

# Journal Prompts

## Climbing Out

### Elementary Journals

Elementary Art Prompt #1: Draw a picture of a way you can help a friend. How does helping others make you feel?

Elementary Art Prompt #2: Write and illustrate a story about crabs in a pot from the crabs' perspective. Decide if the crabs will get out or not, then tell how they get out or why they do not.

Elementary Art Prompt #3: *A Helping Hand*: Have students trace their hand on the paper. On each of the fingers, have them write a quality they possess or things they do that make them a good friend. Then give them time to color and decorate the hand. Give as many students as possible time to share their pictures. On a separate piece of paper, you could also have each student make another hand listing one of the qualities from their first hand. Then have them cut it out and make a class wreath by gluing all the hands together in a circle.

Elementary Art Prompt #4: *Best Friends*: Have students make a chain of paper dolls by folding a piece of paper into fourths like a fan. Trace a doll pattern on the paper so both hands and feet are against the folds. Cut out the doll chain, but do not cut where the hands and feet join. Open the chain and decorate with paper, markers, or crayons. Have students glue the paper dolls in on one of their journal pages and write a story about four good friends.

Elementary Intro Activity: Ask the students to identify anyone who has overcome peer pressure (a relative, sports hero, celebrity, etc.). Discuss that most people who are successful in life don't let negative people pull them down. Have them draw a picture of this person and/or write about what they did to get out and stay out of the pot, and what they were able to achieve because of this.

Elementary Journal Overview: Have students complete the following activity on the Introductory Activity page for Climbing Out.

Elementary Vocab List: Define different terms related to Climbing Out

Elementary Journal #1: Why is it hard for the crabs to get out of the pot? What does the pot represent? What are some reasons for getting out of the pot?

Elementary Journal #2: How do friends affect me in negative ways? How do friends affect me in positive ways?

Elementary Journal #3: List and describe some tools you can use to climb out of the pot.

Elementary Journal #4: Why might a friend not want you to get out of the pot (not succeed, change or improve)? Write 5 things that describe a true friend. Write 5 things that describe a false friend

Elementary Journal #5: What is a "true friend"? Who is someone that is a "true friend" to you?

Elementary Journal #6: Make a list of fun things you can do with your friends that will NOT get you in trouble. See how many you can list.

Elementary Journal #7: Write about an example you have seen of someone supporting another person in a positive way.

Elementary Journal #8: Write about an example you have seen of someone pulling another person down.

Elementary Journal #9: In what ways can you and will you try and be a better friend?

Elementary Journal #10: Pick on of your friends who has helped you and write them a Thank You note.