

MINDFULNESS + JOURNALING IDEAS

Instructions:

Whether on a poster, in a notebook, or just in your mind, here are some prompts to help you get started with some mindfulness thoughts.

TODAY'S THOUGHTS

- The best part of my day...
- Someone was nice to me when...
- Today I am thankful for...
- 3 things that make me happy
- Something good that happened to me today was when...

LOOKING AHEAD

- I am looking forward to..
- I am excited for...
- I can't wait to...
- This weekend will be fun because...
- Next week I am looking forward to seeing_____ because...

FAVORITE THINGS

- My best friend is _____ because...
- I am thankful for my family because...
- My favorite book is _____ because...
- My favorite movie is _____ because...
- My 3 favorite foods are...

FUN MEMORIES

- I had a great week because...
- My favorite place to play is...
- I had the most fun this week when...
- I was the most happy when...

