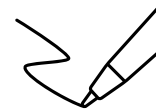




Prompts for using Creative Journal with Children



1. **Scribble-Scrabble:** I scribble with any colours. I write any words I like.
2. **Doodle Drawing:** I doodle with any colours I like. I colour in any people, animals or objects I see in the doodle. I write about what I find in my doodle.
3. **Free Drawing:** I draw a picture of anything that comes to mind. I write about my picture
4. **Feelings:** I draw a picture of how I feel right now. I write the name of the feeling. I draw and write about how it feels.
5. **Who am I?** I draw a picture of me. I write a poem called 'I am...'
6. **Dear Self:** I write all the things I like about myself.
7. **My Name:** I write my name with any colours I like, making a design with each letter.
8. **My Body, Myself:** I draw a picture of my body. I write what my body would say if it could talk.
9. **Inside Me, Outside Me:** I draw a picture of how I look on the outside. I draw a picture of how I feel on the inside. I write about my picture.
10. **My Day:** I draw something that happened today. I write about what is in my picture. I write how I feel about what happened.
11. **My Life:** I write a list of the most important events in my life. I write about the most important event in my life.
12. **My Story:** I draw a picture of something that scares me. I write about what I drew that scares me.
13. **Happiness Is...** I draw a picture of what it feels like to be happy. I write about what makes me feel happy.
14. **I'm Scared:** I draw a picture of something that scares me. I write about what I drew that scares me.
15. **Good and Mad:** I scribble what it feels like to be angry. I write my angry feelings in words.
16. **Colour Me Sad:** I draw a picture of how I feel when I'm sad. I write words that mean 'sad' around the picture. I write a poem called 'When I'm sad...'
17. **All Alone:** I draw a picture of how it feels to be lonely. I write about what I see in my picture.
18. **Silly:** I draw and scribble a silly picture. I write silly words.
19. **Love is...** I draw a picture of myself showing love to others. I write a poem called 'Love is...'
20. **I am Confused:** I scribble what it's like to feel confused. I write about what it feels like inside when I am confused.



21. **I am Peaceful:** I draw a picture of myself feeling peaceful. I write about a time when I was peaceful and how it felt.
22. **Drawing Myself Out:** I draw anything insight that wants to get out. I write about what I see in my picture.
23. **Off the top of My Head:** I write anything I am thinking about. I draw a picture of what I wrote about.
24. **I Need:** I draw a picture of what I need in my life. I write the names of the people, places and things I need.
25. **What I like:** I draw a picture of something I like. I write about my picture.
26. **What I Like to Do:** I draw a picture of myself doing something I like to do. I write about my picture of what I like to do.
27. **My Best Friend:** I draw a picture of my best friend. I write about my friend and why I like my friend.
28. **My Hero, My Heroine:** I draw a picture of my hero or heroine. I write all of the things I like about the person in my picture.
29. **A very Important Person:** I draw a picture of someone who is important to me. I write about the person in my picture.
30. **Dear...** I write a letter to someone who is important to me.
31. **Count Your Blessings:** I draw a picture of me inside the circle. All around the circle I write the name of people who help me. I write about one person who helps me.
32. **A Helping hand:** I draw a picture of a person, plant or place I take care of. I write about how I take care of them.
33. **A Family Portrait:** I draw a picture of my family and myself. I write about someone in my family.
34. **Family Tree:** I write a story about something my family and I have done together. I draw a picture to go with my story.
35. **The Family That Plays Together:** I draw a picture of my family and myself having fun together. I write a poem about what I draw.
36. **Someone in My Family:** I draw a picture of someone in my family. I write a letter to the person I drew.
37. **My Favourite Thing:** I draw a picture of my favourite thing. I write how I feel about my favourite thing and why I like it.
38. **Something I'd Like to Have:** I draw a picture of something I'd like to have. I write about why I want it and what I would do with it.
39. **My House:** I draw a picture of the place where I live. I write about the place where I live and who else lives here.
40. **My Room:** I draw a picture of my room at home. I write about what I like and don't like about my room.
41. **My School:** I draw a picture of my school. I write how I feel about my school.



42. **My Classroom:** I draw a picture of me in my classroom. I write about my favourite thing to do in the classroom.
43. **A Place In Nature:** I draw my favourite place in nature. I write about where it is. I write what it feels like to be there.
44. **My Special Place:** I draw a picture of myself in a special place. I write about why I like this special place.