

## Brigadoon Journaling Prompts

- What is something that made you laugh today? How do you feel when you think back to that moment now?
- What do you think Brigadoon will be like in one hundred years?
- What is something kind you could do for someone else today?
- Write a story about a magical turtle that lives at Brigadoon.
- What's the best thing about Brigadoon? What makes that thing so great?
- Have you ever volunteered or donated something? How did it make you feel?
- If you were a celebrity, what would you be famous for? What would you do with all your fame and money?
- Write about a favourite memory from Brigadoon.
- Write a made-up story about a storm at Brigadoon, where instead of rain falling from the sky, it's pudding!
- Draw a picture of something you saw today that grabbed your attention.
- Write a letter to a friend, saying something nice about them.
- What's the most important thing you've learned so far this year?
- What is something you are looking forward to? How will you feel when it happens?
- What's the tastiest food in the whole world? Write about a memory you have when you were eating this food.
- Who is the funniest person you know? What's something funny that they have said or done?
- What did you see someone else do that was kind this week? Why do you think they did it?
- What is something that felt hard today? What did you do to manage with this? What could you do next time something feels hard?
- Who your role model? What do they do that you look up to?
- If you were a superhero, what would your power be? What would you do with your power? Who would your superhero sidekick be?
- Pretend you're in a magical forest. What do you see?
- If you could write a letter to yourself five years ago, what would it say?

- Write about a time that you were proud of yourself.
- What does it feel like when someone thanks you?
- What would the world be like if animals could talk to humans?
- Write a story using these 5 words: camp, cookie, frisbee, worm, laugh.
- Write about a time that you felt really happy.
- Imagine you live on a houseboat? What's it like? What are the best and worst parts?
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- What is something nice you can do for yourself today?
- If you could live in the year 1820 or 2220, which would you pick? Why?
- What are 5 things you are grateful for? How does it feel to think about these things?
- What do your friends like most about you? What do you like most about you?
- Write a letter to a pretend friend who is having trouble making friends at school.
- Write a poem about the food at Brigadoon.
- Write about your favourite month of the year. What are your favourite things to do in this month?
- A message in a bottle floats to shore at Brigadoon! What does it say? What do you do?
- If you could teach a lesson to your class, what would you teach them about?
- What is something you are afraid of? What helps you feel less afraid? What would you say to a friend who is scared to help them feel less afraid?
- Write instructions for how to make your favourite snack. Make sure to add your favourite tips!

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- Write a letter to the author of a book you recently read and tell them what you liked most about the book.
- Who is someone you can talk to when you are feeling sad? What would they do to help you feel better?
- Imagine you are given \$100 to spend at the grocery store. What do you buy?
- What are some things you can do to be kind to the environment?
- Would you rather live somewhere that is always hot or always cold? Why?
- What are some things that make you unique?
- Write about a time that you were brave.
- Do you like trying new things? What is something new that you tried recently, or that you would like to try?
- Draw a picture of yourself at Brigadoon.
- Write about an event that has significantly impacted your life. How do you feel when you think about it?
- What do you hope your life looks like when you are 25 years old?
- If you could give one thing to every child in the world, what would you give them? Why?
- What is your favourite piece of clothing? What's it like to wear it?
- Write a letter to someone who has not been feeling well. Write about a time when you worked really hard at something.
- Imagine you are at Brigadoon and everyone starts floating in the air! What happens?
- What are 10 things you want to accomplish in your lifetime?
- If you were to start your own YouTube channel, what would your videos be about?
- What is something that you learned at Brigadoon?
- If you could have a free, unlimited supply of anything, what would it be?
- What's the best part about being the age that you are?