

Journal Prompts for Kids

- ❖ What is one thing about today that surprised you?
- ❖ What is one mistake you made today? What did you learn from it?
- ❖ If you could spend one day doing anything you want, what would it be?
- ❖ What is your favorite hobby or activity? What do you like about it?
- ❖ Who is one person you look up to and why?
- ❖ What are five things you're grateful for?
- ❖ What is one thing you'd like to learn and why?
- ❖ What is one thing that always makes you laugh?
- ❖ What helps you relax when you're worried?
- ❖ What is your favorite holiday and why?
- ❖ What is one interesting thing you learned today?
- ❖ What's your favorite outdoor activity? Why do you enjoy it?
- ❖ What is something you like about yourself? Why?
- ❖ Who is someone you miss? What would you say to them if they were with you now?
- ❖ What is something you're excited about? Why?
- ❖ Who are your favorite story characters? What would you do if you could spend time with them?
- ❖ What is something you're proud of?
- ❖ What do you think your life will be like in 10 years?
- ❖ Write a story about a magical character
- ❖ Is school too easy or too hard? Why?
- ❖ How does it feel when you succeed at something you've practiced for?
- ❖ If you could throw a party for all of your friends, what would it be like?
- ❖ What are some good habits you'd like to learn?
- ❖ What are some bad habits you'd like to stop?
- ❖ Where would you like to go on vacation? Why?
- ❖ What are three things you can do to help a friend or family member today?
- ❖ Is there a skill you'd like to learn? If so, what can you do to start learning it?
- ❖ What does it mean to be creative?
- ❖ What would you do all day if you were an adult?
- ❖ Who is your best friend? Why?