

# Journal Prompts

## Lift the Weight

### Elementary Journals

Elementary Art Prompt #1: Draw a picture of you “lifting” the things that give you “resistance.”

Elementary Art Prompt #2: *Good Citizen Award*: Explain to students that sometimes ordinary citizens are honored with an award for doing something beneficial for the community. Have students think of a time then they lifted the weight and did something for the “greater good” of the group. Have them design a prize or award ribbon for this action.

Elementary Art Prompt #3: *Bumper Sticker*: Bumper stickers often contain sayings that are meant to influence or motivate people in some way. Have students design a bumper sticker that will motivate them and others to “lift the weight.”

Elementary Art Prompt #4: *Hero Stamp*: Explain to students that when someone has accomplished something important in their life, sometimes a stamp will be produced to commemorate them or their achievement. Have students identify someone who is an example of “lifting the weight” and create a stamp to commemorate them.

Elementary Art Prompt #5: *Road Signs*: We have road signs to remind us of rules we have to follow when driving in our community. Have the students think of one or more rules they follow at home or school. Have them design a road sign to remind them to follow this rule.

Elementary Intro Activity: Have students divide their page in half. On the top half have them write, “Me in 10 years if I follow the rules.” On the bottom half, have them write, “Me in 10 years if I don’t follow the rules.” Tell them to try and imagine what they will be doing in 10 years if they break rules at home, school, or in the community. Then ask them to imagine what they will be doing in 10 years if they follow those same rules. Have them draw a picture or write about themselves in each situation under each heading. Help them think about the consequences that might occur for following or breaking certain rules or laws.

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

Elementary Vocab List: Define different terms related to Lift the Weight

Elementary Journal #1: How does lifting weights make your muscles stronger?

Elementary Journal #2: What does “resistance” mean? Why do we need resistance to become stronger?

Elementary Journal #3: What is the reason for laws and rules?

Elementary Journal #4: What is expected of you (rules) by your parents (at home)? What is expected of you (rules/laws) by society (school, neighbors, etc.)? What is expected of you by yourself (self-discipline)?

Elementary Journal #5: What are three things you spend most time doing outside of school? Will these things give you more opportunity and self-respect? How?

Elementary Journal #6: What do you think your life would be like in 10 years if you break laws and rules? What do you think your life will be like in 10 years if you follow the laws and rules?

Elementary Journal #7: List 5 things that motivate you not to give up

Elementary Journal #8: Why does your brain need to be your strongest muscle?

Elementary Journal #9: What does the term “a diamond in the rough” mean? What has to happen for a rough diamond to become sparkly and beautiful? How are you like a diamond in the rough?

Elementary Journal #10: What are 3 things you can focus your time and effort on that will help you become stronger?