

Parent - Child Communication

Journal Prompts

Print these journal prompts and paste them into your communication journal to help get you started!

What is one mistake you made today?

What was the low point of your day?

What rule was the hardest to follow today?

What is something that challenged you today?

If you could change one thing about your day, what would it be?

Did you see any examples of unkindness today? How did you respond??