



Draw an object that is important to you
and then write about it.

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Finish off this sentence “It’s not fair
that...”


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Choose a line from a previous journal
entry and explain more about it.

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Choose a subject and list as many
three-word phrases as you can in 3
minutes.

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Write about your name. What is it? What are your nicknames? What does your name mean?

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Using your five senses, write and draw your favourite place to go.

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Brain dump! What's bothering you? Write about something that you are worried about.

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Brain dump! What makes you feel nervous? Why do you feel this way?

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Bring in an object from home and write about it. What does it mean to you?



Write 10, three-word sentences and draw a matching picture for each.



Life is a cookbook. Write a recipe for the best holiday.



Life is a cookbook. Write a recipe for happiness.



Write about what inspires you! Who inspires you?



Choose a character from your favourite book and write a diary entry, a poem about them or a story that tells what happens to them after the book ends.



Using your senses, write about something you did on the weekend.



Finish off this sentence "If I was famous..."



Imagine a creature that can both swim and fly. Draw a labelled picture and write about its habitat.



Think of an object, topic or theme. Write ten words that describe your object.



Finish off this sentence "This made me laugh today..."



Draw a picture of a sunset. What does it remind you of?



Write about a goal you achieved. How did you feel when you achieved that goal?



Write about your most favourite time of the day. Why did you pick that time, use your senses to describe this time of day.



Write about a dream you had. Can you draw a picture of this dream?



Create a page in your journal about your favourite colour. What is it, list as many things of that colour that you can in the time frame given by your teacher.



How do you feel right now? Create your own emoji and explain what feeling it reflects and why.



Write the first word that comes to your head in the middle of the page. Now, draw pictures and words around that word that you think of.



What makes you happy? Explain why this makes you happy.



When was a time that you were angry? Write about what happened.



Write down a quote that you like. Why do you like this quote?



While listening to a story, write words or images that you love or think about.



Go outside your classroom and find something to draw. Write a description of what you see and why you decided to draw that object.



Think of something you have been wanting to say to someone. Write it in the form of a letter.



Using an object from home that is special to you. Draw a sketch of it and write about why it is so important to you.



What is something you really want to know more about? Why do you want to know more?



Think of someone that is important to you. Write as many words that you can think of to describe that person.



Who is your hero? Why?



Write three wishes you would ask for right now.



What is your hobby? What do you enjoy about your hobby?



Write a poem about your favourite person, animal or place.



Write down a list of questions about anything you may wonder about.



Cut out pictures or articles from some newspapers and magazines. Why are these your favourites?



Create a list of books you've heard about that you want to read.



Write down your thoughts about the last book that you read.



Fill your page with silly sketches and doodles - no explanation necessary.



Write about a special tradition in your family and why you enjoy it so much.



Write a recipe for your favourite food.

