12 journal prompts for kids

Choose one. Write, draw or talk together. A grown-up can write down the words.

1. Draw one thing you noticed on the way somewhere.

It could be a puddle, a bus or a very busy ant. What would you like written beside your picture?

2. Finish this sentence: “Today I kept talking about…”

A game, a question, a person or something you saw. Add a drawing if you like.

3. Show one small part of your day in three pictures.

Getting ready, making something or walking home. Tell someone what happened in each picture.

4. What made you laugh?

Tell the story in your own words. The grown-up can have a turn too.

5. Draw your favourite thing to play with at the moment.

What is it called? What happens when you play with it?

6. What do you call this?

Choose a toy, a favourite place or something your family has a name for. Write its name and explain what it means.

7. Show how you like to do something.

Make a sandwich, build a tower or choose your socks. Draw or tell the steps in your order.

8. Draw something you've made recently.

A den counts. So does a chalk line all the way across the patio. What would you like someone to know about it?

9. Draw a place you like being together.

It might be the kitchen floor or the far end of the park. What do you do there?

10. What happened when someone helped you?

Choose something small, such as finding a shoe or reaching a book. Draw it or tell the story.

11. Make a page about something your family does.

Saturday pancakes, a particular goodnight or taking the long way past the ducks. What happens first? What happens next?

12. What would you tell someone about today?

Choose a person you'd like to tell. Draw the thing, write a sentence or say it aloud as if they're beside you.

Our small thing from today

A drawing can fill the page. A grown-up can write down the words.

Date, if you'd like:

My prompt:

My drawing or words

What I'd like someone to know

Grown-up's note, if useful