FREE PRINTABLE

Journal Prompts
FOR KIDS

- All About Me
- Imagination
- Feelings
- Family & Friends
- School & Learning
- Seasons & Fun

60 prompts in 6 themes

Journal pages for younger kids (with handwriting guides)

Journal pages for older kids · blank pages · 20 prompt cards

Write a little, draw a little, every day.

Print at 100% on US Letter or A4 paper.

Printable Lane

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60 Journal Prompts for Kids

PROMPTS 1–30 | PICK ONE, WRITE, DRAW, REPEAT

All About Me

- ○ What is your favorite thing about yourself?
- ○ What makes you laugh the most?
- ○ What is something you are really good at?
- ○ What is your favorite food, and how does it taste?
- ○ What is your favorite place to be?
- ○ If you could have any pet, what would it be and why?
- ○ Describe your perfect day from morning to night.
- ○ What would you like to learn how to do?
- ○ What do you want to be when you grow up? Why?
- ○ If you could change your name for a day, what would you pick?

Imagination

- ○ If you could fly, where would you go first?
- ○ If your toys came alive at night, what would they do?
- ○ If you were the size of an ant for a day, what would you do?
- ○ If you could talk to animals, which one would you talk to first?
- ○ You are the captain of a pirate ship. Where are you sailing?
- ○ Invent a new animal. What does it look like?
- ○ You found a secret door in your house. What is behind it?
- ○ Design your dream treehouse. What is inside?
- ○ Write about a day when it rained candy.
- ○ If you had a robot helper, what jobs would it do?

Feelings

- ○ What makes you feel happy?
- ○ What do you do when you feel sad?
- ○ Write about a time you felt proud of yourself.
- ○ Who can you talk to when you have a problem?
- ○ Write about a time you made a mistake. What did you learn?
- ○ Write about a time you felt brave.
- ○ What is something that makes you feel calm?
- ○ What is something that worries you? What could help?
- ○ What are three things you are thankful for today?
- ○ How can you be kind to yourself today?

60 Journal Prompts for Kids

PROMPTS 31–60 | PICK ONE, WRITE, DRAW, REPEAT

Family & Friends

- ○ What makes a good friend?
- ○ What is a family tradition you love?
- ○ What is something nice you could do for a neighbor?
- ○ What game do you love to play with your friends?
- ○ What is the best gift you have ever given?
- ○ Write about a fun day with your family.
- ○ Describe your best friend to someone who has never met them.
- ○ Plan a party for someone you love. What would it be like?
- ○ Write a thank-you note to someone who helped you.
- ○ Who is someone you look up to? Why?

School & Learning

- ○ What is your favorite subject at school? Why?
- ○ If you were the teacher for a day, what would you teach?
- ○ Write about your favorite book and why you like it.
- ○ Describe your classroom using all five senses.
- ○ If you could invent something to help people, what would it be?
- ○ What is the most interesting thing you learned this week?
- ○ What is the hardest thing you ever learned to do?
- ○ What question would you like to find the answer to?
- ○ What would you put in a time capsule for kids in the future?
- ○ What goal do you want to reach this year?

Seasons & Fun

- ○ What is your favorite season and why?
- ○ What would you do on a day with no rules?
- ○ Write about your favorite holiday.
- ○ What would you do with a whole day at the beach?
- ○ What would you build with an endless pile of building bricks?
- ○ Describe the best snow day (or sunny day) ever.
- ○ Plan a picnic. What food would you bring?
- ○ If you could visit any country, where would you go?
- ○ Describe your favorite smell and what it reminds you of.
- ○ Write a story that begins: "Once upon a time, a dragon..."

My Journal

NAME: _____ DATE: _____

TODAY'S PROMPT

Describe your perfect day from morning to night.

DRAW IT HERE

My Journal

NAME: _____ DATE: _____

TODAY'S PROMPT

You found a secret door in your house. What is behind it?

DRAW IT HERE

My Journal

NAME: _____ DATE: _____

TODAY'S PROMPT

Write about a fun day with your family.

DRAW IT HERE

My Journal

NAME: _____ DATE: _____

TODAY'S PROMPT

Describe the best snow day (or sunny day) ever.

DRAW IT HERE

My Journal

NAME: _____ DATE: _____

TODAY'S PROMPT

Design your dream treehouse. What is inside?

SKETCH

My Journal

NAME: _____ DATE: _____

TODAY'S PROMPT

Write about a time you felt brave.

SKETCH

My Journal

NAME: _____ DATE: _____

TODAY'S PROMPT

What would you put in a time capsule for kids in the future?

SKETCH

My Journal

NAME: _____ DATE: _____

TODAY'S PROMPT

Write a story that begins: "Once upon a time, a dragon..."

SKETCH

My Journal

NAME: _____ DATE: _____

MY PROMPT

DRAW IT HERE

My Journal

NAME: _____ DATE: _____

MY PROMPT

SKETCH

Journal Prompt Cards

CUT ALONG THE DASHED LINES | DRAW ONE A DAY

What is your favorite thing about yourself?

If you could have any pet, what would it be and why?

What makes you laugh the most?

Describe your perfect day from morning to night.

If you could fly, where would you go first?

Invent a new animal. What does it look like?

If your toys came alive at night, what would they do?

You found a secret door in your house. What is behind it?

What makes you feel happy?

Write about a time you felt brave.

Journal Prompt Cards

CUT ALONG THE DASHED LINES | DRAW ONE A DAY

What do you do when you feel sad?

What is something that makes you feel calm?

What makes a good friend?

Write about a fun day with your family.

What is a family tradition you love?

Describe your best friend to someone who has never met them.

What is your favorite subject at school? Why?

What is the most interesting thing you learned this week?

If you were the teacher for a day, what would you teach?

What is the hardest thing you ever learned to do?