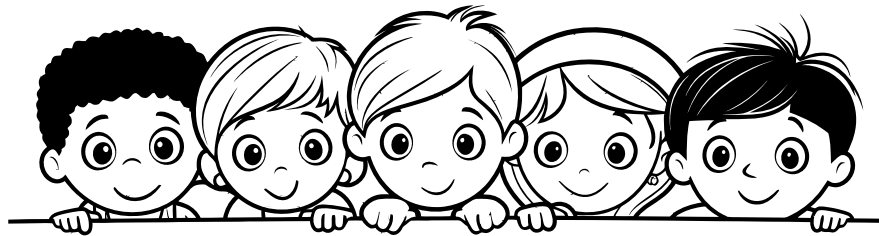


CREATIVE JOURNALING ACTIVITIES



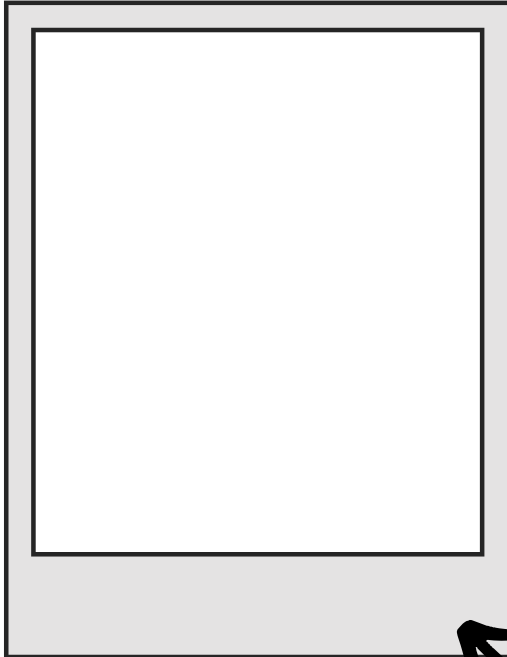
Dr. Titania Adams

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For more information please visit: TitaniaAdams.com

MY SUPERPOWER



My Superhero name is _____

I am _____ years old.

What is your _____
superpower that
makes the world _____
better? _____

Me Using My Superpower

How does your
superpower help others?

1. _____
2. _____
3. _____
4. _____
5. _____

How can you use your strengths to
Help someone today?

What are you grateful for today?

