

Here's your **FREE** copy of

# *89 Creative Journaling Ideas*

Compliments of

Jill Schoenberg, Award-Winning Author of  
Journal Buddies.



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“Journaling Has Never Been  
this Much FUN!!!”



~Jill Schoenberg, Author of the award-winning  
[Journal Buddies books for kids](http://www.JournalBuddies.com)

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Here is the most innovative and amazing list of creative ways to make your journal keeping more enjoyable, personal, creative & fun. Some of the ideas require a computer and a printer. If you can't print things at home, that's okay! Lots of kids don't have computers and printers at home. You could use a computer or printer at school, at the library, community center or ask a friend or relative for help. Besides, there are a gazillion other ways to be creative without computers... so dive in!

There is simply no such thing as right or wrong when it comes to creative journaling. You can draw pictures, maps or secret symbols about your day. Write a song or a story about traveling in space! On one day, *just* write or *just* draw. Or on another day, do both!



Remember, it's your journal and your choice. Come back to this list any time and try one of the ideas! And by the way, you can also find creative ways to journal about things that make you sad, things that upset you and things that are difficult to deal with. It doesn't have to always be happy. In fact, sometimes using creativity to express difficult emotions is easier to do than just plain old writing or talking about it. Sometimes, it can even help you feel better.

1. Summarize your day in 20 words or less.
2. Write one word across the journal page that best describes your day.
3. Write out the lyrics to your favorite song or print them out and paste them into your journal.
4. Draw a picture.
5. Write a poem.
6. Break all those writing and grammar rules and journal in your own unique style!
7. Print out a copy of an Instant Message chat that you had with your friend or your parent, and paste it into your journal.

8. Compose a song.
9. Write in your journal with markers, colored pencils or even crayons!
10. Cut and paste your favorite pictures from magazines into your journal.
11. Paste craft items into your journal (check with your Mom, aunts, or teachers for things you can use).
12. Brighten your journal with paint.
13. Paste stickers in your journal.
14. Include quotations by your favorite famous person, or someone you admire. You can find quotes online or in books from the library.
15. Record important events in history.
16. Draw a cartoon.
17. Record important news from the day.
18. Figure out how many days are left until your 13th birthday or your 16th birthday or your 18th, 21st, 33rd, 47th, 53rd or 111th birthday!
19. Interview a family member and record the interview in your journal.
20. Interview a friend and record the interview in your journal.
21. Write down 3 things that you're thankful for.
22. Write down 3 things that really bug you.

23. Invent a cool, new saying and record in your journal how and when you used it.
24. Invent an animal that no one except you has ever thought of before.
25. Draw a picture of an animal that no one except you has ever seen.
26. Go on a scavenger hunt and collect treasures from junk drawers, toy chests or other places and paste them into your journal.
27. Write a scavenger list of items you want to find that day, the next day, or that week, and record the results in your journal of when and how you found them.
28. Research your hero (historical, musical, sports...) and find similarities between your hero and you.
29. Imagine a wacky, weird or silly news headline about your day.
30. Write a news story about your day and use your imagination to add outrageous details.
31. Imagine the world you wish you could live in right now, then write about it or draw a picture of it.
32. Imagine you're a superhero and you had to save the world today. Write the story of how it happened or draw a picture of your superhero costume.
33. Look for cloud shapes online (or in the sky!) and describe or draw what you see in that cloud shape.
34. Create a flag design just for you.

35. Create a flag design for your family, friends, school or community.
36. Print out a map of a place that you want to visit someday and write about why you want to go there.
37. Make up an invention of your own and draw it or write about it. Use your imagination and give yourself permission to create something wild and crazy!
38. Make a paper snowflake and paste it into your journal.
39. Make a paper airplane and paste it into your journal.
40. Write out 10 predictions about your life in 3 months or 6 months, a year, or even 5, 10, 25 or 50 years...
41. Find a special recipe and prepare it for someone and write about the experience. Write the recipe in your journal.
42. Write an ad about yourself that explains why you're a great kid, son, friend, or student.
43. Look up the definition of a word that you don't know and write a story, song or poem about the word.
44. Look up the definition of a word that you don't know and draw a picture about it.
45. Make a list of your best life memories.
46. Compile a menu of your dream dinner.
47. List your favorite foods.

