

Journaling for Kids/Teens



Journaling is a way to get thoughts and feelings out of your head and onto paper (or a screen).

There is no right or wrong way to journal. You don't need good spelling, full sentences, or neat handwriting.

You can journal anytime—not just when things are hard.

How to Journal (3 Easy Steps)

Step 1: Pick Your Tool

Notebook / Notes app / Drawing / Voice note

Step 2: Start With One Line

You can finish any of these:

- “Right now, I feel...”
- “Today was hard because...”
- “Something I keep thinking about is...”
- “I am grateful for...”

Step 3: Stop When You Want

You can stop after:

- One sentence
- One minute
- One page

If You Don't Know What to Write

- Write the same word over and over
- Write how your body feels
- Draw shapes or scribbles
- Write: “I don't know what to write, but I'm trying.”

Important Reminders:

This journal is just for you
You don't have to show anyone
Skipping days is okay
Your feelings are allowed

Stopping does not mean you failed. Breaks are allowed!

