

Journal Prompts

Reality Ride

Elementary Journals

Elementary Art Prompt #1: Draw a picture of your own "Reality Ride." Label some things that might cause you to crash as well as some things that could help you stay on track.

Elementary Art Prompt #2: Where do you think you are on your reality ride? Do you think you are on a track that leads to opportunity? Why?

Elementary Art Prompt #3: Draw a line to divide a piece of paper in half. On one side, draw a picture of something real about yourself. On the other side, draw a fantasy picture about yourself. **Have students share their pictures and see if the class can guess which picture is the reality and which is the fantasy

Elementary Art Prompt #4: Have students draw a picture that represents a goal that they have. Have them list some choices they have to make in order to reach that goal.

Elementary Art Prompt #5: *Who Supports Me Pyramid*: Have students create a simple pyramid made out of squares on their paper. In the top square, have them draw and label themselves. In each of the squares underneath, have them draw and label individuals in their life who support them and want to see them succeed.

Elementary Art Prompt #6: *Mapping Out the Course*: Have students identify a goal they want to achieve. Then have them create a map that shows the way to get to their goal. Have them identify several specific steps that they need to follow to reach their goal.

Elementary Art Prompt #7: *Game of Life*: Have students create a board game that represents the choices and consequences they may have along the way to achieve their goals. You may want to show them some sample board games for ideas.

Elementary Intro Activity: Have students write three things about themselves. Have them write one thing that is real and two things that are fantasy. Then have them take turns reading the three things and have the class members try to guess which is the reality

Elementary Journal Overview: Have students complete the following activity on the Introductory Activity page for the Reality Ride

Elementary Vocab List: Define different terms related to the Reality Ride

Elementary Journal #1: What does reality mean? What is the opposite of reality? What are some examples of things that are real? What are some examples of things that are not real?

Elementary Journal #2: Whenever we make a choice we have consequences. Give an example of a choice that has a positive consequence. Give an example of a choice that has a negative consequence.

Elementary Journal #3: What is an example of something that is “harder but worth it”?

Elementary Journal #4: Tell about a time when you did something that was harder but worth it. What did you do to stick with it? How did you feel when you were done?

Elementary Journal #5: Tell about one of the challenges you have at school.

Elementary Journal #6: Tell about one of the challenges you have at home.

Elementary Journal #7: Tell about one of the challenges you have with your friends.

Elementary Journal #8: List 5 of your strengths. How can they help you stay on the right track?

Elementary Journal #9: Do you know someone who is always getting into trouble? Why do you think they are stuck in the loop? What could help them to get out of the loop?

Elementary Journal #10: What does it mean to have a support system? List at least 5 people who support you.