48. Write a letter to your grandparents or someone else who means a lot to you, and then paste a copy into your journal (don't forget to mail the letter if you want!).
49. Cut and paste articles from your local newspaper (or from news sites online) and explain why they're important to you.
50. Print out a special email from a parent, friend or grandparent and paste it into your journal.
51. Find information online about your favorite anything (book, sports figure, hero, flower...) and print out the information or a picture of it, and paste it into your journal.
52. Take scraps of construction paper and paste them into your journal to create your own unique design.
53. Paint with watercolors in your journal, and don't worry if the pages get wavy from the water!
54. Cut out a page from a coloring book or print out a coloring page of something that you love from the Internet. Color it and paste it into your journal.
55. Make a collage of your favorite photos of you, your family or your friends.
56. Look back at your journal entries, find your favorite one, and write about why it's your favorite entry. You might even try to create a second version of the entry, but with a new topic.
57. Ask your art teacher for scraps of paper or other "junk" he was planning to throw away. Find creative ways to paste this "junk" into your journal.

58. Go on a nature walk and search for weird things you wouldn't usually notice and record them in your journal.
59. Go on a treasure hunt outside, look for any little treasures — a leaf, small stone, or just a small scrap of something that is a cool color — and paste them into your journal. Try making up a story about your treasures!
60. Find something in your house or at school that would usually go in the trash — make sure it's clean and safe — and think of a creative way to use it in your journal.
61. Look up a creative writing prompt and use it to create a journal entry, or make up your own writing prompt. Two examples of creative writing prompts are "What would you do with 3 wishes?" or "If I were a \_\_\_\_\_ I would...."
62. Write a story or draw a picture from the point of view of a mouse going down a hole, or of a flower with a bee on it.
63. Make up your own secret language and write a journal entry about it.
64. What is your wildest dream? Write about it, draw a picture about it, or make up a poem or a song about it.
65. Find a spot to sit, look around and pick 5 things you can see and write about them or draw them in your journal.
66. Imagine that you're holding a magic pen in your hand right now. What can it do for you?
67. Ask at least five people you know to write one sentence about a topic of your choice (dogs, sports, games, pink elephants). Compile the sentences into a silly story.



68. Complete a journal entry using only pictures that you cut out of magazines, the newspaper or printed from the Internet.
69. Do a word-play by writing out a single word, like "writing" and find as many words within that word as you can. In the word "writing" I can find: twin, grit, win, grin, wig, and tin - just to name a few!
70. Take your favorite word and create another word or sentence for each letter of that word. So for the word "Kiss", you could write Keep It Simple Silly.
71. Record your favorite jokes in your journal or make up your own.
72. Find a special symbol or make one up and write or draw about it in your journal.
73. Write your goals for the day, week, and year, or even some for when you grow up.
74. Write things to do and special things that you want to remember from that day, week or year.
75. Have countdowns in your journal to birthdays, special trips or events.
76. Find a great poem and copy it into your journal.
77. Record everything you ate that day.
78. Spray perfume, cologne or some other scent on the pages and then write about what is special about this scent and why.
79. Record how much money you have, how much money you want, or how much money you dream about having when you grow up.

- 80. Tape money into your journal and do not spend it until a set date, or keep it as a reward for when you complete the journal.
  - 81. Make a list of the things that you want to be, do or have that week.
  - 82. Make a list of the things that you want to be, do or have when you grow up.
  - 83. Make a list of things that you want to do with your family or your friends sometime this year.
  - 84. Paste special letters or cards that you receive (birthday or holiday cards) into your journal.
  - 85. Write a list of your favorite things.
  - 86. Invent at least 10 new ways to sign your name, then choose your favorite new signature and use it for the next week.
  - 87. Create a family chart and go back at least 3 generations, if not more. Ask your mom, dad or grandparent for help.
  - 88. Make up your own word, give it a definition and use it in a conversation.
- and, finally... my favorite Creative Journaling idea!!!
- 89. Freely share your journal with others and ask them to write or draw in it.

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Think of your own ideas for creative journaling and make a list of them below:

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- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

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