

JOURNALING

CHALLENGES

for Kids

- Each morning, write down a positive thought in your journal that you will try to remember when the day gets stressful or you're upset.
- Give someone a compliment every day and write about their reactions.
- Try a brand new food every single day.
- Every morning or afternoon, spend 15 minutes reading the news and learning about current events in our world.
- Write a list each day of everything that made you feel happy that day.
- Focus on smiling at other people when you pass them in the halls or on the playground.
- When you disagree with people, ask them to explain their perspectives to you instead of arguing with them.
- Spend at least 30 minutes outside every day.
- Avoid saying anything mean, negative, or bad about anyone.
- Learn three new facts every day and write them down in your journal. At the end of the project, ask a friend to quiz you on them and see how many you can remember.
- Commit to getting rid of one thing you don't need every single day. Throw away old papers, donate old toys, or recycle something you can no longer use.