

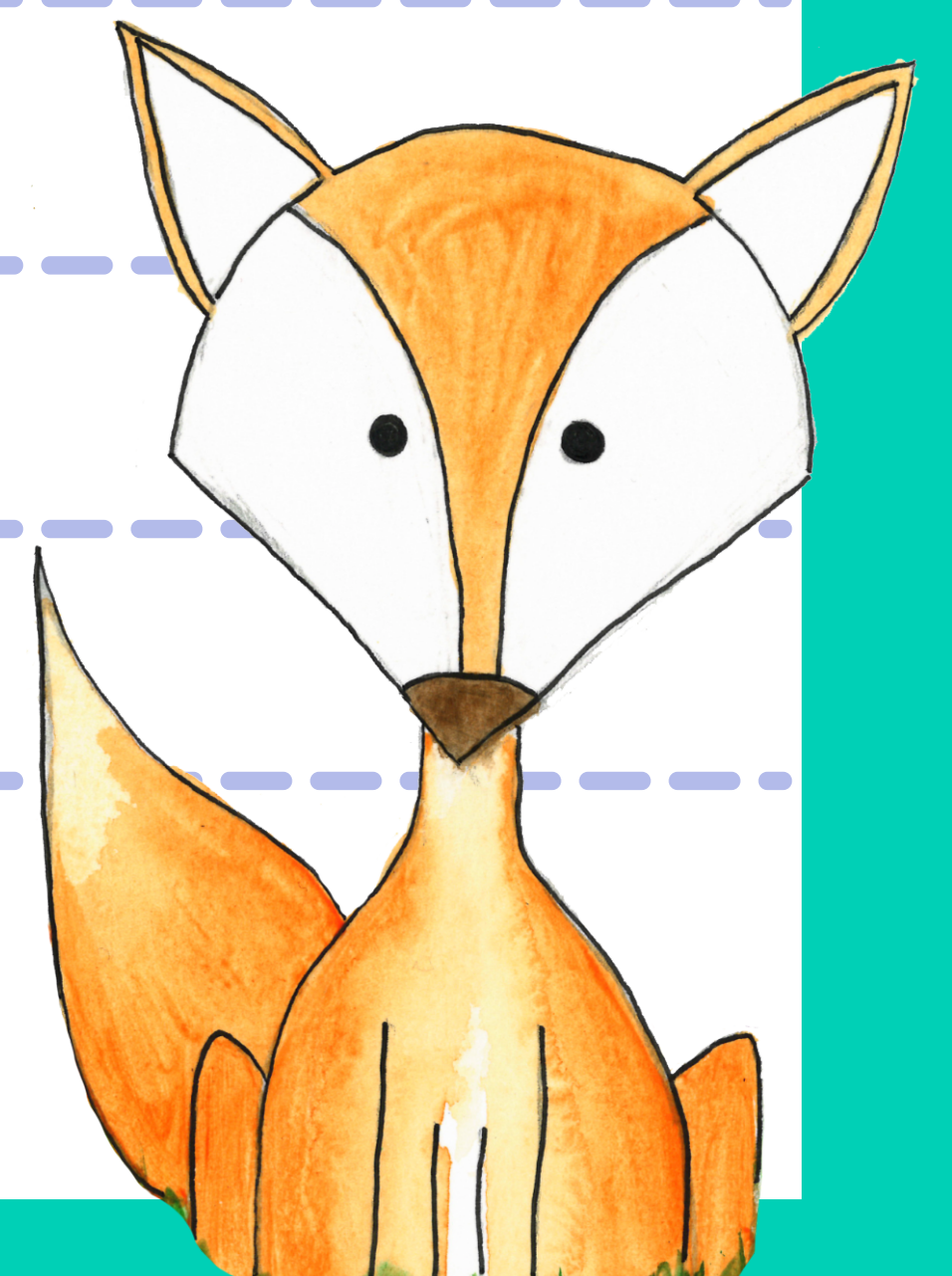


NAME :

DATE :

# PLANT YOUR SEEDS:

A large white rectangular area containing 15 horizontal dashed blue lines for writing.



