FREE PRINTABLE

Middle School Journal Prompts

70 prompts in 7 themes + journal page, organizer, log, cards & challenge



10 pages | US Letter | for home or class

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Middle School Journal Prompts 1 to 20

pick 1 prompt, write for 10 minutes, no grades on spelling



GETTING TO KNOW ME

prompts 1 to 10

1. What are 3 words a friend would use to describe you, and do you agree with them?
2. What can you do now that you could not do in 5th grade?
3. Which family story gets told most often, and what part do you like best?
4. Describe your morning on a school day. Which part would you change?
5. What is your favorite way to spend a rainy afternoon?
6. Which hobby or interest could you talk about for an hour without stopping?
7. What is one thing about you that surprises people when they find out?
8. If you had to teach a 10-minute lesson on any topic, what would you teach?
9. What is the best piece of advice an older person has given you?
10. Which object in your backpack says the most about you, and why?

SCHOOL & LEARNING

prompts 11 to 20

11. What is the biggest difference between elementary school and middle school for you?
12. Which class would you sign up for again if you had the choice, and why?
13. Describe the noisiest place in your school, then the quietest one.
14. What do you do when homework feels too big to start?
15. Think of a mistake on a test or assignment. What did it teach you?
16. Which topic from this year made you want to learn more on your own?
17. How do you keep track of assignments, and does your system work?
18. If your school added one new club, what should it be and who would join?
19. What makes a group project go well, and what makes it go badly?
20. Describe a moment in class when something finally clicked for you.

Middle School Journal Prompts 21 to 40

pick 1 prompt, write for 10 minutes, no grades on spelling



FRIENDSHIPS

prompts 21 to 30

21. How did you meet one of your closest friends?
22. What is the difference between a friend and someone you just sit with at lunch?
23. What would you do if a friend asked you to keep a secret that worried you?
24. How could you help a new student feel welcome in their first week?
25. Describe a disagreement with a friend that ended well. What helped?
26. Is it okay to have different friends for different things? Explain.
27. What do you appreciate about a friend but have never told them?
28. How do group chats change the way friends get along?
29. What does a good teammate do, on a sports team or in class?
30. How can you tell when a friendship needs a little space?

BIG FEELINGS

prompts 31 to 40

31. What does a good mood feel like in your body?
32. Which situations make you nervous, and what helps a little?
33. Write about a time you felt left out. What would you tell a younger kid in that spot?
34. What color would you give today's mood, and why that color?
35. What do you do to cool down when you feel frustrated?
36. Write about a hard moment you handled in a way you are proud of.
37. What has been bugging you lately? Write it out, then list 1 small next step.
38. Which song, place or activity helps you reset after a long day?
39. Name your support team: 1 person at home, 1 at school and 1 more you trust.
40. What does being kind to yourself look like after a bad day?

Some feelings are too big for a journal alone.
Tell a parent, teacher, school counselor or another adult you trust.

Middle School Journal Prompts 41 to 60

pick 1 prompt, write for 10 minutes, no grades on spelling

OPINION & PERSUASIVE

prompts 41 to 50

41. Should middle school students get homework on weekends? Give 2 reasons.
42. Should the school day start later? Explain your opinion.
43. Is it better to read a book before you watch the movie version? Why?
44. Should students be allowed to choose their own seats in class?
45. Where should your grade go on its next field trip? Convince the principal.
46. Should phones be allowed at lunch? Make your case.
47. Should video games count as a sport? Give reasons and 1 example.
48. Should every student learn to cook a simple meal at school?
49. Is it better to be the leader or a strong team member? Defend your choice.
50. Convince your class to try your favorite family tradition.

CREATIVE WHAT-IF

prompts 51 to 60

51. What if your school had a secret room only students could find? What is inside?
52. What if you were the principal for 1 day? Write your schedule hour by hour.
53. What if animals could vote? Which animal would win, and what would it promise?
54. Write a story that begins: "The lockers started whispering on Tuesday."
55. What if homework could finish itself, but only once a week? Which assignment gets it?
56. Describe a cafeteria food that does not exist yet. Who invented it?
57. What if a pet (yours or one you would like) wrote a diary entry about you?
58. Invent a sport played with things found in a classroom. What are the rules?
59. What if the weather changed with the mood of the whole school?
60. Write a scene where 2 rival school mascots are forced to work together.

