**Diary writing challenge**

**inspired by *This Is Going To Hurt* (Quick Reads)**

*This Is Going To Hurt* is a collection of diary entries written by Adam Kay who used to be a junior doctor for the NHS and is now a comedy writer for TV. He published his diary as a book because he wanted people to know what it is really like to work as a doctor.

The Quick Reads version of *This Is Going To Hurt* has cut out some of the longer or more scientific words to focus on the story. After reading the book The Reading Agency want you to share your experiences by writing or drawing a diary.

A diary is a personal account of your life and how you experience it. It is often emotional, dramatic, funny, shocking and can include gossip, news, personal goals and daydreams.

**For each entry think about:**

* Things that have happened that day
* Thoughts and feelings
* Was there a key event or feeling from your day that you could focus on? This could be a funny, happy, sad, scary moment
* You don’t need to fill all of the space every day. Some entries might be short and others longer
* How can you make your writing sound like you and the way you speak or think? Aim for the reader to be able to read your diary in your voice even if they’ve never met you before

**Example from *This Is Going To Hurt*:**

***Monday, 30 August 2004***

*We may not get much free time but we make up for it in stories about patients. Today over lunch we are telling each other the strange things we have had people complain about. They include itchy teeth and a patient who felt pain in their arm every time they went for a wee. Each story gets a polite laugh.*

*Then it is Sam’s turn.*

*He tells us he saw someone this morning who thought they could only sweat from one half of their face. He sits back and waits for the laugh, but there’s nothing. Until we say at the same time that it sounds like the sign of a serious lung problem. Sam runs off to make a phone call and get the patient back on the ward. I finish his Twix.*

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