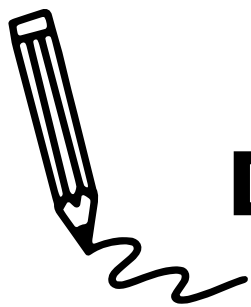
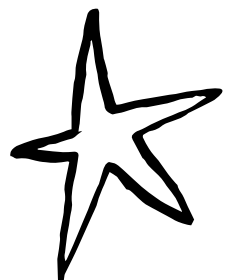


JOURNAL PROMPTS FOR KIDS

Let's use creative
expression to build
resilience!



DRAW or **WRITE** your
response to 6 fun
journaling prompts!



**What made you
happy today?**





**What did you
struggle with today?**

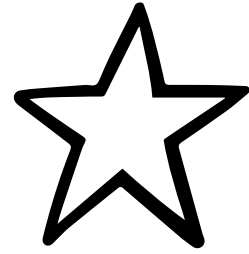
**What is your
favorite activity to
do outside?**

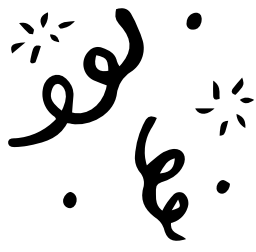




**What makes you feel
better when you are
worried?**

**What is something
or someone who
brings you joy?**





**What is one thing you
are looking forward
to in the future?**