

## Tin Teddy Daily Journal Prompts - February

- 1 List five things that you would like to buy, and then five reasons why you shouldn't.
- 2 Tell your life story in five (or ten) scenes or vignettes. You could draw the scenes, or write about them.
- 3 Are you now, or have you been, a member of any groups or societies? If not, write about a group you would like to join.
- 4 Write about an event in your life that seems like something of a miracle - or at least is pretty amazing or lucky.
- 5 Describe everything you can hear and/or see right at this moment.
- 6 You have come into money, billions! How do you now spend your days?
- 7 Write a short Bucket List of things you would really like to do one day. You can be practical, or fantastical as you prefer.
- 8 Write about the day in the life of an inanimate object, from its perspective.
- 9 Think of three popular hobbies that you are NOT interested in. Why not?
- 10 You are going to be on the quiz show Mastermind? What is your specialized subject? Remember, you will need another one for the next round too. Will you have a chance of winning?
- 11 Grab a book and open it randomly. Close your eyes and poke the page. Write down the word you poked. Do this 3 to 5 times. Now write a short story based on those words.
- 12 What are your favourite grocery products right now!
- 13 Check 5 different news sites. What are the top three stories on each? Use sites from your own country, or different countries if you prefer.
- 14 Think one or two aspects of your life that you would really like to change. Why do you want to change them and what you are going to do to make that change? Or why can't you actually change them? How does that make you feel?
- 15 Try to compliment three people today. It could be in person, online or over the phone. Be sure the compliments are genuine!
- 16 Come up with some names for racehorses. They could be puns, named after people you know or names that you think sound beautiful.
- 17 Did your family have a tradition when you were a child? Do you have any now?
- 18 You are going to design a fancy birthday cake for a friend or family member. Describe and/or draw it. You don't have to actually make it, so you can let your imagination go wild!

19 Write down a word in the middle of the page, then fill the rest of the page with words relating to the main one. Some example words to start with could be Summer, 2020, Happiness, Family, Memories, Dreams, Goals or Heroes.

20 What podcasts do you listen to? If none, try one now - you may discover a new love!

21 Describe your dream job

22 You need to pick a team of 5 to take down the evil criminals. Who ya gonna pick? You can mix superheroes, legendary figures, real people and even cartoon characters if you like: anyone!

23 What subjects did you particularly enjoy at school? Are you still interested in them now? Were they useful in your life?

24 Write a short guide or instructions for something that you could one day forget how to do.

25 Without looking, draw a sketch of your mobile phone home screen. Now check, how close were you?

26 Pick a line or two from a favourite song. Write it in your journal and then try to think of as many meanings for it as you can. You don't have to stick to what the songwriter probably intended!

27 You are going to dye your hair a bright, exciting colour, or colours! Whatever you do, it WILL suit you and you WILL look great, and you won't look silly, don't worry. So what colour or colours are you going to choose.. And why?

28 Pick something to "advent", ie to do every day for the next 24 days. Maybe something useful like declutter for 5 minutes every day, or learn 5 vocabulary words in a new language. Or it might be something artistic like knit a row or two or a knitting pattern, or spend 10 minutes on a painting, or write X amount of words of your novel. Create a tracker in your journal so you can record that you have done it every day.

The Daily Journal Prompts for March will be published on the **Tin Teddy Blog** on the last Wednesday of the month (24<sup>th</sup> February 2021).