

A bright orange sun with radiating lines is positioned in the top right corner. Several light blue, fluffy clouds are scattered across the top and right sides of the page.

The **GROWN-UP'S GUIDE** to

My
52 Lists
project

Light blue, fluffy clouds are scattered along the bottom and left sides of the page, framing the text.

Journaling Inspiration
for **KIDS!**

First of all, thank you for showing up here, for taking the time to learn and grow alongside the child in your life. Sometimes children are our greatest teachers, even as they are still forming their thoughts, opinions, feelings, and experiences. Perhaps you too will discover things within yourself as you watch the child in your life discover who they are.

Using the *My 52 Lists Project* journal can empower a child to build inner strength, grit, self-knowledge, and acceptance. They deserve to learn about themselves on their terms and with the affirmation and support of the grown-ups they look to as role models.

Ways to Offer Your Child Support as They Journal

- **Participate and connect.** Check out the prompts listed here weekly, then ask questions and engage with your child.
- **Build accountability.** If your child is a bit scattered or needs guidance, create a set time each week where you each work on journaling projects in a shared space. Choose from any of the 52 Lists journals for grown-ups to further your own continued growth!
- **Offer hands-on help.** If your child struggles, talk through the prompt with them to help them decide what words to use and write in the journal for them as needed.
- **Give older or more sensitive kids extra space.** Offer your child the freedom to express themselves in their journal on their own terms and at their own pace. Encourage consistent usage by consulting the grown-up's guide each week to see if there is a way to engage with your child respectfully.
- **Encourage group journaling.** Ask your child to invite several of their friends to participate and get everyone their own copy of *My 52 Lists Project*. Create a space where the kids can journal side by side and then share and compare lists when they finish—but only if they are comfortable doing so. Do not pressure anyone to share. Sharing is not the expectation; simply journaling and doing so alongside one another is the goal.
- **Listen and honor kids' privacy.** Ask your child if they would like to show you their lists when they are completed. Respect their privacy if they say no. *Please* do not read their journal without permission. Children deserve a private space to release and explore without someone hovering. Keep positively verbally engaging with your child each week to show your interest in their thoughts and feelings. This will build consistency and trust, which may eventually inspire them to open up.



LIST 1

Ask your kiddo “Are there any things you want to do over the coming year that I can support you in?” If your child says they want to do it by themselves, let them know how proud you are of their budding independence. Them choosing to pursue something on their own is not a rejection of you or your help, it is an opportunity for them to learn self-reliance and determination.

If your kid says they would like your support, ask “How can I help you best?” Your encouragement and affirmation will build trust and help them know there are safe adults around that they can rely on.

LIST 2

It is so important for children to see representations of themselves in the media and literature they consume, both in terms of demographics as well as personality. Take a moment to consider what sort of media your kid takes in. Are there well-rounded, positive characters who look like them (race, ethnicity, gender identity, ability, religion, and so on)?

Equally important, does your child have stories, toys, or media in their life that feature kids who are *different* from them? If not, now would be a great time to find and share a book, character, or TV show that has representation of kids who are. This offers your kiddo the chance to build empathy and understanding.

LIST 3

Ask your kiddo about the things that make them smile, and see if you can create something together this week that will bring you both joy.

LIST 4

Ask your kid if they would like to make a playlist of their favorite music. Help them do this if they have not done it before. Can you remember some of your own favorite songs from when you were their age? Why not make a playlist of your childhood favorite songs too and share it with them! It could be something to laugh about together, and you might even introduce them to a song or artist they will love!

LIST 5

Your unique kid is considering big concepts this week: life, love, happiness, and everything in between. Ask them about some of the things they value most in their life. Share your own values but allow your child to explore opinions that differ from yours.

LIST 6

Helping your kiddo plan one fun thing to do every day this coming week. Helping them build a routine of fun into their life as well as a routine of discipline, which sets them up to live a more balanced life in the future.

LIST 7

Write a note to your child letting them know how they brighten your day. Ask them if they would like to write a note for one of the people on their list.

LIST 8

This week your kiddo is dreaming big. Just as it is important to have huge goals, it's also important to have incremental progress daily and weekly. These small steps, little challenges and improvements, are what lead to actually accomplishing the larger goals. So affirm those little things your child does, from chores to homework to practicing positive thinking and speaking, that support their bigger dreams.

LIST 9

It's your turn to make a list! List the things you value now, and create another list of the things you valued when you were your kid's age. Ask if your child is open to telling you a few things that are on their list, but respect their wishes if they don't feel like sharing. If they are willing, compare to see if you wrote anything similar on your lists!

LIST 10

A silly challenge: see if you and your kid can use everyday items to make superhero capes, one for each of you. Add decorations, drawings, and accessories to them that represent your and their individual superpowers.

If you'd like to have a more contemplative and serious conversation, ask your child what they would like to change in the world for the better. Empower them in their unique skills and passions so they can use these things to make the world a better place for everyone.

LIST 11

Ask your kiddo "What animal do you feel like today? What makes you feel that way?"

A great way to help your kid express what they are feeling is to associate animals with feelings and then ask them what animal they are. Sometimes kids can feel uncomfortable expressing a negative feeling. The more we can give a child space to explore and accept that feeling, the easier it will be for them to recognize and manage feelings when they come up in the future.

LIST 12

Do you know of any go-to ways to make your kid laugh? This week focus on encouraging laughter whenever possible, for them and for you. Do you overall feel more positive by the end of the week?