Middle School Journal Prompts 61 to 70

goals & growth + a tracker for all 70 prompts



GOALS & GROWTH

prompts 61 to 70

61. Pick 1 class. What skill do you want to reach by the end of the term?
62. Which habit would make your school mornings less rushed?
63. Describe a goal you reached. What steps got you there?
64. What skill would you like to learn outside school, and who could teach you?
65. What does doing your best look like on a tired day?
66. Write about something that used to feel hard and is easier now.
67. What is 1 way you could help out at home or at school this week?
68. If you got stuck on a goal, what would you try next?
69. What do you hope your teachers remember about you at the end of the year?
70. List 5 things you want to try before you start high school.

Prompt Tracker

color in a number each time you finish that prompt

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70

Prompts finished: _____ / 70 **Favorite so far: #** _____

Guided Journal Page

warm up, write, then look back for 1 minute



Name _____ **Date** _____ **Prompt #** _____

☐ **PRIVATE** Please check that I wrote, but do not read this entry. (Fold the page on the dashed line.)

Today's prompt

Warm-up: 3 words or ideas that pop into your head

1. _____ **2.** _____ **3.** _____

fold here to keep it private

Write it out (keep going until the timer rings)

Best sentence I wrote today

How did writing feel? (circle)

easy okay tricky

Opinion Writing Organizer

claim, reasons, evidence: plan it before you write it



Name _____ Date _____ Prompt # _____

My claim: what I think

_____

_____

Reason 1

Reason _____

Evidence or example _____

_____

Reason 2

Reason _____

Evidence or example _____

_____

Reason 3

Reason _____

Evidence or example _____

_____

Someone might disagree because...

_____

But I still think... _____

Conclusion: say your claim again in new words

_____

_____

Sentence starters: In my opinion... | One reason is... | For example... | This shows that... | Some people think... | That is why...

Weekly Journal Log

1 row per class entry | check effort, not spelling



Name _____ Class / period _____ Week of _____

Day	Date	Prompt #	Minutes	Topic in 3 words	Private?	Teacher
Mon					Y N	☐
Tue					Y N	☐
Wed					Y N	☐
Thu					Y N	☐
Fri					Y N	☐

Entries this week: _____ / 5 Total minutes: _____

My favorite entry this week was prompt #____ because...

Teacher note effort: 1 2 3

Middle School Prompt Cards

12 cards | cut on the dashed lines, draw 1 card, write for 10 minutes

GETTING TO KNOW ME #1

What are 3 words a friend would use to describe you, and do you agree with them?

GETTING TO KNOW ME #8

If you had to teach a 10-minute lesson on any topic, what would you teach?

SCHOOL & LEARNING #12

Which class would you sign up for again if you had the choice, and why?

SCHOOL & LEARNING #18

If your school added one new club, what should it be and who would join?

FRIENDSHIPS #23

What would you do if a friend asked you to keep a secret that worried you?

FRIENDSHIPS #29

What does a good teammate do, on a sports team or in class?

BIG FEELINGS #32

Which situations make you nervous, and what helps a little?

BIG FEELINGS #40

What does being kind to yourself look like after a bad day?

OPINION & PERSUASIVE #46

Should phones be allowed at lunch? Make your case.

CREATIVE WHAT-IF #53

What if animals could vote? Which animal would win, and what would it promise?

CREATIVE WHAT-IF #58

Invent a sport played with things found in a classroom. What are the rules?

GOALS & GROWTH #70

List 5 things you want to try before you start high school.

20-Day Journal Challenge

1 prompt a day, 5 to 10 minutes | color the box when you finish



Name _____ Start date _____

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Prompt 1 list it _____ ☐ date	**Prompt 11** 5 sentences _____ ☐ date	**Prompt 21** tell it as a story _____ ☐ date	**Prompt 31** sketch + caption _____ ☐ date	**Prompt 41** claim + 2 reasons _____ ☐ date
DAY 6	**DAY 7**	**DAY 8**	**DAY 9**	**DAY 10**
Prompt 51 freewrite _____ ☐ date	**Prompt 61** step by step _____ ☐ date	**Prompt 5** in 50 words _____ ☐ date	**Prompt 14** as advice _____ ☐ date	**Prompt 27** a note you keep _____ ☐ date
DAY 11	**DAY 12**	**DAY 13**	**DAY 14**	**DAY 15**
Prompt 35 list 3 ideas _____ ☐ date	**Prompt 42** both sides _____ ☐ date	**Prompt 54** keep the story going _____ ☐ date	**Prompt 63** a timeline _____ ☐ date	**Prompt 8** a lesson plan _____ ☐ date
DAY 16	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**
Prompt 19 pros and cons _____ ☐ date	**Prompt 38** a top 3 list _____ ☐ date	**Prompt 49** a short speech _____ ☐ date	**Prompt 58** write the rules _____ ☐ date	**Prompt 70** a bucket list _____ ☐ date

I finished on: _____ **My reward:** _____