

Mother-Daughter

Journal Prompts:

Favorites

1. Color
2. Sport
3. Meal
4. Animal
5. Dessert
6. Smell
7. Book
8. Show
9. Movie
10. Hobby
11. Holiday
12. Flower
13. Store
14. Outfit
15. Candy
16. Day of the week
17. Board game
18. Card game
19. Video game
20. Music genre
21. Ice cream flavor
22. Breakfast food
23. Family tradition
24. Restaurant
25. Sports team
26. Musician/band
27. Celebrity
28. Disney character
29. Magical creature
30. Gum flavor

Mother-Daughter

Journal Prompts:

This or That

1. Shower **or** Bath
2. Silly **or** Serious
3. Beach **or** Mountains
4. Summer **or** Winter
5. Art **or** Music
6. Reading **or** Writing
7. Inside **or** Outside
8. Hotel **or** Camping
9. Country **or** City
10. Tidy **or** Messy
11. Sunrise **or** Sunset
12. Cats **or** Dogs
13. Shorts **or** Pants
14. Sweet **or** Salty
15. Hungry **or** Tired
16. Burgers **or** Hotdogs
17. Markers **or** Crayons
18. Brownies **or** Cookies
19. Pancakes **or** Waffles
20. Boat ride **or** Train ride
21. Fiction **or** Non-Fiction
22. TV **or** Music
23. Mini golf **or** Bumper cars
24. Early Bird **or** Night Owl
25. Fuzzy socks **or** Slippers
26. Ice skates **or** Rollerblades
27. Snowman **or** Sandcastle
28. Lots of friends **or** One best friend
29. Rule follower **or** Rebel
30. Have a plan **or** Go with the flow

Mother-Daughter

Journal Prompts:

Open Ended

1. What does your perfect day look like?
2. If you could change something about this world what would it be?
3. What do you love most about yourself?
4. If you could be an expert at something what would you want it to be?
5. What do you want to be when you grow up?
6. If you could decide how many days of school/work you had a week how many would you choose?
7. What makes you feel happy?
8. What makes you feel loved?
9. What is a fear of yours?
10. What is something that annoys you?
11. If you had to be an animal which would you be and why?
12. If you made the rules in the house what would be the first rule you'd make or change?
13. If you could have a superpower what would it be?
14. What was the best part of your day?
15. What was the worst part of your day?
16. What are 3 words that describe you?

Mother-Daughter

Journal Prompts:

Open Ended

17. What do you do when something is challenging?
18. What would you like to learn how to do?
19. What makes you a good friend?
20. When was the last time you felt sad?
21. When was the last time you felt excited?
22. Have you ever stood up for a friend?
23. What do we have in common?
24. What do you and Dad have in common?
25. How are you and I different?
26. How are you and Dad different?
27. Where do you think you will live when you're older?
28. What food do you find the grossest?
29. What is a funny joke you know?
30. If you could create an invention what would it be for?
31. If you had a time machine would you go back in time or to the future and what year would it be?
32. Make one prediction for the future.
33. What do you like to do when you're bored?
34. What made you laugh today?

Mother-Daughter

Journal Prompts:

Open Ended

35. What is one thing about you that you don't think I know?
36. Name a memory that makes you happy.
37. Design a t-shirt.
38. If you opened your own restaurant what kind of foods would be on the menu?
39. What would you do with a million dollars?
40. What are some things you enjoy doing with your mom/daughter?
41. What accomplishments are you most proud of yourself for?
42. What are some things you want to do with your mom/daughter?
43. If you could plan the next family adventure where would it be?
44. What do you love most about our family?
45. What is one food/meal you would like to learn how to cook?
46. Name a time you didn't make a good choice. What did you learn from it?
47. What's the hardest part about being a child/parent?
48. Name your biggest worry.
49. If you had to move and could only bring 3 items what would you bring?

Mother-Daughter

Journal Prompts:

Open Ended

50. If you had to choose your age and be that age forever what age would you be?
51. What do you think the best part about being an adult/child is?
52. What do grown-ups/kids always say?
53. If we couldn't use electricity anymore what would you miss the most?
54. What is a weird dream you've had?
55. How long does it take you to fall asleep?
56. What would be the worst animal to have as a pet?
57. How many states have you been to?
58. Would you ever want to be famous? If so, what for?
59. What is something against the rules that you want to do?
60. What animal have you never seen but would love to see?
61. What is one animal you would not want to see in the wild?
62. Where are 3 places in the world you want to go?
63. What are 3 things in the world you want to see?
64. What was the best part of your week?

