

Parent - Child Communication

Journal Prompts

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

When did you feel _____ today?

What is something you heard that surprised you?

What is one question you'd like an answer to?

Is there anything on your mind that you want to talk about?

Rate your day on a scale of 1-10. Why did you give it that rating?

Is there anything you heard about today that you want to learn more about?