

BOREDOM BUSTER JOURNAL PROMPTS

PROMPT 1: POEM

*Doodle the first letter
in your first and last
name in an elaborate
font*

PROMPT 2: DOOR

*Doodle the door that
appears in the
meadow*

PROMPT 3: MOVIE

*Doodle the poster or
soundtrack cover of
your life movie*

PROMPT 4: SOLO

*Doodle a person alone
in a cityscape*

PROMPT 5: THANK YOU

*Doodle your favorite
shoes*



BOREDOM BUSTER- JOURNAL PROMPTS



Prompt 1: Poem

Write a poem only using words that begin with the first letter of your first and last name. For example, my poem would only use words that begin with the letter "M" and "H".

Prompt 2: The Door

You're walking in a meadow and suddenly a door appears. Describe the door (the color, the design, the doorknob). What's behind the door?



Prompt 3: The Movie of your life

Write the opening line of a movie about your life? What are the songs in the soundtrack of the movie? What's the plot of the movie?

Prompt 4: The Only One in The World

You wake up and realize that you are the only person in the world. What do you do?



Prompt 5: Thank You

Write a thank-you note to your feet for all the places they've taken you.



Prompt 6: Pearls of Wisdom

What is your tiny pearl of wisdom?



Prompt 7: Colors

Describe your favorite color. Why is it your favorite color?

Prompt 8: Happy

Are you happy with the person you are today? Why or Why not? What are the barriers to your happiness? How can you break down these barriers?

Prompt 9: Statue in The Park

You are a statue in a city park. Which park are you in? Describe what you see in the Winter, Spring, Summer, and Fall.



Prompt 10: The Book

What is your least favorite book/movie? Why? What would you change to make it your favorite book/movie?

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PROMPT 6: PEARLS

*Doodle a pearl necklace
or
clams with pearls inside*

PROMPT 7: COLOR

*Draw geometric figures
(circles, squares, triangles,
etc) and color them with
your favorite color*

PROMPT 8: HAPPY

*Doodle words and
images that make you
giggle or happy.*

PROMPT 9 : STATUE

*Doodle what the
statue looks like*

PROMPT 10: BOOK

*Doodle the book cover
of your least favorite
book.*

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