



30 Journal Questions

USE THE BLANK PAGES IN YOUR JOURNAL
TO ANSWER THESE SENSORY PROMPTS...

- What could you hear when everyone stopped talking?
- What did today smell like?
- What smell would you recognise again anywhere?
- What was the smallest living thing you saw?
- What was the furthest thing you could see?
- What colour stood out the most today?
- What did the sky look like?
- What woke you up?
- What was the first thing you saw when you opened your eyes?
- What was the last thing you saw before you fell asleep?
- Describe something you touched that you have never touched before.
- Was today hot, cold, wet, dusty, or all four?
- What did today feel like under your feet?
- What did the water feel like?
- What did you taste for the first time today, and what did you think of it?
- What did you eat that you would like to eat again?
- What was the loudest thing today?
- What was the quietest moment of the day?
- What was moving that nobody else noticed?
- What was the strangest thing you saw today?
- What word did you hear today that you did not understand?
- Draw one thing exactly the size it looked from where you were standing.
- Draw the view from exactly where you are sitting now.
- What surprised you today?
- What made you laugh today?
- What was the best five minutes of today?
- Who did you meet, and what did they tell you?
- What would you tell someone at home about first?
- What do you want to see again tomorrow?
- What are you grateful for today?

