

1. WRITE DOWN EVERY SWEAR WORD YOU KNOW HERE IN BIG,
BOLD BLOCK LETTERS

2. POUR COFFEE OR TEA OR ANY OTHER DRINK OVER THIS SECTION

3. RUB HERE WITH DIRT



4. COLOUR THIS PICTURE IN WITH EVERY CONDIMENT IN YOUR FRIDGE



5. PICK THREE OF THESE CHALLENGES TO COMPLETE THIS WEEK

• DO A CARTWHEEL IN A PUBLIC PLACE

• YELL PENIS REALLY LOUD IN A PUBLIC PLACE

• INVENT A SECRET HANDSHAKE WITH A BEST FRIEND

• SLOW DANCE IN A SUPERMARKET AISLE BY YOURSELF

• LEARN THE WORD FOR 'POO' IN THREE DIFFERENT LANGUAGES.

• WHAT IS A RUDE WORD YOU FOUND REALLY REALLY FUNNY IN SCHOOL? TRY SLIP THIS WORD INTO A CASUAL CONVERSATION THIS WEEK

• FIND A HILL. ROLL DOWN IT

• BUILD A PILLOW/ SHEET/ MATTRESS FORT

• PUT THIS PAGE OPEN SOMEWHERE IN YOUR ROOM. LET IT WATCH YOU DANCE FOR HALF AN HOUR TO YOUR FAVORITE 90'S MUSIC

• CUT OUT THIS PIECE OF PAPER AND GIVE IT TO A STRANGER

.....
.....
.....
HELLO
.....
I BELIEVE IN YOU
.....
YOU'RE DOING GREAT
.....
NICE BUTT
.....
.....



6. ALLOW YOURSELF TO WRITE AN ANGRY LETTER TO SOMEONE WHO REALLY ANNOYS YOU. ALLOW YOURSELF TO BE AS PETTY AS YOU WANT. GO WILD. YOU CAN SWEAR, BE MEAN, BE IMMATURE, BE SAD, BE SILLY. TELL THEM EVERY LITTLE THING THAT ANNOYS YOU ABOUT THEM. DON'T HOLD BACK.

DEAR _____ ,

NOW: PUT ON SOME LIPSTICK AND GIVE THIS LETTER A BIG KISS.

NOW: CRUMPLE IT UP AND PUT IT IN THE BIN.

OR

SET IT ON FIRE

OR

TEAR IT INTO LITTLE PIECES AND THROW IT OVER YOUR HEAD LIKE CONFETTI



7. WRITE YOUR BIGGEST, BADDEST SECRET HERE
SCRIBBLE OUT PROFUSELY

8. HOLD THIS PIECE OF PAPER OVER YOUR MOUTH AND SCREAM AS
LOUD AS POSSIBLE! AFTERWARDS, WRITE **INSERT YOUR NAME**
SCREAMED HERE



9. TRACE YOUR HAND HERE

WRITE YOURSELF A LOVE NOTE INSIDE THE HAND SHAPE. TAKE SOME TIME WITH THIS. WRITE AS THOUGH YOU ARE WRITING TO A LOVER. SOMEONE YOU ARE OBSESSED WITH. SOMEONE YOU CAN'T STOP THINKING ABOUT AND YOU HAVE ONE CHANCE TO TELL THEM OF YOUR UNDYING LOVE. GO OVER THE TOP, GO WILD.



10. WHAT ARE YOUR FIVE BIGGEST FEARS IN THE WORLD? WRITE THEM DOWN.

1. _____
2. _____
3. _____
4. _____
5. _____

NOW, SAY TO THEM OUT LOUD 'HELLO. I SEE YOU. THANK YOU FOR TAKING CARE OF ME. YOU CAN COME WITH ME AND I WILL ALWAYS HAVE A PLACE FOR YOU AT THE TABLE BUT IN TURN, PLEASE DO NOT STOP ME FROM DOING THE THINGS I WANT TO DO. I PROMISE I WILL BE OKAY.



pp. USE THIS PAGE TO FREE DRAW ANYTHING YOU WANT. USE COLORS, PENS, CRAYONS, PAINT, CLAY, DIRT, GRASS. ANYTHING YOU WANT.

****END OF SALTY CLUB NOT JOURNAL MINI JOURNAL. I HOPE YOU HAD FUN! PLEASE REMEMBER JUST BECAUSE WE'VE GROWN UP DOESN'T MEAN WE NEED TO STOP PLAYING. PLAY IS ACTUALLY VITAL FOR OUR WELLBEING. FEEL FREE TO SHARE YOUR NOT-JOURNALING EXPERIENCE OR ARTWORKS ON INSTAGRAM BY USING THE HASHTAG #THESALTYCLUB ... NEVER FORGET YOUR INNER CHILD.**

LOVE, CAITLIN + THE SALTY CLUB. *

