

# 25 Guided Journal Prompts & Ideas for Parents and Kids

Parent-child journaling isn't just about writing — it's about connection. Whether your kids are still in elementary school or edging into their teen years, a shared journal can open the door to conversations that don't always happen around the dinner table. It becomes part keepsake, part memory-maker, and part safe space to share thoughts.

## Key Takeaways

- Guided prompts give kids structure (no blank-page fear) and make journaling feel fun.
- Shared journals help parents understand their children's world — and vice versa.
- Mixing prompts with creative ideas (drawing, lists, doodles) keeps it engaging for all ages.

## Reflective Prompts

- 1 What's your happiest memory together so far?
- 2 What's something new you'd like to try as a family?
- 3 Write about a challenge you faced recently. How did you overcome it?
- 4 Describe your perfect day together from start to finish.
- 5 What's one thing you admire about each other?

## Gratitude Prompts

- 1 List three things you're grateful for today.
- 2 Write a thank-you note to each other.
- 3 What's the best gift (big or small) you've ever received from each other?
- 4 Write down a family tradition you love and why it matters.
- 5 Share something in your everyday life you're thankful for but often overlook.

## Fun & Creative Prompts

- 1 If you could design a new holiday, what would it be?
- 2 Draw or describe your dream family vacation.
- 3 Make a top-5 list of your favorite meals to eat together.
- 4 What would you name a pet dragon, and why?
- 5 Write a silly story where both of you are the main characters.

## **Growth & Self-Discovery Prompts**

- 1 What's one goal you'd like to reach this year?
- 2 Write about a time you learned something from each other.
- 3 If you could teach the world one lesson, what would it be?
- 4 What makes you feel the most proud of yourself?
- 5 How do you cheer yourself up when you feel sad?

## **Bonding & Legacy Prompts**

- 1 What's your earliest memory together?
- 2 What's something you hope to do together 10 years from now?
- 3 Write about a family story you want future generations to know.
- 4 Describe how you show love in small ways each day.
- 5 If you could send a message to your future selves, what would you write?

### **How to Use These Prompts**

- Pick one prompt a week and trade the journal back and forth.
- For younger kids, draw instead of writing — or do both!
- Let kids decorate pages with stickers, doodles, or photos to make it more fun.
- Remember: there are no wrong answers — the point is connection, not perfection.