

Journal Prompts

Tearing Off Labels

Elementary Journals

Elementary Art #1: Draw a picture of someone close to you who sees and knows the real you. What are some of the things they do that help them to see the real you?

Elementary Art #2: If you could create a label for yourself that represented all the things you wish you could be, what would that label be like? Is there anything you could do to make that label real?

Elementary Intro Activity: Have students draw a large can on their paper. Then have them think about their strengths, goals, and accomplishments. Have them refer back to their "Real Me" writing assignment and use the answers to these questions to design a label that represents their "real" self.

Elementary Journal Overview: Have students complete the following activity on the Introductory Activity page for Tearing Off Labels.

Elementary Vocab List: Define different terms related to labels

Elementary Journal #1: Why do you think people want to label stuff? What is the advantage of having labels? Is there a downside to having labels? What?

Elementary Journal #2: What are some things other people like about you?

Elementary Journal #3: What are some things you like about yourself?

Elementary Journal #4: What are some of the labels you have been given? (List both positive and negative) Why do you think you might have been given those labels?

Elementary Journal #5: If you live up to your negative labels, where do you think they might get you? If you live up to your positive labels, where might they get you?

Elementary Journal #6: What are some things you can do at home to show your family the "real" you?

Elementary Journal #7: What are some things you can do at school to show your teachers and friends the "real" you?

Elementary Journal #8: If you are given a label that you think is unfair or untrue, what are some things you can do to tear off that label?

Elementary Journal #9: What are some things you can do so that you don't give others unfair, hurtful, or untrue labels?

Elementary Journal #10: Tell about a famous person who you think was given an unfair or untrue label. What do you think their label should have been?