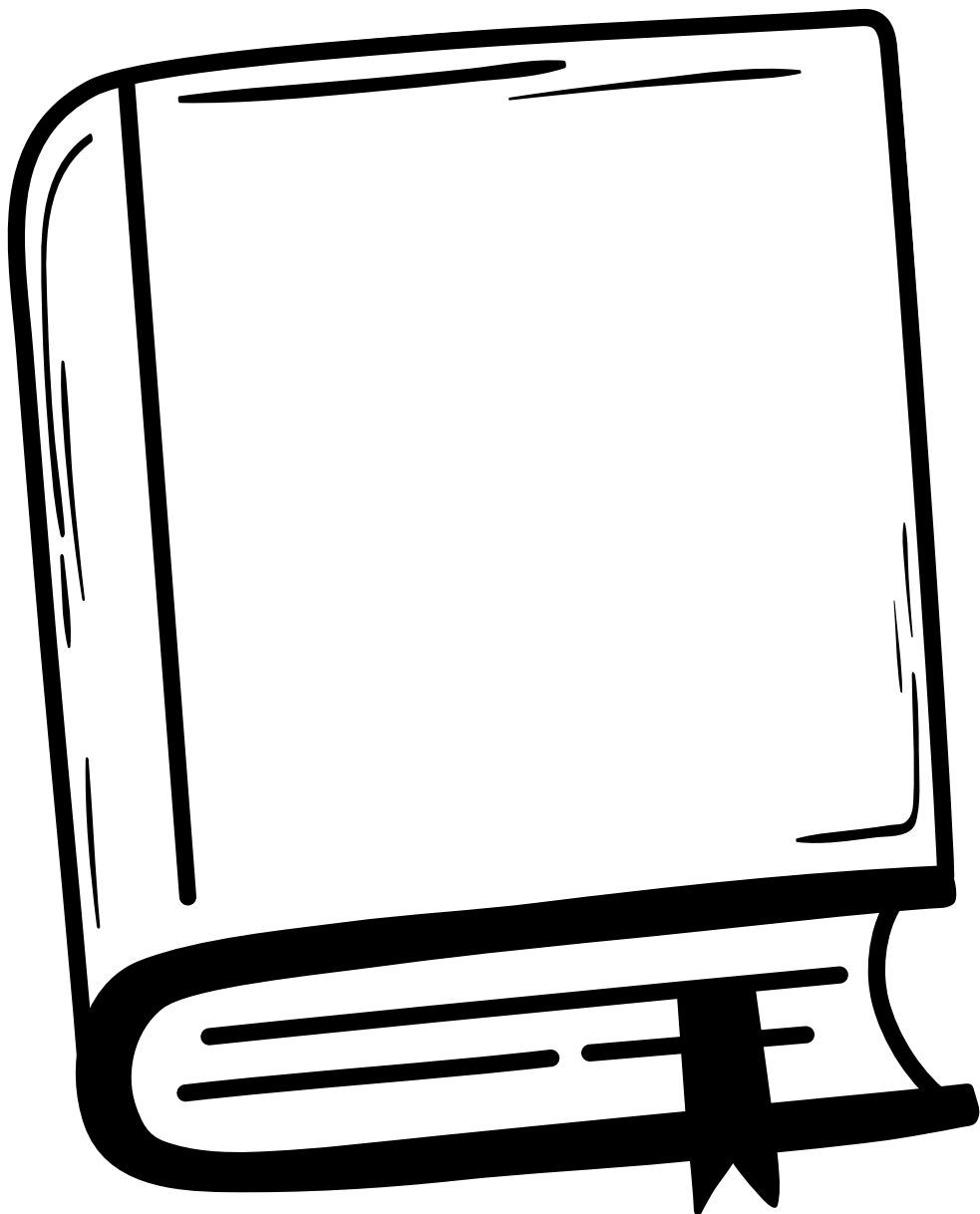


Pick one of the Scotland's Stories and write a 50-word response.

It can be about how the story made you feel, what you think happens next, a memory from your own life the story reminded you of – whatever you like.

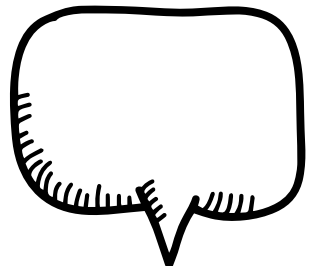
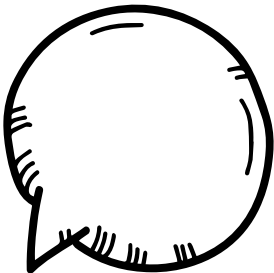
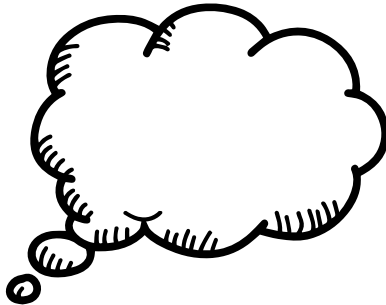
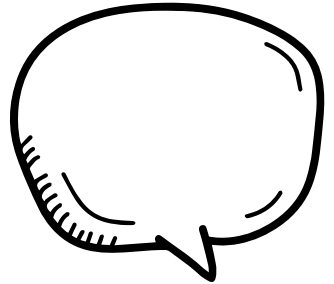
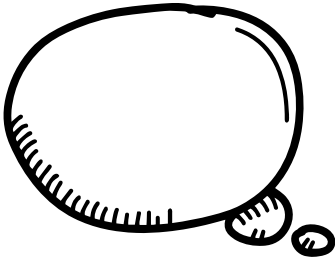
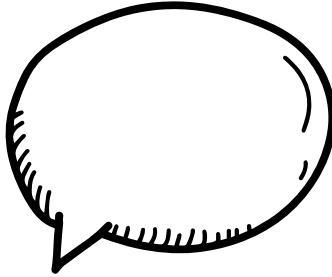
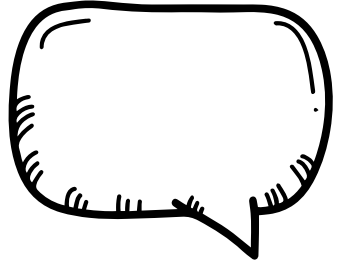


**Pick one of the Scotland's Stories you enjoyed.
Draw or collage a cover for it that represents what you liked about it.**



We'd love to hear how you've found using this creative journal.

Write words or phrases below that reflect your experience of responding to *Scotland's Stories: Hope* using the activities in this journal.





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