



An adventure in guided journaling

By:

Started on:

name: _____

Table of Contents

Things I wrote about on my journal page

Date

name: _____ date: _____

To do

One thing that will be super-quick:

One thing that won't be super-quick:

One person I know who
tells great stories:

One person I love to
tell my stories to:

One thing about this week that I'll
probably remember for a long time:

One thing about this week that I'll
probably forget before long:

Lightning round: broom or
shovel? dime or quarter? suit
and tie or shorts and t-shirt?
chewing gum or candy cane?
milk or cream? upstairs or
downstairs? mid-June or the
end of October? mirror or
window? ostrich or penguin?
wrestling match or hockey
game? tiger or lion or tabby
cat? bakery or bank? skating
rink or swimming pool? ant or
bee? sunlight or moonlight?

Two things I can do over and
over without becoming bored:

*

*

One thing I find really boring:

*

name: _____ date: _____

Three colourful things I
can see right now:

To do

One easy thing:

One difficult thing:

One school subject I'd like
to learn more about:

One activity outside
of school that I'd like to
learn more about:

One place in the world I'd
like to learn more about:

One person I'd like to
learn more about:

Two reasons to smile today:

● _____

● ● _____

Lightning round: mountain or
valley? airplane pilot or railroad
engineer? a cabin in the woods
or a house on a busy street?
macaroni and cheese or chicken
noodle soup? pencil case or
backpack? movie or computer
game? handshake or hug? ruby
or emerald? socks or shoes?
organized or disorganized?
giraffe or elephant? sneeze or
cough? dresser or cupboard?

name: _____ date: _____

To do

Two things that involve reading:

One thing that involves writing:

Three sounds I can
hear right now:

←

←

←

One thing I would like
to do more often:

One thing I would like
to do less often:

Lightning round: verb or noun?
saying sorry or saying thank you? a
collection of stamps or a collection
of coins? humming or whistling?
too hot or too cold? check the map
or ask for directions? bathtub or
sink? pineapple or mango? olive or
onion? table or shelf? mint or
cinnamon? camera or telephone?
fingers or toes? backyard or front
yard? mustard or mayonnaise?

When I want to run, this is where I go: _____

When I want to climb, this is where I go: _____

When I want to laugh, this is what I do: _____

When I want to talk, this is who I call: _____

name: _____ date: _____

To do

One morning thing:

One afternoon thing:

Lightning round: remember or forget? arm or wing? bread or butter? slippery or sticky? real or imaginary? sand or clay? oven or refrigerator? bench or stool? baked or fried? sooner or later? bottle or cup? soap or sponge? green or grey? public or private? can opener or toaster? blink or wink? belt or bracelet? towel or blanket?

My first language:

Three words I know in
a language other than
my first language:

The best thing about
today so far:

One food I like to eat at breakfast:

One food I like to eat at lunch:

One food I like to eat as a snack:

One person I can go to
when I have questions:

One person I can go to
when I need a hug:

name: _____ date: _____

To do
One thing to do:
One place to go:
One thing to try:

Two things I know how to make:

One thing I'd like to learn how to make:

Three things about the last three hours:

• _____

• • _____

• • • _____

One goal I am working toward:

One thing I have to do in order to achieve that goal:

Lightning round: square or octagon? foggy or muddy? slippers or flip-flops? fireworks or fireflies? bowl or plate? elastic band or long piece of twine? the sound of a horn honking or the sound of a bell ringing? puppy or bunny rabbit? light bulb or candle? dandelion or daffodil? piano or violin? spider or octopus? ahead of time, on time or late? trampoline or diving board?

name: _____

About the Journaler

Three words that
describe me:

*

*

*

Three things I love to do:

Three people who bring
out the best in me:

!

!

!

I am thankful for:

One thing I would like
people to know about me: