

My Daily Journal

Journal writing can help children process feelings, build writing skills, and communicate their ideas. Journaling encourages children to grow while discovering open-ended writing. Instead of writing one assignment and being done, journal writing allows children to write daily (or more!)

Date:

What did I do today?

What were 3 feelings I had today?

One: _____

Two: _____

Three: _____

What are 3 things I am grateful for today?

One: _____

Two: _____

Three: _____

What is one question I have right now?

What is one thing I did well today?

What is one thing I'd like to do tomorrow?

Draw a picture of how you feel or what you did today: