

Journal Prompts

Defense Mechanisms

Elementary Journals

Elementary Art Prompt #1: Draw a picture that represents a positive defense mechanism that you will use if you are in a pressure situation.

Elementary Art Prompt #2: Draw a picture of a symbol that will help you to remember to choose positive defense mechanisms.

Elementary Art Prompt #3: *Flower Child*: Explain to students that in the '60s, there was a group of people who advocate peace known as "flower children." Have them draw (in their journals) a large flower with several petals. If anyone prefers not to draw a flower, have them draw a large peace symbol. In each of the petals or sections of the symbol, have them list an example of a positive defense mechanism that can lead them to more "peaceful" lives. Then have them color and decorate their pages.

Elementary Intro Activity: Have students draw a large shield on their paper. They can use the poster or chart you used for the lesson as a model. Have them divide the shield into four sections. Have students list the four steps to controlling defense mechanisms in each section, and then have them list or draw something to help them remember what to do in each step.

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

Elementary Vocab List: Define different terms related to Defense Mechanism

Elementary Journal #1: What are defense mechanisms and why do we use them? Do you think they are important? Why? How can you know if a defense mechanism is positive or negative?

Elementary Journal #2: How do you respond or act when you: Are laughed at? Are yelled at? Are blamed for something? Are caught doing something? Lose? Get hurt? Are frustrated?

Elementary Journal #3: Think of a time this week when you used a defense mechanism. What happened? Did you use a positive or negative defense mechanism?

Elementary Journal #4: Why are positive defense mechanisms usually harder? Why do they give you more self-respect?

Elementary Journal #5: What are some of the feelings you feel when you are about to use a defense mechanism? What are some things you can do to calm your feelings before using a defense mechanism?

Elementary Journal #6: Why is it important to choose your defense mechanisms and not let others control how you respond

Elementary Journal #7: List 3 defense mechanisms you notice your friends using this week. Were they positive or negative?

Elementary Journal #8: what defense mechanisms did you observe in others this week as a result of something you said or did?

Elementary Journal #9: Tell about a time when you noticed an adult using a negative defense mechanism. What kind of positive defense mechanisms could they have used instead?

Elementary Journal #10: What was a situation where you know you used a negative defense mechanism? How can you respond differently next time? What is a positive defense mechanism you will use instead?