

# Self-Control Journal Prompts.

Grades 1-4

1

Sometimes, you may feel angry or upset, and that's ok. Draw a picture of what you look like when you feel this way. What do you do to calm down and feel better?

2

When playing with your friend, it is important to take turns and share. Draw a picture of a time when you had to wait your turn. How did you feel when you did this?

3

Self-control helps us when we feel angry. Think of a time when you used self-control to calm down. What did you do to help yourself calm down? Draw a picture of how your body felt before and after you used self-control.

4

Imagine you wanted to eat your favorite cookie but you had to wait. Draw a picture or write a short story about how you used self-control to help you wait patiently.

5

Sometimes, you may feel like yelling or hitting when upset, but that's not a good way to solve problems. Think of a time when you had a problem with a friend and used self-control to help you solve it. Draw a picture or write a short story about what happened.

# Self-Control Journal Prompts.

## Grades 1-4

6

Self-control helps you to control your actions. Think about when you used self-control, like when you calmly waited to play a game. Explain to a friend what self-control means and how it helps you make good choices.

7

Self-control takes practice. Think about things you can do to use self-control, like taking deep breaths or counting to 10 when something upsets you. Write about what you can do and how they help you stay calm.

8

Self-control is important. Think about when self-control is needed, like when you are angry or out of control. Write about why it is important to use self-control when this happens.

9

Self-control is helpful when you feel like doing something you shouldn't. Write a letter to your classmates to help them understand why they should use self-control.



# Self-Monitor Journal Prompts.

## Grades 1-4

1

When playing, it is easy to get excited. Think about a time when you were playing with a friend. How did you know if you were being too loud or rough? Write or draw what you did to make sure you were playing nicely.

2

Keeping track of how you are acting is important. What are the ways you can check your behavior? For example, you might count to 10 before you do something when angry. Write or draw the ways you can check your own actions.

3

When working, looking at how you are doing is helpful. Think about a time when you were building with blocks or coloring a picture. How did you check to see if you were doing a good job? Write or draw about how you monitored your own work.

4

Putting a puzzle together is fun. Think about a time when you were working on a puzzle. How did you check if you were putting the pieces in the right places? Write or draw about the ways you checked your pieces.

5

Picking up after yourself is an important skill. Think of a time when you needed to clean up. What did you do to make sure you were putting everything back in the right place? Write or draw how you felt when you were finished.

# Self-Monitor Journal Prompts.

## Grades 1-4

6

Self-monitoring is reflecting on what you are doing and how you are thinking. Write down three things you can do to practice self-monitoring, such as paying attention to how you feel, what you are doing, and whether you are following the rules.

7

Self-monitoring helps you grow. Write down ways you have used self-monitoring to improve your behavior, such as reminding yourself to share with others or to clean up your stuff.

8

Self-monitoring helps you reach a goal. Write down a goal you have, such as learning how to read. Then, think about how you can use self-monitoring to help you reach that goal and write about it. For example, you can track how much time you spend reading every day.

9

Self-monitor is helpful if someone bothers you. Write a letter to your teacher asking them to teach your classmates about self-monitoring and why it is needed.



# Flexibility

## Journal Prompts.

Grades 1-4

1

When plans change, it can be hard. Think of a time when you had to change your plans because something unexpected happened. What was the change, and how did this change make you feel?

2

When things change, it can be upsetting. Imagine you're playing a game, and the rules change while you are playing it. What would you do, and how would you feel?

3

Trying something new can be scary. Think of a time when you needed to try something for the first time. How did you feel before trying it, and how did you feel after trying it?

4

Thinking flexibly helps to solve problems. Imagine a boy trying to build a tower, but the blocks keep falling. Tell me how this boy could solve his problem and build a taller tower by thinking about building it in a new way.

5

Understanding what someone else thinks is important. Tell me what happened during your P.E. class this week. Write your description from your teacher's point of view.

# Flexibility

## Journal Prompts.

Grades 1-4

6

Flexibility helps with problem-solving. Write or draw an example of a time when you used flexible thinking to solve a problem. How did thinking flexibly help you solve your problem?

7

Practicing flexible thinking helps you get better at it. How could you practice being more flexible in your thinking? Why would thinking more flexibly help you?

8

Flexible thinking helps students move from one task to the next. Describe how flexible thinking helps you and your classmates learn more during the school day?

9

Flexibility is helpful when solving problems. Write a letter to your teacher asking them to teach your classmates about flexible thinking and how it helps them solve problems.



# Emotional Control Journal Prompts.

Grades 1-4

1

Sometimes, it is hard to stay calm. Think about a time when you felt really angry. How did you feel in your body and mind? What did you do to help yourself calm down?

2

Sadness can be a hard feeling to handle. Think about a time when you felt really sad. Describe what it felt like in your body and mind. What did you do to help you feel better?

3

The feeling of worry can happen a lot. Think about a time when you felt really worried. What did you think about while feeling this way? What did you do to help you feel better?

4

Sometimes, you need help handling difficult feelings. Tell me who helps you when you have difficult feelings. What do they do to help you manage your emotions and feel better?

5

Think about a time in class when students could show more emotional control. Write a story about a hero who helps you and your classmates use emotional control during upsetting situations.

# Emotional Control Journal Prompts.

Grades 1-4

6

When upset, breathing can help you become calm. How can taking deep breaths help you feel better when you are upset? Write or draw about when this has worked for you.

7

It is important for you to manage your feelings. Describe why it is important to know what you are feeling and how to manage those thoughts and feelings.

8

Emotional control helps you understand how other people may feel. Why is it important to know how others may be feeling? How could understanding their emotions help you?