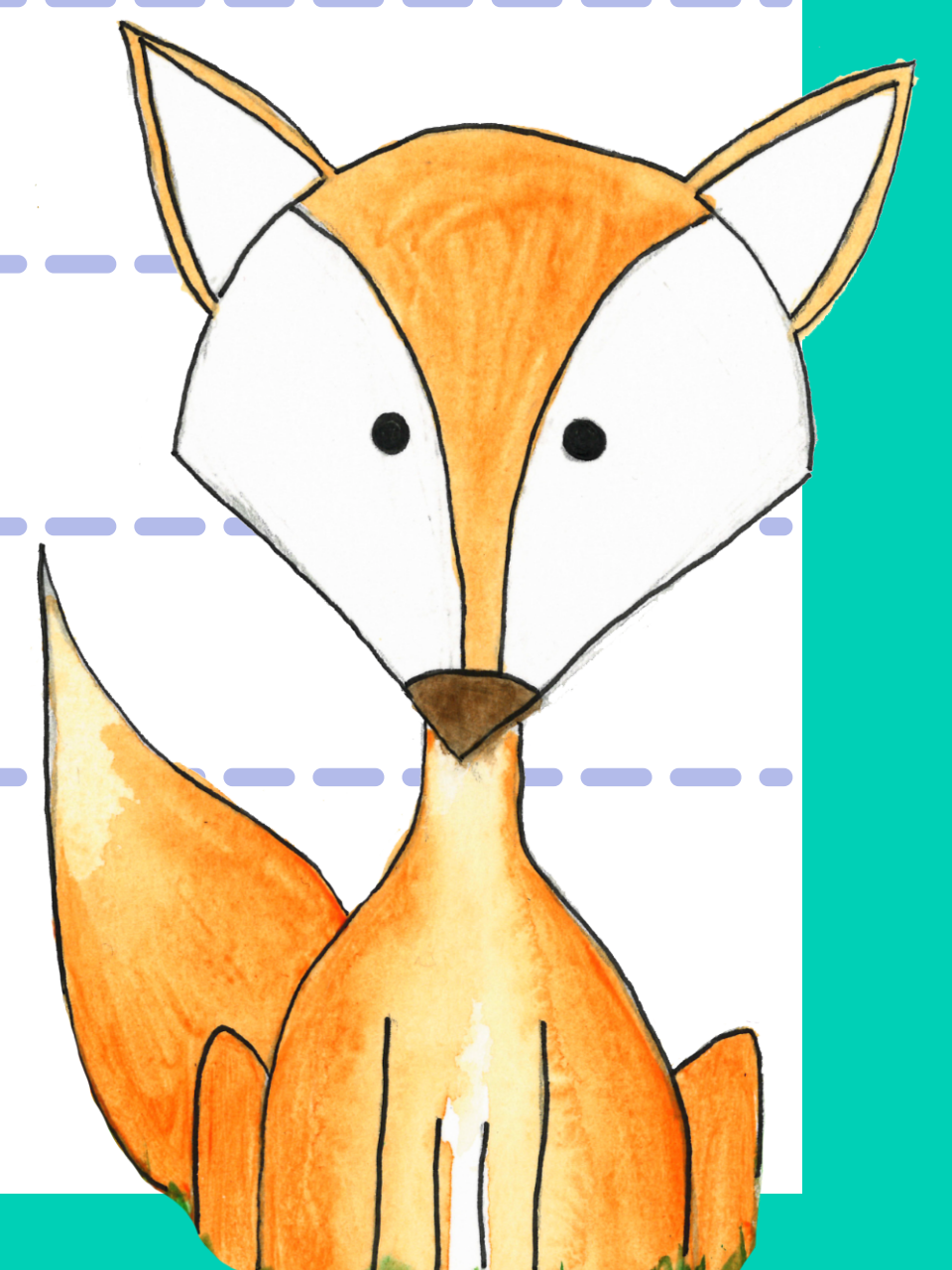


NAME :

DATE :

# PULL YOUR WEEDS:

A large white rectangular area containing 15 horizontal dashed lines for handwriting practice.





