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	SUPERPOWERS	ROLE MODELS
If you were granted any 3 wishes, what would you ask for?	If you could have any superpower, what would it be?	Who is someone you look up to? What makes them special to you?
PERFECT DAY	**FEELING BETTER**	**BEST FRIENDS**
If you could spend one day doing anything, what would you do?	What is one thing that helps you feel better when you're sad or scared?	Think about your best friend. What if your favorite things about them?
FOUR SEASONS	**SETTING GOALS**	**TEACHERS**
Which season if your favorite- summer, fall, spring, or winter? Why?	What goal do you have for this week? How will you get there?	Do you have a favorite teacher? What is your favorite thing about them?
GROWING UP	**CALMING DOWN**	**ABOUT MYSELF**
What do you want your life to be like when you are a grown up?	When you get mad or grumpy, what's something that calms you down?	What is your favorite thing about yourself? What do you like about you?

15 2009 • 2024 | ATHENS AREA Community Foundation

RESILIENT NORTHEAST GEORGIA
A Fund at the Athens Area Community Foundation