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# JOURNAL PROMPTS FOR KIDS

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## 30 Days of Journal Writing Prompts for Kids

If your children are anything like mine they don't always offer a lot of detail in conversations, especially when asked "how was your day?". As a parent it's important to stay involved, create new



conversations and keep the lines of communication open. 30 Days of Journal Prompts for Kids was created to encourage your child to reflect, open new conversations as a family, and to instill the habit of journaling early. Journal writing has many benefits, even for kids, and can positively impact your child's life, self-esteem, resilience and much more.

Whether your child completes these journal entries on their own, or you write them as a family, I hope they are enjoyed!

Happy Journaling!

### Benefits of Journaling:

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- \* Reduces stress
  - \* Creates mindfulness
  - \* Encourages creativity
  - \* Boosts memory, mood and confidence
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1. I feel happiest when I \_\_\_\_\_, because:

\_\_\_\_\_

2. What was the best thing that happened today?

\_\_\_\_\_

3. What are you most excited to learn at school this year?

\_\_\_\_\_

4. Who is your best friend? What do you like about your friendship?

\_\_\_\_\_

5. I want to help \_\_\_\_\_, because:

\_\_\_\_\_

6. List 3 things you're grateful of your family for.

\_\_\_\_\_

7. What is a recent challenge you've had? How did you work through it?

\_\_\_\_\_

8. What are your favourite and least favourite parts of school?

\_\_\_\_\_

9. What's something that makes you laugh?

\_\_\_\_\_

10. How do you make others laugh?

\_\_\_\_\_

11. How do you like to spend your weekends?

\_\_\_\_\_

12. What's your favourite thing to do with your family?

\_\_\_\_\_

13. When was the last time you felt sad? How did you work through it?

\_\_\_\_\_

14. List 3 things you love about yourself.

\_\_\_\_\_

15. Do you have any pets? If yes, describe. If not, which one would you like to have?

\_\_\_\_\_

16. What is your favourite season? Why?

\_\_\_\_\_

17. What's your favourite game or activity to do with your friends?

\_\_\_\_\_

18. How is school different this year compared to last?

\_\_\_\_\_

19. What is your favourite holiday? Why?

\_\_\_\_\_

20. List 3 things you love about your family. Share it with them.

\_\_\_\_\_

21. What is something you're really good at doing?

\_\_\_\_\_

22. What is something you're currently practicing?

\_\_\_\_\_

23. Who is your favourite teacher or coach? Why?

\_\_\_\_\_

24. If you could make the rules in your house, what would they be?

\_\_\_\_\_

25. What superpower would you like to have?

\_\_\_\_\_

26. What's your favourite thing to do at home?

\_\_\_\_\_

27. If you had one wish what would it be?

\_\_\_\_\_

28. What is something nice you've done for someone else lately?

\_\_\_\_\_

29. My happiest memory so far is

\_\_\_\_\_.

30. In my lifetime I'd like to \_\_\_\_\_.

\_\_\_\_\_

**Check out our collection of [guided journals](#) and kids journal [The Making of a Grateful Heart](#) at:**