



## Digital Journaling Prompts

### Recommended Usage:

Below are sample non-academic prompts designed to help foster a personal connection with students. Select one prompt per week or use one of your own for the digital journaling exercise.

1. What is your favorite way to spend a day off from school?
2. What is one joyful moment you will never forget in your life? Describe it in detail? Why is this moment so unforgettable?
3. Describe a typical day in your life 10 years from now? What will you be doing and what will you have learned then?
4. Make a list of 20 things that make you smile.
5. Which three skills are most important to you and why?
6. Tell me about a time when your values were challenged. What did you do?
7. What is your favorite subject and why?
8. What is your favorite holiday tradition? Which holiday and why do you love it?
9. If you could travel to any place in the world one day (somewhere you've never been before), where would you go? Why?
10. Describe your favorite spot. Where is it? Why do you like this place so much?
11. What is your favorite book? What about this book made it so enjoyable to read?
12. If you could change one thing about school, what would that be?
13. What is your favorite thing to do on your birthday?
14. Make a list of all your after-school hobbies.
15. What is your favorite movie? Tell me why you like this movie the most.