

## Journal Prompts

A journal jar is one way to make journal keeping easier. Print these prompts, cut them into individual slips of paper and place them in a jar. Each day you can just pull out a slip of paper with a prompt to write about.

Something that most people  
don't know about me is...

My favorite cartoon character is...  
I like him/her because...

If I were to act in a movie,  
I would want to be...

If I go to the moon,  
I would want to take...

If I was stranded on a deserted island I  
would want to have a trunk with these  
things in it...

The best birthday I ever had was...

At school I like to...  
I like it because...

The musical instrument  
I most want to play is the...

When I go to the library, I like to...

I like to go swimming at...

Something I can teach  
someone younger than me is...

My parents are good at...

My parents' jobs are...

Let me tell you about my neighborhood.

Some smells I like are...  
I like them because they remind me of..

The most adventuresome thing  
I ever did was the time I...

The current president  
of the United States is...  
I think he/she is...

What I want to dress up as  
for next Halloween:

When I'm old, I want to...

If I could learn a new language  
I would learn...  
Because then I could...

A historic event I wish I could witness is...  
I chose that event because...

My favorite thing to do  
with my grandparents is...

The best surprise I ever had was...  
I reacted by...

I would like to invent...  
It would help people because...

I am thankful for...

Outside, I like to...  
I like to do it because...

The thing I like to wear the most is...  
I like it because...

My favorite candy is...  
I like it because...

If I could be any animal I would be...  
Because then I could...

The oldest thing I own is...  
I got it from...

I have a bad habit of...  
I would like to get rid of this habit by...

Let me tell you about  
the religion I believe in.

A perfect day for me  
would be one in which...

The best invention ever is the...  
It's best because...

I think I will be a good parent some day. I will...
Something that makes me crazy is...
The thing I like best about my family is... I like this because...
If I were President of the United States I would...
The worst trouble I ever got in was the time I...
If I could live anywhere, it would be... I would choose this place because...
One thing I have always wanted is... I want it because... I don't have it because...
My full name is... I was named this because...
If I could spend all my days working on a big, impressive project, I would...

My favorite place in my home is... I like to go there because...
I like to collect... I like them because...
If I could go back in time and have lunch with any historical figure, it would be... I chose this person because...
The bravest thing I ever did was the time I...
My favorite board game is... I like it because...
The natural disaster I'm afraid of most is... I can prepare for natural disasters by...
Next time I go to the grocery store, I want to get... I want it because...
A good friend is someone who... I can be a good friend by...
When someone does something I don't like I don't have to be mean, but I can...

My favorite song is...  
Here's the lyrics...  
What I like about this song is...

I like to help prepare meals.  
The thing I like to make the most is...

My favorite family vacation  
was the time we...

My favorite food is...  
I like it because...

If I had to change my name, I would be...  
I like this name because...

My favorite movie is...  
I like it because...

In the summer I like to...

I'm not very good at...  
I can get at it better by...

My favorite nature spot to visit is...  
I like it because...

I like to help other people. One time I...  
When I did that, I felt...

Something that helps me feel safe is (a  
toy or blanket?)...  
I use it when...

I am loved by...  
I know this because he/she...

When I was younger I liked to play with...  
But now I like...

I am really good at...  
I can better at it by...

I can help my family be happy by...

Something I like to talk about is...  
I always say...

Let me tell you about my grandparents.

If I had \$1 million that  
I had to spend on other people, I would...

Let me tell you about  
each member of my family.

In the winter I like to...

My favorite book is...  
I like it because...

Let me tell you about my pets.

The nicest thing someone  
ever did for me was...

I don't like to, but my mom says  
I should learn more...  
I don't like it because...

My favorite teacher is...  
I like him/her because...

An important world event that is  
happening right now is...

My favorite part about school  
(or learning) is...

I am happiest when...

In the spring I like to...

In the fall I like to...

I can be a good listener.  
One time I listened as...

The funniest thing that  
ever happened to me was...

My favorite thing to do at home is...  
I like it because...

My favorite extra-curricular activity is  
(sports, dance, gymnastics, art, etc.)...  
I like it because I get to...

My best holiday memory  
was the time when...  
I liked it because we...

Here's a poem I wrote:

If I could change any part of me  
it would be...

I like me because...

I have jobs that I have to do at home.  
They are...  
These jobs are  
(easy? Hard? Boring?) because...

My favorite place to visit is...  
I like it because...

When I grow up I want to be...  
I chose this occupation because...  
What I am doing to become this is...

My best friend is...  
I like this person because...

My dreams are often about...

The person I am closest to  
in my family is...  
We get along well because...

My weirdest dream was about...

In ten years from now, I will be...

My favorite thing to learn is...

One time I had to stand up for what I  
believe. Here's what happened:

I wish I could visit...  
When I go there I would like to...

Here's a story I wrote:

A time my parents were most proud  
of me was...  
They like it when I...

My favorite person is...  
I like this person because...

A normal day for me goes like this:

My favorite dream is...

My favorite song is...

I have many friends. Their names are...  
I like these people because...

What I like best about me is...

My most embarrassing moment  
was the time that...

In five years from now, I will be...

In ten years from now I will be...

Let me tell you about my dream home.

Maybe...

I am really good at...

Last time I was in an argument with  
someone it was about...  
Here are some things  
I can learn from that argument...

The time I was most proud  
of myself was...  
I feel good about this because...

Here's what my bedroom looks like:  
I like/don't like my room because...

My favorite technology is the...

If I could own a car it would be...

If I had to live in a different time,  
it would be...  
I choose this time because...

The superpowers I want are...  
With them I would...