***Journaling Ideas***

* Things that make me happy
* Back to school
* My thoughts on positivity
* My weekend
* My sleep routine
* Forgiveness
My holiday
* My friends
* My choice
* A special memory
* I am grateful for
* Travel
* Keeping fit
* Things that make me laugh
* Looking after our teacher
* Worries
* Honesty
* Places I like to visit
* I am grateful for
* Feelings and emotions
* Our needs and wants
* Happiness - What makes me happy when I’m at school, home and out and about!
* What are the most important things in life?
* My strengths
* A-Z of me
* My superpowers
* Things I enjoy doing for others
* 7 ways to make a bad day better
* Things I should do more often
* What sort of person do I want to be?
* I love…
* Best things about being a kid
* What makes everything better…
* I want to learn to
* Things that help my mind grow
* Things that help my body grow
* Things that help my spirit grow
* What fills your heart (in a heart outline)
* Best things to do in
* Summer
* Winter
* Autumn
* Spring
* My favourite sayings
* What’s on my mind?
* My favourite words
* Things that drive me crazy
What I like about …day (day/s of the week)