



15 Ideas for Journals

1. **Share your journal** - Use one journal to share with your child or a loved one - write and respond to one another.
2. **Gratitude** – Write down 3 or more things you are grateful for each day.
3. **Draw and Doodle** – Draw pictures, write words and phrases big and bold or small and curvy, play with your handwriting – use different markers, pens, pencils or crayons.
4. **Scrapbook** - Use your journal to press leaves or flowers, label the objects or save special ticket stubs, photos or notes and letters.
5. **Lists** –
 - Favorite books, songs, bands
 - Places to travel
 - Goals – write down the steps to achieving goals
 - What I want to be when I grow up
 - People I love and people who love me
 - Successes and accomplishments
6. **Plan** – To-do lists, items needed for an event, things you want to accomplish
7. **Recipes** – Record your favorite recipes. Cook a meal with your child and help them write the recipe in the journal.
8. **Record** – Daily Events, memories, favorite quotes or important things you have heard or learned from mentors
9. **Listen and Write** – Have a conversation in person or over the phone with a mentor, a loved one, or an elder in the family. As they give advice or tell stories, jot down what they say.
10. **Decision Making** – Write down your feelings and concerns, this can help you solve a problem. Making a “pros and cons” list can help you make a decision.
11. **Dreams** – Record your night dreams. Dreams can be funny or strange and are a good source of creativity.
12. **Poetry and Stories** - Write down stories (real or imagined) and poetry
13. **Free Writing** – Write about anything you feel like writing, don't edit anything.
14. **Ideas** - Write about your best ideas
15. **Writing Prompts** – Questions or sentence starters with topic ideas to free write