Mother-Daughter

Journal Prompts:

Open Ended

65. What should our next mother-daughter date be?
66. What is something you find hard to talk about?
67. What is one thing you never want to do again?
68. If you could win an Olympic medal what would you want it to be for?
69. If you were the last person on Earth what would you do?
70. If you had to be someone else for the day who would you be?
71. How are your mom and dad different?
72. How are your mom and dad similar?
73. What compliments make you feel good about yourself?
74. What is one thing you learned today?
75. What challenged you today?
76. What's a slang word kids use today/when you were a kid?
77. If you discovered a new animal what would you name it?
78. If you discovered a new planet what would you name it?
79. What do you think is the hardest job?
80. What do you think is the easiest job?

Mother-Daughter

Journal Prompts:

Open Ended

81. What is a nice thing someone has done for you?
82. What's a book you enjoy reading over and over again?
83. If you could change your name would you? If yes, what would you change it to?
84. What are 3 things you love about your mom/daughter?
85. If you ever found yourself in a tough situation who would be the first person you'd call?
86. What is your most prized possession?
87. Who is your closest friend right now?
88. When was the last time you felt pressured?
89. Can you name a time you stepped out of your comfort zone?
90. What volunteer or community service opportunity would interest you?

Mother-Daughter

Journal Prompts:

Seasonal

Spring

1. What is one thing you want to do over spring break?
2. If we planted a garden what would you want to grow?
3. What do you look forward to most in the spring?
4. How do you spend a rainy day?
5. Have you ever played an April Fools' Day joke on someone?
6. Name 3 things that make you think of Spring.
7. What is something we can do together for Earth Day?
8. Do you enjoy family picnics? If so, plan one! What would you bring?
9. Describe the last time you saw a rainbow.
10. Which is better chocolate bunnies or jelly beans?

Summer

1. What is one thing you want to do this summer?
2. What do you look forward to most in the summer?
3. What is your favorite summer memory?
4. Do you prefer to be inside or outside in the summer?
5. If you could go anywhere on summer vacation where would you go?
6. What is your favorite 4th of July memory?
7. When you think of summer what 5 things come to mind?
8. Do you prefer root beer floats or lemonade?
9. What foods make you think of summer?
10. Would you rather swim in a pool or swim in the ocean?

Mother-Daughter

Journal Prompts:

Seasonal

Fall

1. What is 1 thing you want to do this Fall?
2. What do you look forward to the most in the fall?
3. Do you have a favorite Halloween memory?
4. What is your favorite Thanksgiving memory?
5. What are 3 things you are grateful for?
6. What are your favorite Thanksgiving foods?
7. When you think of Fall what 3 things come to mind?
8. Would you rather spend the day at the pumpkin patch or carving pumpkins?
9. Do you prefer drinking apple cider or hot chocolate?
10. Would you rather trick-or-treat or attend a Halloween party?

Winter

1. What is one thing you want to do this winter?
2. Do you have a favorite Christmas memory?
3. What is one goal you have for yourself this year?
4. Do you have a favorite winter story/movie?
5. Do you prefer to be outside or indoors in the winter?
6. What do you look forward to the most in the wintertime?
7. What is your favorite winter song?
8. Describe winter using the five senses.
9. Would you rather it be sunny and warm in the winter or cold and snowy?
10. Would you rather spend a day ice skating or sledding?

Mother-Daughter

Journal Prompts:

Yes or No

1. Is there life on other planets?
2. Do you believe in ghosts?
3. Do you believe in Bigfoot?
4. Does mountain climbing sound fun to you?
5. Do you think there are animals that humans have never seen or discovered?
6. Do you want your ears pierced?
7. Do you want a tattoo when you grow up?
8. Do you want to get married when you grow up?
9. Do you want pets when you become an adult?
10. Do you want kids when you grow up?
11. Do you want to learn an instrument?
12. Do you have a lucky number?
13. Do you ever want to bungee jump?
14. Do you want to skydive?
15. Do you want to be famous?
16. Would you ever do a polar plunge?
17. Do you believe in karma?
18. If you could live forever, would you?
19. Do you have any collections?
20. Do you have any scars?

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