

75 Fun & Thought-Provoking Journal Prompts for Middle School

Fun & Creative: 6th Grade Journal Prompts

The transition into middle school is a big leap. These 6th grade journal prompts and fun journal prompts for middle school focus on imagination and lighthearted self-discovery.

1. If you could create a new school holiday, what would it be called and how would we celebrate it?
2. You just won a lifetime supply of your favorite snack. What is it, and who is the first person you share it with?
3. If you were a video game character, what would be your "special move"?
4. Describe a new planet where the trees are made of candy and the sky is neon green.
5. If you could talk to any animal, which one would you choose and what would you ask it?
6. You find a mysterious key in your locker. What does it open?
7. If you could have any superpower for 24 hours, what would it be?
8. Write about a time you laughed so hard your stomach hurt.
9. If you were a famous YouTuber, what would your channel be about?
10. What is the "coolest" thing you've ever seen in nature?
11. If you could build a robot to do one chore for you, which chore would it be?
12. You wake up and you're the size of an ant. Describe your journey across your bedroom.
13. What is your favorite family tradition, and why is it special to you?
14. If you could visit any time in the past, where would you go?
15. What is the best dream you've ever had? Describe it in detail.

Friendship & Identity: 7th Grade Journal Prompts

As social circles become more important, 7th grade journal prompts help students navigate the complexities of belonging.

16. What does it mean to be a "true friend"? List three qualities you value most.
17. Describe a time you felt left out. What did that experience teach you?
18. If you could give your 5th-grade self one piece of advice, what would it be?
19. How do you handle it when you and a friend have a disagreement?
20. What is one thing about yourself that you are most proud of?
21. Who is someone you admire at school, and what traits do they have?
22. How do you feel about social media? Does it make life easier or harder?

23. What is one "unspoken rule" in your friend group that you wish you could change?
24. Describe a moment you felt brave, even if you were scared on the inside.
25. What makes you feel the most "like yourself"? (An activity, a place, a person?)
26. If you could change one thing about your school's social scene, what would it be?
27. How do you define "popularity," and is it important to you?
28. What is a "hidden talent" you have that most people don't know about?
29. Write a letter to your future self about who your best friends are right now.
30. What is the nicest thing a friend has ever done for you?

Future Goals & Reflection: 8th Grade Journal Prompts

Preparing for high school involves looking forward. Use these 8th grade journal prompts to help students plan their next chapter.

31. What is your biggest fear about starting high school next year?
32. If you could pick any career right now, regardless of money, what would it be?
33. What is one academic goal you want to achieve before the end of this semester?
34. How have you changed since the first day of 6th grade?
35. What is a "big dream" you have for your life after you finish school?
36. If you were in charge of the school for a week, what three rules would you change?
37. What is the most important lesson you've learned in middle school so far?
38. Describe your "ideal" Saturday morning.
39. What is one skill you want to learn before you turn 16?
40. How do you handle stress when you have too much homework?
41. If you could meet your future self 10 years from now, what would you ask them?
42. What does "success" look like to you?
43. What is one thing you've done this year that you never thought you could do?
44. Who is a teacher who has changed the way you think about a subject?
45. Write about a time you had to make a difficult choice. Are you happy with your decision?

Deep Introspection & Creative Writing: Journal Prompts for Middle Schoolers

These journal prompts for middle schoolers encourage deeper thinking and creative expression.

46. If you could travel into any book or movie, which one would it be?
47. What is one thing you would change about the world to make it a kinder place?
48. Write about a time you felt truly "at home."
49. If you were a principal for a day, what would you do to help students feel safe?

50. What is your "internal weather" today? (e.g., sunny, foggy, storming).
51. If you could give a speech to the whole world, what would your message be?
52. What is a "small win" you had this week?
53. Write a story from the perspective of your favorite pair of shoes.
54. What is one mystery about the universe you wish you could solve?
55. Describe your "happy place" using all five senses.
56. What does "loyalty" mean to you?
57. If you could invent a new sport, how would it be played?
58. What is a "risk" you took recently that was worth it?
59. Write about someone in your family who has influenced who you are today.
60. What is one thing you are grateful for that you can't see or touch?
61. If you could be a character in a historical event, which one would it be?
62. How do you show yourself kindness when you're having a bad day?
63. What is a goal you have that has nothing to do with school?
64. Describe the best meal you've ever had.
65. What is the most courageous thing you have seen someone else do?
66. If you could have dinner with any fictional character, who would it be?
67. What is a habit you want to build this year?
68. Write about a time you helped someone without being asked.
69. What is one question you have about the future?
70. How do you want people to describe you to someone who doesn't know you?
71. What is the "best" mistake you've ever made?
72. If you were a color, which one would you be today?
73. What is one thing you wish your parents or teachers understood about you?
74. Describe what "peace" feels like in your own words.
75. What is the one word you want to define your middle school journey?

