



### 30 JOURNAL PROMPTS FOR KIDS

NAME \_\_\_\_\_ DATE \_\_\_\_\_

- 1 What is your favorite food, and what does it taste like?
- 2 If you had a pet dragon, what would you name it?
- 3 What color makes you happy? Name three things that are that color.
- 4 What do you hope happens today?
- 5 What was the best part of your day today?
- 6 What is something that made you laugh this week?
- 7 If you could have one superpower, what would it be?
- 8 What is your favorite game to play, and how do you play it?
- 9 Draw or write about your favorite place to be.
- 10 What is the silliest word you know? Use it in a sentence.
- 11 What is one thing you are really good at?
- 12 If your shoes could talk, what would they say about where you went today?
- 13 What sound do you like to hear most?

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| 14 | What would you name a new planet, and who would live there?                                |
| 15 | What is your favorite thing to do outside?                                                 |
| 16 | Who is someone who makes you smile, and why?                                               |
| 17 | What is one thing you are thankful for right now?                                          |
| 18 | What would you put in a sandwich if there were no rules?                                   |
| 19 | Tell about a time you felt really proud of yourself. What did you do?                      |
| 20 | What is something new you learned at school this week? Teach it to your journal.           |
| 21 | How does your body feel when you are excited? Where do you feel it?                        |
| 22 | What is something kind you could do for someone tomorrow?                                  |
| 23 | Write about a time someone was kind to you. How did it feel?                               |
| 24 | Write about a time you were a good friend to someone.                                      |
| 25 | If you could be any animal for a whole day, which one would you be, and what would you do? |
| 26 | Describe your dream treehouse. What is inside it?                                          |
| 27 | What is something special you like to do with the people at home?                          |
| 28 | What makes a day a really good day for you?                                                |

29 What helps you feel calm when you are worried or mad?

30 What is something that feels hard for you right now? What could help a little?