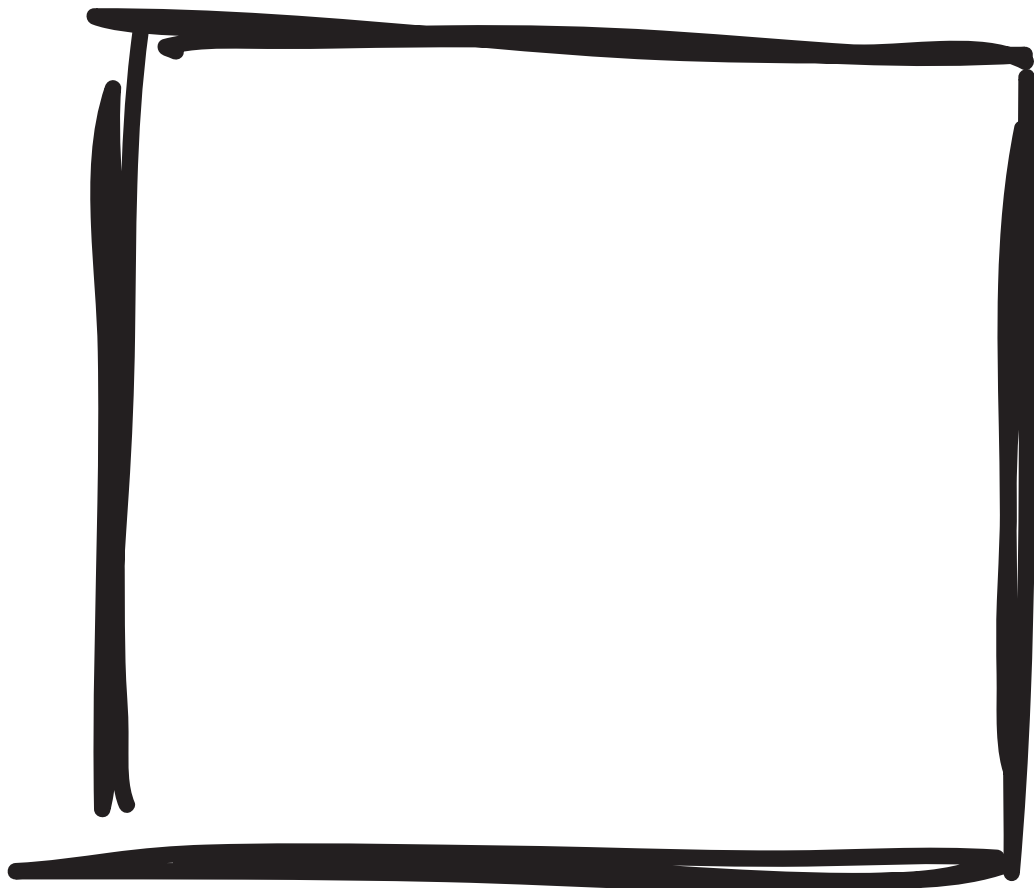
Express Your Feelings

Circle the emotion they are feeling today.



upset sad nervous happy excited

Think about a time when you felt the emotion you picked. Draw a picture or write about what happened and what you did to handle it.



Engaging in the Guided Journey: Parents/teachers, you can use this activity to help children open up about their emotions and develop a healthy journaling habit.

Creative Story Adventures

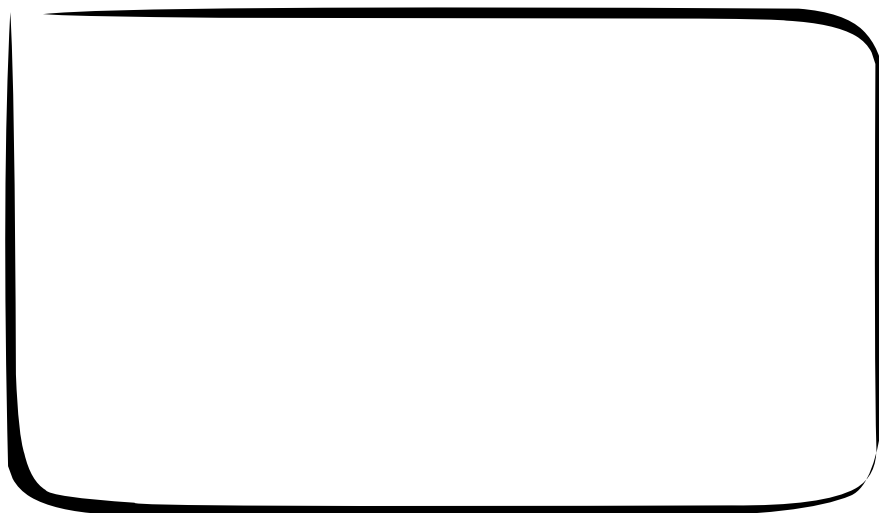
Choose one of the fun story starters below and use your imagination to finish the story! Write your story in the space provided. If you'd like, draw a picture to go along with your story or act it out with your family!

Story Starters:

1. James found a mysterious journal on his desk... when he opened it, the words inside instantly changed! What happens next?
2. One day, you wake up and realize you can talk to animals. The first animal you talk to is... You are the main character in your favorite book. What happens next?
3. You are the main character in your favorite book. What happens next?

Write Your Story Here:

Illustrate Your Story! (Draw a picture in the space below)



Great job, storyteller! Keep writing and let your imagination soar!

How to Use Activities as a Conversation Starter

Parents and teachers, these activities are a great way to help children express their emotions and build a healthy journaling habit. Here are examples of how you can use the Express Your Feelings activity to spark meaningful conversations with children.

- 1 Ask a Simple Question:** Start by asking, “How are you feeling today?” or “Have you ever felt this way before?”
- 2 Encourage Expression:** Invite the child to write or draw about a time they felt the emotion they selected.
- 3 Listen and Share:** Talk about their response, asking gentle follow-up questions like, “What made you feel that way?” or “What helped you feel better?”
- 4 Connect to Journaling:** Explain how writing down thoughts and feelings can help them understand emotions, solve problems, and express themselves in a safe way.
- 5 Make It a Habit:** Encourage regular journaling by setting aside a few minutes each day for reflection and creative expression.

By guiding children through this process, you’re giving them a powerful tool to navigate their feelings and build emotional resilience.

Next Steps

The journey of self-discovery and creative expression doesn't stop here! Keep the excitement going with more engaging resources for young writers and thinkers.

Expand the Experience – Purchase *I Am James* and *Discovering Me: A Journal for Kids* to continue fostering confidence, imagination, and a love for journaling.

Bring Journaling to Life – Want to create an interactive journaling experience for children? Contact Dr. Titania Adams at titaniaadams.com to schedule a group journaling session for kids or a specialized training for parents, teachers, coaches, and mentors.

Let's empower children to explore their thoughts, express themselves, and build a habit of reflection—one page at a time!