

JOURNALING PROMPTS

Writing or drawing in a journal can help kids explore emotions, capture thoughts and memories, and boost mood and wellbeing through mindfulness. Try some of these journal prompt ideas with your student- you can talk about the questions or help them write or draw their answers to the prompts!

MAKE A WISH

If you were granted any 3 wishes, what would you ask for?

SUPERPOWERS

If you could have any superpower, what would it be?

ROLE MODELS

Who is someone you look up to?
What makes them special to you?

PERFECT DAY

If you could spend one day doing anything, what would you do?

FEELING BETTER

What is one thing that helps you feel better when you're sad or scared?

BEST FRIENDS

Think about your best friend. What if your favorite things about them?

FOUR SEASONS

Which season is your favorite—summer, fall, spring, or winter? Why?

SETTING GOALS

What goal do you have for this week?
How will you get there?

TEACHERS

Do you have a favorite teacher?
What is your favorite thing about them?

GROWING UP

What do you want your life to be like when you are a grown up?

CALMING DOWN

When you get mad or grumpy, what's something that calms you down?

ABOUT MYSELF

What is your favorite thing about yourself? What do you like about you?

JOURNALING WORKSHEET

NAME: _____ DATE: _____

TODAY I'M FEELING:



TODAY I'M GRATEFUL FOR:

Large pink rounded rectangular box for writing.

TODAY I WANT TO:

Large green rounded rectangular box for writing.

TODAY I'M PROUD OF:

Large yellow rounded rectangular box for writing.

TOMORROW I LOOK FORWARD TO:

Large light blue rounded rectangular box for writing.

MINDFULNESS BINGO

Play through this Bingo board together, taking time to track what you feel inside as you answer these questions.

B	I	N	G	O
Name 6 colors you can see in the room.	Notice how your chair feels to sit on.	Name 5 objects in the room that start with a "C".	Say a compliment about yourself.	Describe your favorite food or meal.
Notice 1 thing you can taste right now.	Take a drink of water. What do you notice?	Stretch your body. How does it feel?	Notice the temperature. Is it warm or cool in here?	Notice 4 things you can feel right now.
How many blue objects can you see in the room?	What's your favorite joke?	Free Space!	Tell me how any object feels when you hold it.	Walk around the room and count to 20.
Who is your best friend? What is your favorite thing about them?	Notice 3 sounds you can hear in the room.	What is the first thing you notice when you look in this room?	Name 4 animals that starts with the same letter.	Tell me about your favorite teacher. Why are they your favorite?
Push your hands or back against a wall.	Take 3 slow, deep breaths.	Tell me about your favorite song.	Notice 2 things you can smell right now.	Jump up and down 4 times.

WHAT IS MINDFULNESS?

Mindfulness is a practice of gently focusing your awareness on the present moment and being fully engaged with whatever you're doing at the moment – free from distraction or judgment.

BEING MINDFUL...

- improves brain activity and creativity
- boosts mood and self-esteem
- reduces stress, worries, and regrets
- helps develop stronger relationships
- improves quality of sleep
- encourages positive behavior
- improves decision making ability

Mindfulness is a superpower.



TUNING IN WITH YOUR FIVE SENSES

Use the 5-4-3-2-1 grounding exercise to help you focus on the present moment and tune in to what is happening around you using your senses.

5 THINGS I SEE

4 THINGS I FEEL

3 THINGS I HEAR

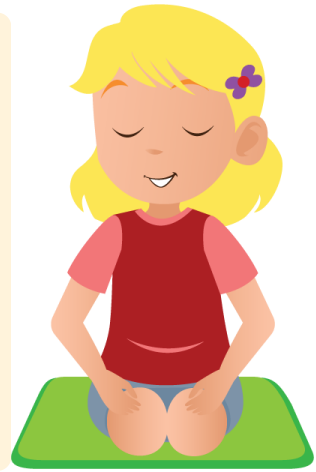
2 THINGS I SMELL

1 THING I TASTE



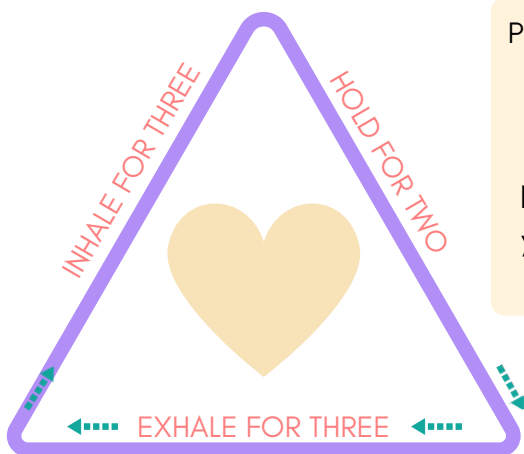
MINDFULNESS ACTIVITY

Sit straight on a chair or on the floor. Keep the back and the shoulders relaxed. Close your eyes. Breathe mindfully for five minutes. Breathe in for 3 seconds, hold your breath for 4 seconds, and breathe out for 5 seconds. As you inhale, you breathe in love, joy, and peace. As you exhale, you breathe out sadness, boredom, anger, and tiredness.



What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

MINDFULNESS ACTIVITY



Practice paying attention to your breath to calm your body. Take full breaths by tracing the lines with your finger as you breathe in and out.

What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

FEELING JOY

Write down five things that make you feel joyful.

Describe your happy place. What do you see, hear, feel, and smell in your happy place?



DAILY REFLECTION

Date: _____

Three moments you'd like to remember:

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One thing that inspired you:

--

One thing that surprised you:

--

One person who made you smile:

--

One thing you accomplished:

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