

3 Weeks of SEL Journal Prompts for Grades 6-12

What can you do to
handle feeling nervous
just before taking a
test?



What is something that
was hard for you at
the beginning of the
year but isn't anymore?



What can you do to
help make sure
everyone in our
community feels
included?



How can we celebrate
people in our community
for our differences?



What can older
generations learn from
young people?



What have you done
that you are proud of?



What is something that
you would try if you
knew that you wouldn't
fail?



What is a mistake you
have made? How did you
handle it?



What is a moment this week that has made you feel energized?



What are three things
that you do that help
you relax?



What are you
passionate about? What
makes you feel fired
up?



What are three things
you can do to be a
reliable friend?



Some friends or couples share their social media passwords so that they can read the other person's private messages. Is this healthy or unhealthy? Why?



What are the building blocks for a healthy relationship?



What tools do you use
to help you manage
your time and get things
done?



Why do people use drugs and alcohol? What underlying issues might they be dealing with?



Your digital footprint is the record of everything you post online. What story does your digital footprint tell about you?

