

## Tin Teddy Daily Journal Prompts - April

1 Remember some of your favourite books or tv shows from childhood. Which were the ones you read/watched over and over?

2 Open a dictionary or encyclopedia at random and, with your eyes closed, point at a word. Then find out what you can about that word, its origins etc. Try to use it in conversation today

3 Draw a family tree. Add as many people as you can, with dates, occupations, locations etc. You might like to try to find out more to enlarge it further.

4 What has changed since this time last year?

5 What do you love most about being YOU?

6 Who is your hero? Are they someone you know or knew? Write about why they are your hero, how you came to know about them etc

7 Someone is going to throw a no-holds-barred birthday bash for you and your family and friends. You can have whatever you want to eat, whatever entertainment you require and so on. Describe your dream birthday party. It is up to you whether you want something sophisticated and an A-list guest list, or to let out your inner child and have elephants and a bouncy castle.. Or both....

8 What is the biggest compliment you have ever received?

9 Think of a town or city you have always fancied visiting. Now go look at it on Google Maps/Street or read about it on Wikipedia. Write about your "trip"

10 Think of a news story that affected you a lot, or has really stuck in your mind.

11 Add as many colours to your journal page as you can. Use pens, pencils, collage - its up to you.

12 Do you remember about your first day at school? Write what you can recall. If you can't remember it at all, write about your earliest memories of being at school.

13 Write a motto for yourself. Why did you choose this?

14 Pick a colour and try to incorporate it into your life as much as you can for the day. Wear clothes in that colour, eat food that colour, anything and everything you can think of!

15 If you could send a letter to 12 year old you, what would you tell yourself?

16 Draw a big X. Write the people, places and important things in your life in the quadrant of the X relative to where they are, based on where you are now sitting.

17 How different do you think your life would have been if you had been born a different sex? What might have been better? What worse? What would probably be pretty much the same.

18 Search for “artisan making -bread” on YouTube and watch a video that catches your eye. Write about the artisan and their skills in your journal.

19 What interesting thing or things have you discovered lately?

20 You can read the mind of anyone in your line of sight, whenever you want to, for 1 week. What are you going to do with this power? (It only works when you actively want it to)

21 Imagine you are going to release a record, a cover of an existing song. What song will you pick, and why?

22 Search online for “journal lists” and pick to see images. Find one that you really like and try recreating something like it in your journal.

23 Look up a few words in a new language and write them in your journal. Think of ways to help you memorise those words.

24 Write about a favourite childhood toy. Do you still have it? If not, what happened to it? Would you want an identical replacement now? How did you get it?

25 Search online for Girl Guide/Scout or Boy Scout badges and try doing the things needed for one.

26 What is your favourite day of the week.. And why?

27 You have just heard some very exciting news! Who will you tell first and why?

28 Describe a journey you regularly make, such as to the shops, to work or to visit a friend. Add illustrations if you like.

29 Write about a childhood memory that you shared with a much older relative or friend, such as a grandparent

30 Search for your own name on Google and write about who you find. If you can't find anyone, just use your first, or last name. If you find too many people, try adding in your middle name. Put speech marks around your names when searching, that may also help.

The Daily Journal Prompts for May will be published on the Tin Teddy Blog on the last Wednesday of the month (28<sup>th</sup> April 2021).

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