

# 30 Interactive 'Wreck This Journal' Style Prompts

## Physical Destruction: DIY Wreck This Journal Prompts

These wreck it journal prompts require you to physically alter the paper. No "neatness" allowed.

1. **The Coffee Spill:** Intentionally spill a drop (or a puddle) of coffee or tea on this page. Let it dry and draw around the "map" it creates.
2. **Texture Audit:** Take this journal outside and rub this page against a brick wall or a tree trunk until the texture appears.
3. **Poke and Prod:** Use a pen or a needle to poke 100 holes in this page. Do it rhythmically.
4. **The Tear-Out:** Tear this page into five pieces, then tape them back together in a completely different order.
5. **Crinkle Therapy:** Crumple this page into a tight ball, then flatten it back out. Trace the "veins" created by the wrinkles.
6. **Sew It Up:** Use a needle and thread to "mend" a tear you purposefully made in the center of the page.
7. **The Drag:** Tie a string to the spine of your journal and take it for a short walk down a hallway or a sidewalk. Document the "scuffs."
8. **Glue-In Chaos:** Find five pieces of "non-art" trash (a lint trap find, a bread tie, a scrap of plastic) and glue them here.
9. **The Watermark:** Leave this page open in a humid bathroom while you shower. Write a secret in the dampness.
10. **Hidden Layers:** Glue two pages together, but leave a small "window" cut out so you can see a glimpse of what's inside.

## Messy Creativity: Smash Journal Prompts

Smash journal prompts focus on adding layers and "smashing" elements into the paper for a textured, chaotic look.

11. **Berry Smash:** Find a berry or a bright leaf. Place it on the page, fold the paper over, and smash it with a heavy book.
12. **The "Wrong" Hand:** Draw a self-portrait using only your non-dominant hand. Do not look at the paper while drawing.
13. **Finger Paint:** Use your fingers (and some ink or food coloring) to create a border. No brushes allowed.
14. **Over-Layering:** Write a sentence. Then, write another sentence directly over it. Repeat until the page is a solid block of black ink.

15. **Tape Resistance:** Cover parts of the page with masking tape, paint over the whole thing, and then peel the tape off to see the "ghost" shapes.
16. **The Scribble War:** Scribble as hard as you can until the pen almost breaks. Use different colors to represent different "voices" in your head.
17. **Sticker Bomb:** Take every "annoying" sticker from fruit or mail and cover this page until no white space remains.
18. **The Dirt Map:** Rub a handful of clean dirt or grass onto the page. Write the coordinates of where you found it.
19. **Melted Crayon:** Use a hairdryer (carefully!) to melt a small piece of crayon onto the page and watch the "drip."
20. **Found Poetry:** Black out 90% of a newspaper clipping glued here, leaving only a few words to form a new, weird sentence.

## Interactive Play: Wreck This Journal Prompts

Use these interactive journal prompts to turn your notebook into a game or a physical challenge.

21. **The Target:** Draw a bullseye. Stand three feet away and try to drop a pen so it lands in the center. Mark every "hit."
22. **Envelope Secret:** Glue an envelope to the page. Put a secret inside and seal it. Vow not to open it for a year.
23. **The Trace:** Trace your foot. Now, trace your hand inside your foot. Now, trace a coin inside your hand.
24. **Journaling in the Dark:** Turn off all the lights and write about your biggest fear. Don't worry about overlapping lines.
25. **The Time Capsule:** Tape a coin from 2026 to this page. Write a prediction about where you'll be when the coin is "old."
26. **Breath Art:** Hold a mouthful of colorful liquid (like juice) and "spit-fleck" it onto the page (or use a straw to blow ink around).
27. **The Friction Page:** Rub two pages together as fast as you can until they feel warm. Write about what "friction" means in your life.
28. **Leaf Skeleton:** Find a dead leaf, place it under the page, and use a pencil to create a "rubbing" of its skeleton.
29. **The Sound Track:** Listen to a loud song. Every time you hear a drum beat, make a mark. Every time you hear a lyric you like, tear the edge.
30. **Final Destruction:** This is the last page. Write a "goodbye" to your perfectionism and spill a drop of water on the word "Fear."