

A SELF-REFLECTION JOURNAL FOR KIDS



Random question:

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What did you learn today?

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What did you accomplish today?

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How would you rate your accomplishment? ☆☆☆☆☆



What was your biggest challenge today?

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What would you do differently?

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What are you the proudest of today?

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What are you grateful for today? Name at least three!

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EXAMPLES FOR RANDOM QUESTIONS

The random questions mostly are about the events or emotions of the given day.

Eg: How did you feel yourself after fighting with your sister?

What do you think, why did you get a C on your test?

If there is no question, in particular, you want to ask, you may pick one of these:

- Where do you feel safe?
- What do you want your parents to do differently?
- Which is your favorite book?
- What do you love about yourself?
- What would you like to change about yourself?
- If you could be anything, what would you be?
- Which is your favorite Holiday?
- What do you like about your school?
- What are your plans for this school year?
- If you would be a time-traveler, what would you do? Which age would you choose to go back or forward to?
- What is your biggest dream? What can you do to reach it?
- What makes a friend trustworthy?
- What would you do if you could be invisible for a day?

And a lot more you can create, or find on Pinterest. My board: For the kids contains pins with questions.