

# BUG'S LITTLE JOURNAL SPARKS

48 Prompts for Big Feelings & Bright Ideas









**What is  
something  
you love  
about your  
life?**



**What small  
thing felt  
special  
today?**



**How were  
you kind  
today?**



**Who  
could use  
some extra  
kindness?**



**What kind  
words could  
you tell  
yourself?**



**How did  
someone  
show  
kindness  
to you?**



**What can  
you see,  
hear and  
feel right  
now?**



**Describe a  
place where  
you feel  
peaceful.**







What  
helps your  
body feel  
calm?



Draw or  
describe  
your  
perfect calm  
corner.



What is  
something  
you are  
proud of?



What did  
you try  
even though  
it felt  
difficult?



What  
mistake  
helped you  
learn  
something?



What would  
you like to  
practise  
next?



If you could  
go on an  
adventure  
with Bug,  
where would  
you go?



What  
would  
make  
tomorrow  
wonderful?







What can  
you do  
when you  
feel  
frustrated?



What helps  
you make  
a good  
choice?



Who can  
you ask  
for help?



What could  
you try if  
your first  
idea does  
not work?



How can  
you solve  
a problem  
calmly?



What helps  
you feel  
safe?



What can  
you do  
when your  
thoughts  
feel busy?



What is  
one worry  
you can  
let go of?