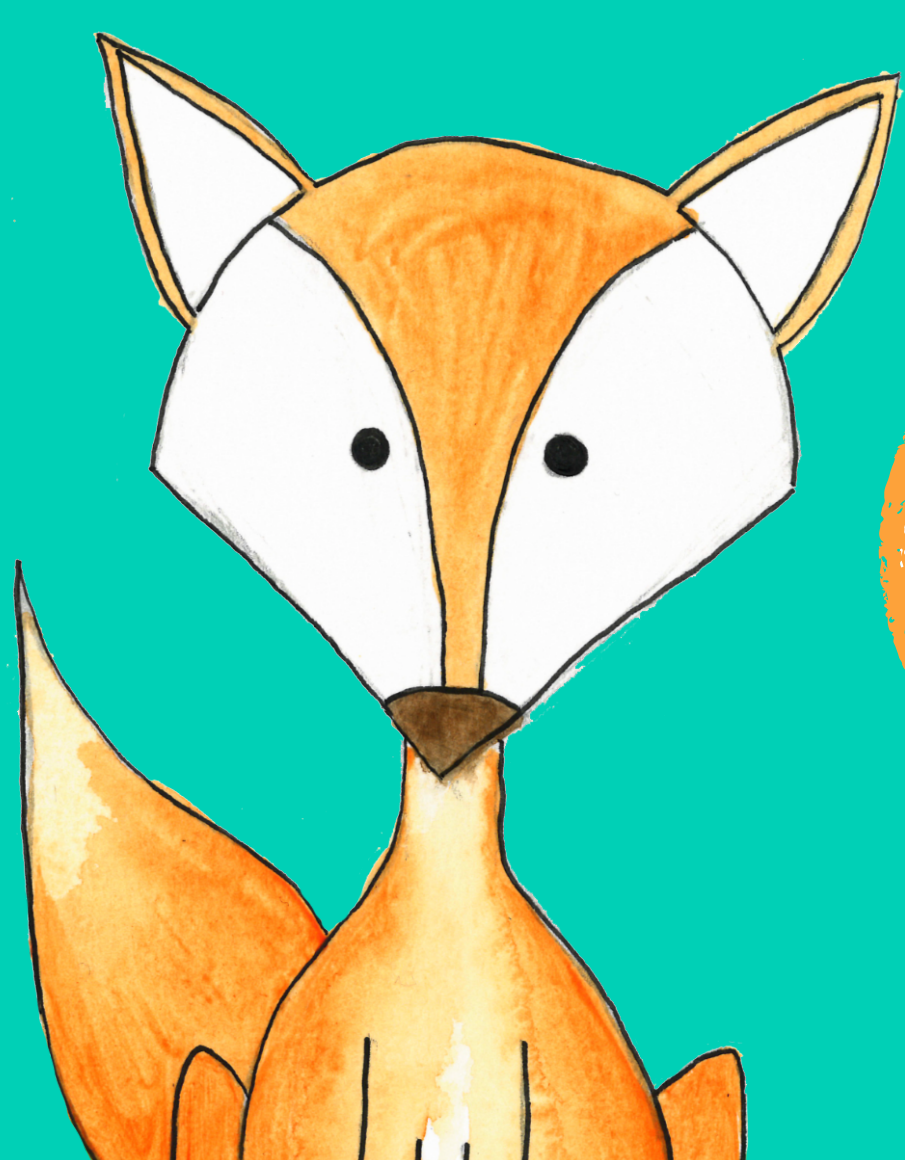
Try & write as many sentences as you can!

## PLANT YOUR SEEDS JOURNAL PROMPTS:

1. What is something that makes you happy (who, what, where, when)?
2. Where is your favorite place to go? Who do you go with and when?
3. What is something fun you do with your family? When and where do you do it?
4. What is your favorite hobby? When did you start and how did you learn?
5. Name something you feel grateful for. How often do you think about this?
6. What do you like to do to relax? Where and when do you do this?
7. What do you like most about school?
8. What is the best thing that happened to you this week?
9. Name a person that is helpful to you and list how.
10. What is your favorite holiday and why?
11. What is the best thing you ever ate and describe it.
12. Name a person you love & list what you love about them.
13. Name a time when you felt proud of yourself and why you felt this way.
14. Where is some place you would like to visit and why?
15. What is something you are really good at? When/how did you learn?
16. What is your favorite movie & why?

#PULLYOURWEEDS®





Try & write as many sentences as you can!

## PULL YOUR WEEDS JOURNAL PROMPTS:

1. What is something you are afraid of? (place, thing, thought)
2. What is something that frustrates you? (what can you do to improve it)
3. When was a time you felt left out? (who, what, where, when)
4. What is something you want to improve about yourself? How would you start?
5. What is something that challenges you? What could you do to feel more confident?
6. What is an example of someone being unkind? What would you do differently?
7. If you saw someone upset at recess what would you do and what would you say?
8. If a classmate was not being kind what would you do?
9. What can you do if you feel upset at school? What gardening tools could you use?
10. When was a time you helped a friend in need? (who, what, where, when)
11. What is a situation you wish you handled better? What would you do differently?
12. List a few things you think students can struggle with. What could help?
13. Where is some place you would like to visit and why?
14. What is your least favorite subject and why?
15. What is something your dislike doing and why?
16. What is your least favorite food & why?

#PULLYOURWEEDS®

