

Creative journaling ideas from:

The Creative Journal for Children: A Guide for Parents, teachers and Counselors (72 simple exercises in writing and drawing to foster your child's creativity, self-esteem and learning skills. By, Lucia Capacchione.

Some of the benefits of journal keeping for children include:

- Safety
- Relaxation
- Spontaneity
- Integrity
- Experimentation
- Communication
- Oral language
- Gathering ideas
- Imagination
- Creativity
- Verbal communication
- Non verbal communication
- Right brain development
- Left brain development
- Integration
- Emotional release
- Self-understanding
- Autobiography
- Self-confidence
- Values clarification

Journal idea area	Creative ideas
Ideas for journaling and drawing about me:	<ul style="list-style-type: none"> • Free drawing • Feelings • Who am I • Dear self • My name • My day • Inside me and outside me • My life, history time line • My story, autobiography
Ideas for journaling and drawing about how I feel and what I think:	<ul style="list-style-type: none"> • Happiness is... • I'm scared • Good and mad • Colour me sad • All alone • Off the top of my head • One thing leads to another • Silly songs • I need • I want • Out of my way
Ideas for journaling and drawing about you and me:	<ul style="list-style-type: none"> • My best friend • My hero, my heroine • A very important person • Dear _____ • Imaginary friend • Count your blessings • A helping hand • A family portrait • Family tree • The family that plays together • Likes and dislikes • What I like to do
Ideas for journaling and drawing about around me:	<ul style="list-style-type: none"> • My favorite thing • Something id like to have • My house, inside and out • My room • My school • My classroom • A place in nature • A special place • My world, a magic circle • Holiday • Magic carpet ride • Land of make believe
Ideas for journaling and drawing about fairy tales and stories:	<ul style="list-style-type: none"> • My favorite fairy tale • My favorite movie or play • My favorite television show • My favorite book • My favorite character • A famous person • If I were... • My own fairy tale • Once upon a time • The monsters and me • Scary fairy tale • Show and tell, my own cartoon
Ideas for journaling and drawing about dreams and wishes:	<ul style="list-style-type: none"> • Draw a dream • Tell a dream • Feel a dream • I wish or if I had 3 wishes • 3 magic doors • My dream house • Dreams of glory • In my life • Treasure map • When I grow up

The possibilities for journaling are endless. What other ideas can you come up with?