9

Emotional control helps you manage how you react to problems. Write a letter to a classmate to encourage them to use emotional control when problems happen.





# Task Initiation Journal Prompts.

Grades 1-4

1

Starting a task can make you feel good. Think about something you want to do, like drawing a picture or playing outside. How do you feel before you start and after you have started?

2

Finding things you like to do is helpful. Look around the room and find something you've been wanting to do. What are some things you can do to help get started doing it?

3

Finding a way to make things fun can make them easier to do. Imagine that you need to clean up your room before dinner. How do you feel about starting? What are some ways to make starting more fun or exciting?

4

Sometimes, it is difficult to start a task. Tell me about a time when you had to start doing something you didn't want to. How did you feel, and what did you do to start the task?

5

Motivation can help you start tasks. Imagine you have an enjoyable activity you want to do but must finish your homework first. Tell a story about how you motivate yourself to start and finish your homework so you can do your fun activity.

# Task Initiation Journal Prompts.

## Grades 1-4

6

It can be hard to stay on track. What are some things that might distract you from getting started on a task? How can you remove or avoid these distractions?

7

Getting started on your work right away is important. Describe why it is important for you to get started working right away instead of waiting until the last minute.

8

Staying on task without being reminded can be difficult. Describe why it is important to stay on task. Then, decide how to remind yourself to keep working so that others don't have to.

9

Task initiation helps you get started. Write a letter to your teacher asking them to teach your classmates about task initiation and how it can help students finish their work.



# Working Memory Journal Prompts.

## Grades 1-4

1

Games are fun to play. Can you remember all the steps you need to do to play your favorite game? Describe how you can remember the steps using your working memory.

2

Remembering what to do next takes practice. Think about when you get ready for school. How do you feel when you remember to do all of the steps needed while getting ready for school?

3

Remembering things is easier when you use strategies. Think about a time when you had to remember something important. Tell me about how you remembered it. Did you use a strategy like repetition?

4

Focusing on what you need to do is hard sometimes. Think about a time when you had a hard time focusing. Tell me what was happening around you and how you tried to focus.

5

When you can focus, it feels good. Think about a time when you were able to focus really well. Tell me what was happening around you and how you kept focused.

# Working Memory Journal Prompts.

Grades 1-4

6

Repetition is a helpful memory strategy. Think about how you study for a spelling test. Explain how you study for your spelling test and why repetition helps you remember.

7

Paying attention can be tricky. Think about a time when you did a good job paying attention in class. Write or draw about how paying attention helped you learn more.

8

It is important to get rid of distractions around you. Think about a time when you removed a distraction so that you could focus. Write or draw about how removing the distraction helped you.

9

Working memory helps you remember things. Write a letter to your teacher asking them to teach your classmates about working memory and how it can help students remember what to do next.

The logo for 'cerebrate' features a stylized brain icon above the text. The brain is composed of a blue swirl on the left and a green swirl on the right, both curving upwards. The word 'cerebrate' is written in a dark blue, lowercase, sans-serif font. The letter 'e' is highlighted with a pink outline.

# Planning Journal Prompts.

## Grades 1-4

1

Planning is helpful when you want to do something fun. Think about something fun you want to do, like playing at the park or having a picnic. Write or draw a plan for what you need to do to make it happen, like packing a snack or asking someone to take you there.

2

Planning is needed when you are making something. Think about drawing a picture on a large piece of paper. Describe your thoughts and how you decide where to draw your lines and shapes.

3

Planning helps you know what you need to bring. Imagine you are going to play at the park with a friend. What should you pack before your friend arrives to help you have fun together?

4

Being late is never fun. Think about the last time you were late getting somewhere. Write a story about a hero who helps you arrive on time to the places you need to go.

5

Planning helps you reach a goal. Think about a goal you are working toward, like riding a bike or reading well. Tell me about the steps you take to reach your goal.

# Planning

## Journal Prompts.

Grades 1-4

6

Planning can make events or tasks easier to complete. Think about how you make plans for things you need to do. Tell me what planning is and describe why it is helpful for you.

7

Knowing how long a task will take is helpful. Think about how you estimate time. Tell me why it is important to understand how to estimate how long something will take to finish.

8

Planning is helpful when you are setting a goal. Think about a goal you would like to complete. Describe your goal and explain your plan to meet it.

9

Planning helps you finish your work on time. Write a letter to a classmate to encourage them to use their planning skills while working so that they can turn their work in on time.



# Organization Journal Prompts.

## Grades 1-4

1

Organization can help you feel good. Think about when your bedroom, backpack, or desk is tidy. Draw or write how you feel when you have a clean space.

2

Organization helps to put things in order. Think about when you organized your clothes or toys. Describe how you organized your items and how you felt when you were done.

3

Organization can help you find the things you need. Think about when you could not find what you were looking for. Tell me about what happened and how you found your item after all.

4

Organizing your school bag can help you find what you need. Think about what you have in your bag. Tell me how you pack your bag and how you feel when you forget something important.

5

Organization can make packing for a trip easier. Think about the last time you packed a bag for a trip. Write or draw a story about a hero who helps you organize and pack your things for a trip.

# Organization Journal Prompts.

## Grades 1-4

6

Organization can help you when reading. Think about the last time you read a story. Did the story have a beginning, middle, and end? Why is it important to be able to organize what happened in a story?

7

Organization can help when you have a project to do. Think about the last project you completed. Describe how you organized your project and what you could have organized better.

8

Organization helps you prioritize your tasks. Think about the last time you needed to decide what to do first, second, and last. How did you decide which task to do first? Why?

9

Organization helps you know what to do next. Write a letter asking your teacher to teach your classmates about organizational skills and how they help students decide what to do first, second, and last.

