

# Journal Prompts

## Plugging In

### Elementary Journals

Elementary Art Prompt #1: Draw a picture of some of the people that have made a positive impact in your life.

Elementary Art Prompt #2: *Hats Off*: Hats are sometimes used as part of a uniform and can be a distinguishing mark of certain careers. We say that someone who does many different things “wears many hats” and when we want to thank or congratulate someone we say, “Hats off to you.” Have students think of someone that can help them “plug in.” Have them design a hat for that individual. It can be functional or honorary. Have them explain why they designed the hat the way they did.

Elementary Art Prompt #3: *Cartoon*: Explain to students that a cartoon tells a short story using mostly pictures and very few words. Have them create a cartoon about someone who needs help and how they get “plugged in” to someone or some place that helps them.

Elementary Art Prompt #4: *Wanted Poster*: Explain that sometimes when the government is looking for a particular individual, they put up a wanted poster. Have students think of something they might need or want help with and have them design a wanted poster that will help them find someone who can get them “plugged in.” Encourage them to draw a picture and list characteristics of the kind of person they are looking for.

Elementary Art Prompt #5: *Quilt*: Quilts are made up of several pieces stitched together. Have the student think of a problem or challenge they have or a goal they would like to accomplish. Have them design a quilt with each square representing someone or some other resources that can get them plugged in and help them accomplish their goal or overcome their challenge.

Elementary Intro Activity: Have students list each of the steps for “Get Plugged In.” Next to each step, have them write or draw someone or something in that step that they know can help them get plugged in.

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

Elementary Vocab List: Define different terms related to Plugging In

Elementary Journal #1: List 5 things others notice and like about you.

Elementary Journal #2: Think of someone you really like. List 5 qualities that person has that make you like them.

Elementary Journal #3: When you have a challenge, whom do you most often turn to for help? What qualities does that person have that make you want to seek their help?

Elementary Journal #4: Why do you think is important to get help from others when you have a problem or are trying to overcome challenges?

Elementary Journal #5: What is trust? Why do you need it in a relationship? How do you build trust?

Elementary Journal #6: How much time do you spend with your parents or guardians? What are some things you do with them? List some of the activities you could do with your parents or guardians to get plugged in to them.

Elementary Journal #7: What is one of your goals for the future? Besides your parents or guardians, list some people who can help you reach your goal.

Elementary Journal #8: How do you know you have a real friend? In what ways can you be a real friend?

Elementary Journal #9: Who is someone who has accomplished goals and dreams similar to those you want to accomplish? What are some qualities they have that you respect and admire?

Elementary Journal #10: List some things that inspire or motivate you to do well.