

100 CAPSTONE JOURNAL PROMPTS

1. When we found the genie's lamp, we decided to...
2. Think about the best day of your life. What made it so great?
3. Reflect on a friendship. What makes it special?
4. Pretend a friend hasn't seen your favorite TV show. What is it about?
5. Compare and contrast two of your friends.
6. Explain how to send a friendly text message.
7. Should kids have homework?
8. Anna ran as fast as she could, desperate to get away from...
9. Write about the biggest surprise of your life.
10. Are magazine covers harmful to kids' self-esteem?
11. My best friend and I were in the worst fight ever. It all started when...
12. Who is the oldest person you know?
13. Describe a friend situation that changed over only one day.
14. Write down a list of your favorite things about yourself.
15. Choose a problem at your school. What's the best solution?
16. Teach a reader how to play your favorite board or card game.
17. Is your city a good place to live?
18. No one was more surprised than I was when the dog began to talk.
19. Describe the most memorable holiday in your family, including how you felt and why it was memorable.
20. Who faces more pressure: boys or girls?
21. My dream vacation to _____ was ruined when...
22. Write about how it feels when you're alone.
23. Think of three things you have learned in school this year.
24. Write about the steps needed to tie a shoe.
25. Should students be allowed to go anywhere they want on the Internet?
26. I couldn't believe I had washed up on a desert island. Thankfully, I still had my...
27. Talk about a time you felt disappointed.
28. What is the best way to prevent crime in the community?
29. Has a book, movie, or album ever changed your life?
30. What was the cause of a recent argument you had? What was the effect?
31. Compare and contrast two of your favorite sports or activities.
32. Create a user manual for something you use a lot.
33. What's the best show on television?
34. Is composting a good idea for your school?
35. What is your favorite place in the world? Explain how it makes you feel.
36. At what age should children get smartphones?
37. My first trip on a hot air balloon did NOT go as planned. First...
38. Think about your future self. Write about a day in your life, one year from today.
39. What is your favorite physical activity? What do you enjoy about it?
40. Discuss a conflict in a movie you like. How was it resolved?
41. Describe how you get home after school.
42. Who is the best character in a book you've read?
43. Is college important?
44. Describe a memory you have of extreme weather.
45. What's the best job to have?
46. Write a rap song about your favorite food.
47. Describe your school year so far. What have been the most important events?
48. Have you overcome a major challenge in your life? What did it teach you?
49. Describe a memory you have with an animal. Why was this moment special for you?
50. Is it more important to be honest or popular?
51. Should cameras on drones watch all public spaces to prevent crime, or is that a violation of privacy?

52. Do Americans have it too easy? Why do you think that?
53. What causes racism?
54. How would you use \$20 billion to save the world. What's your plan?
55. What's the worst thing about the internet?
56. Would you rather be very beautiful or very smart? Explain.
57. You can save one object before your house burns down. What is it?
58. How much control over your life do you have? What makes you say that?
59. Describe your ideal life 15 years from now. What is something you can do every day to reach that goal?
60. What would your friends say is your most lovable quality? Describe that quality.
61. What is something scary that you would like to try? What makes it scary for you?
62. By age 18, the average American has seen 200,000 acts of violence on TV, including 40,000 murders. What is it about television violence that is so compelling to people?
63. Would you rather be loved or respected? Because?
64. Does social media represent individuals authentically? Explain with examples.
65. Which classmate would be the best to lead us through a plane crash in the wilderness? Why?
66. If the internet were to crash forever, what would the benefits be for you? The drawbacks?
67. Write a scene that features a) a classmate, b) \$100 million, and c) magical shoes.
68. What three features should your future house have? Why?
69. Is your ethnicity an important part of your identity? How so?
70. You get to take one book and one person to a deserted island. What and who do you take? Why?
71. You have been selected to be king or queen of your school. What are five rules that every kid should follow at your school? What should the punishment be for rule breakers?
72. What do the five friends you hang out with most have in common? How are you most like them? How are you different from them?
73. Do you make friends slowly or quickly? Describe how one of your important friendships evolved.
74. Should we fear failure? Explain.
75. If a wizard could tell you anything about your future, what would you most like to know?
76. I wish my teachers knew that . . .
77. What's the most beautiful person, place, or thing you've ever seen? Share what makes that person, place, or thing so special.
78. Which is more valuable: time or money? Why?
79. What is your most difficult subject in school? Why is it difficult? What can you do to get better at that subject?
80. Describe a scary situation that you've experienced.
81. What is your first memory? Describe it.
82. Are you a good loser? Explain.
83. What are examples of things you want versus things you need?
84. What TV or movie characters do you wish were real? Why?
85. If and when I raise children, I'll never...
86. What, if anything, would you be willing to fight or even die for? Explain your answer.
87. Where do you want to go to high school? Why?
88. When you imagine yourself in 20 years, where do you want to be?
89. Where do you go when you need to focus on something? Does it help you?
90. What is the most challenging thing about growing up today?
91. How would you describe yourself in three words? Why did you choose them?
92. Who was your favorite teacher? Why was he or she special?
93. Do you feel like a kid or a teenager? Do you ever feel more like one than the other?
94. If you could invent any one thing, what would you create? Why?
95. Write about the best thing that happened to you in the past year.
96. Who is your hero? What inspires you about this person?
97. What is your biggest goal right now? What are you doing to work toward it?
98. Is it best to be an oldest sibling, middle sibling, youngest sibling, or only child? Why?
99. What part of being an adult sounds like the most fun? Why?
100. What part of being an adult sounds the most challenging? Why?