

45 SEL & Mental Health Journal Prompts for Students

Social Emotional Journal Prompts for Elementary Students

At the elementary level, SEL focuses on basic emotional identification and simple social interactions. Use these social emotional journal prompts for elementary students to build awareness.

1. What are three things that made you feel happy today?
2. If you could share a "superpower" with a friend who is feeling sad, what would it be?
3. Describe a time you were a "helper" at school. How did it make you feel inside?
4. What is one thing you can do when you start to feel angry to stay calm?
5. Draw a picture of what "kindness" looks like to you.
6. How do you know when you are feeling frustrated? What does your body do?
7. What is one rule in your classroom that helps everyone feel safe?
8. If you could give a "high five" to anyone in your class today, who would it be and why?
9. What is something you are really good at doing?
10. Describe your favorite way to say "hello" to a friend.
11. What do you do if you see someone sitting alone at recess?
12. Write about a time you tried something new even though you were a little scared.
13. What is one thing you love about your brain?
14. How do you feel when someone shares a toy or a book with you?
15. What is the best way for a teacher or parent to help you when you're upset?

SEL Journal Prompts for Middle School: Navigating Change

Middle schoolers are developing more complex identities and social needs. Use these sel journal prompts for middle school to foster deeper introspection.

16. How do you handle it when a friend has a different opinion than yours?
17. What are three personal strengths you use when you face a difficult school project?
18. Describe a "safe person" in your life you can talk to when things feel overwhelming.
19. How do you define "integrity"? Write about a time you showed it this week.
20. What is one social media habit that makes you feel good, and one that makes you feel anxious?
21. When you feel stressed about grades, what is the first thing you say to yourself?
22. How can you be a better listener when a friend is telling you about their problems?

23. What is a "boundary" you have set for yourself recently (e.g., time for homework or sleep)?
24. Write about a time you felt "left out." What would have made that situation better?
25. What is one thing you wish your teachers understood about your mental health?
26. Describe your "ideal" Saturday morning—who is there and what are you doing?
27. How do you practice "self-care" after a long, exhausting school day?
28. What does "belonging" mean to you in your current school environment?
29. If you could change one thing about the way students treat each other, what would it be?
30. What is a goal you have for yourself that has nothing to do with school?

Mental Health Journal Prompts for Students & Teens

High schoolers and older students face unique pressures regarding the future and self-worth. Use these mental health journal prompts for students to promote clarity and calm.

31. What is the biggest "expectation" you feel pressured to meet right now?
32. How do you distinguish between "healthy stress" (motivation) and "unhealthy stress" (burnout)?
33. Describe a moment this week when you felt truly "in the flow" and focused.
34. What are five things you are grateful for that are unique to your individual life?
35. How do you handle "imposter syndrome" when you feel like you don't belong in a certain space?
36. Write a letter of forgiveness to yourself for a mistake you made this semester.
37. What is one way you can romanticize your student life today (e.g., a nice pen, a favorite song)?
38. How has your perspective on "success" changed since you were younger?
39. What is the kindest thing you've said to yourself in the mirror this week?
40. How do you protect your mental energy when the world feels "too loud" or chaotic?
41. What is a habit you want to build that prioritizes your peace over your productivity?
42. Describe your "support circle"—who are the people you can truly rely on?
43. What is one dream you have for your life after you finish your education?
44. How do you celebrate your "small wins" during a busy week?
45. What is the one word you want to define your mindset for the rest of the year?

