There's Power in a Pause:

Back to School Journal Prompts for Teens

Whether you're a child, teen, or adult, meeting new people and making friends can be a stressful experience. Pause, take a breath, and remember just how amazing you are. Now let's practice introducing yourself to new classmates, write down 5 things about yourself that you can share with others.

1.

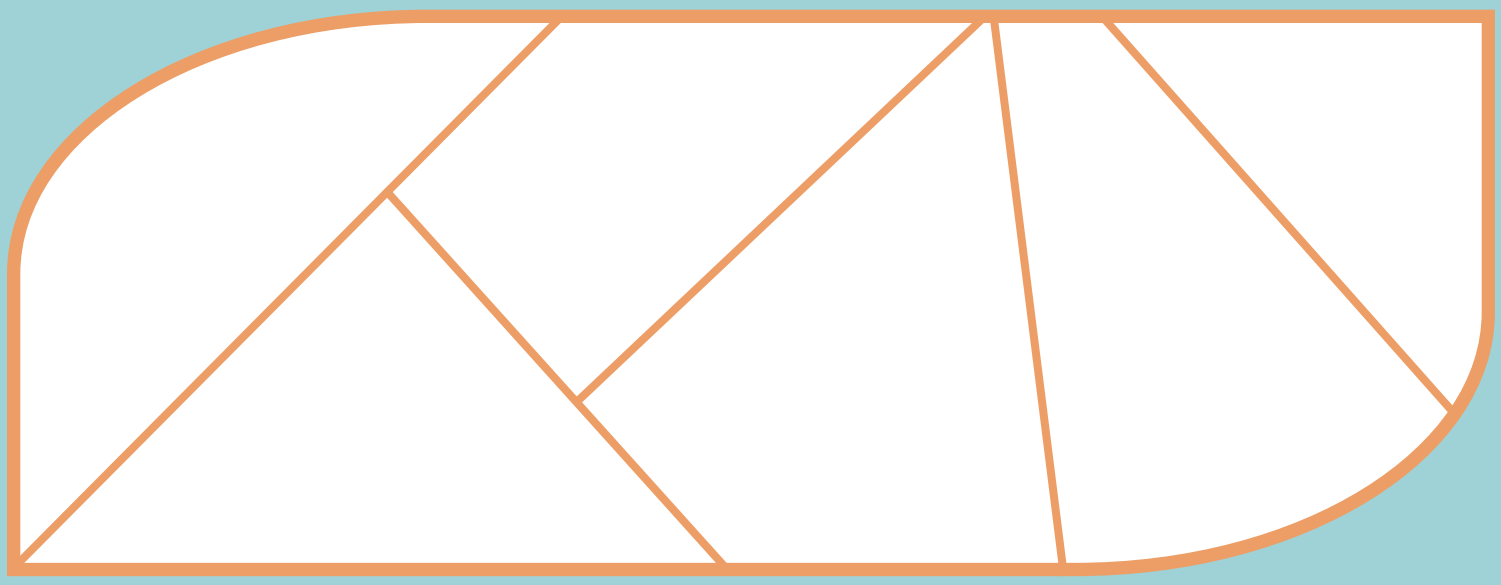
2.

3.

4.

5.

In each space, write a note of kindness or encouragement to yourself.



fit SANFORD

There's Power in a Pause:

Back to School Journal Prompts for Teens

Mixed emotions are normal this time of year, but let's first focus on the positive. What are you looking forward to the most going into this school year and why?

In the outer shape, write down what you cannot control (how others feel, world problems, etc.) In the inner shape, write down what you can control (how you treat others, your reactions, etc.)

There's Power in a Pause:

Back to School Journal Prompts for Teens

Now, the not-so great feelings.
What are you worried about?

How likely is it that your
worry will come true?

And if it does come true,
what is the worst-case scenario?

What can you do to
cope if this happens?

There's Power in a Pause:

Back to School Journal Prompts for Teens

A new chapter is right around the corner, the rest is still *unwritten*. Lean into the best version of you! What new opportunities or experiences can you welcome into this year?

Trace around your fingers as you slowly breathe in and out.