LIST 13

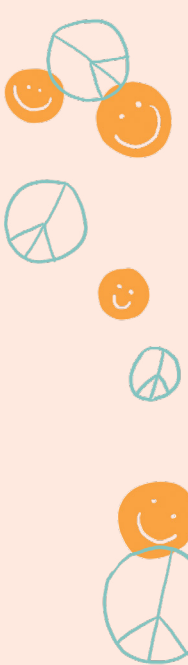
Over the course of the next year, keep a list of the skills your child develops, from learning how to ride a bike to drawing better than they did six months before, documenting their progress as they grow. At the end of the year, or when they finish their journal, give them the list and a small gift or treat to show them how proud you are.

LIST 14

Now is a great time to introduce your kid to incredible leaders in history like Harriet Tubman, Martin Luther King Jr., Ruth Bader Ginsburg, Gandhi, and so on. Find some books, movies, or other media about inspirational role models who have sought to make the world a safer place for everyone, and share them with your kid.

LIST 15

Your child is imagining their greatest fantastical adventures! How will you help them adventure in a creative way this week?





LIST 16

It's time to build a fort! Pretty much no one can just get a new house on a whim. But most of us can get creative, play, and build a fort out of whatever's around: pillows, chairs, tables, sheets. Bonus points for adding in some lights and special decorations. Extra bonus points if you figure out how to have a fort movie night!

LIST 17

Do you and your kiddo often take time to get goofy and wacky? What is one thing you can do out of the ordinary to bring a little shared humor to their day?

LIST 18

This week your child is exploring what happens when they allow themselves to just be quiet, present in the moment, and aware of all the sounds around them. This is an awesome opportunity for you both to explore the benefits of meditation and mindfulness. Search online to find some fun mindfulness practices for kids!

LIST 19

This week your kid is discovering that there are many ways to play. You deserve the opportunity to consider the same for yourself too! Think about all the ways you have enjoyed playing throughout your life. Is there a type of play you enjoyed more as a child and less now? Or are you consistent with what you liked both past and present? Chat with your kiddo to see if you hold any similarities or differences in how you both like to play!

In the following list, consider all of the ways you like to play.

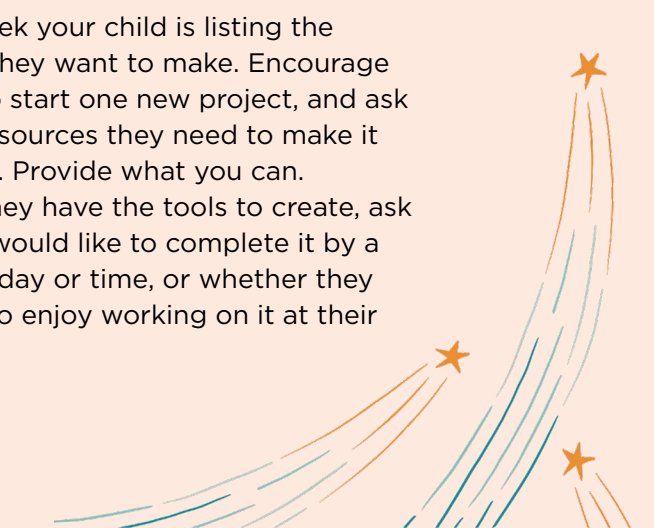
- By myself
- Following the lead of someone else
- Leading an activity
- Doing my own thing but being near my friends and family
- Building and creating a game with a close friend or someone new
- Pretending to be a character from a story
- Learning a new skill or trying a new activity
- Taking something apart to understand how it works
- Telling stories and listening to them
- Making music, dancing, or creating art
- Exploring the outdoors
- Having fun in and with my imagination

LIST 20

Stress and peer pressure exist both in the kid world and the grown-up world. In addition to encouraging your child's pursuit of freedom this week, consider turning one of your own simple freedom-enhancing activities into a weekly routine. Even if it's just an extra-long shower, when you are able to carve out a moment for yourself and feel free, enjoy it fully. You deserve a little magic and lightness, which will in turn help you maintain the capacity to continue supporting your kiddo in their independence.

LIST 21

This week your child is listing the things they want to make. Encourage them to start one new project, and ask what resources they need to make it happen. Provide what you can. Once they have the tools to create, ask if they would like to complete it by a certain day or time, or whether they prefer to enjoy working on it at their



LIST 22

While your kiddo is thinking about their favorite places, make a point to ask yourself if there are places in your community that you both love. If so, schedule an outing this week.

LIST 23

This week is all about honoring privacy, so do exactly that. Consider how you as an adult can better support and respect your child. Let them know that you are there to listen to anything they want to talk about whenever they feel ready to share their thoughts, and it does not hurt your feelings to respect their privacy.

LIST 24

It's important for kids to have the opportunity to explore their definition of cool—with healthy boundaries. This week have a chat with your child about what they see in their peer groups as genuinely cool versus what feels like peer pressure. What things do they feel like they “have” to do or be to fit in versus the things that feel authentic and true to them?

LIST 25

Try asking your kiddo what they like about their friends and family. Is there one universal trait that makes them feel most happy, more understood, and less anxious?

LIST 26

Empower your child this week: ask them about one thing they would like to change or work on, and follow up with the important question of “How would you like me to support you in this?”

LIST 27

Challenge yourself this week, alongside your kid, to invest in something that builds up your well-being. Ask them if there is anything they would like to do to feel healthier and stronger and how you can help.

LIST 28

This week, your kiddo will practice mindfulness, focusing on only what is around them in the moment. Try doing five minutes of mindfulness with your child each morning. This can simply be sitting down in quiet, each of you writing out the things you see, hear, smell, taste, and feel while you do. Practicing this stillness and presence will set you both up for a less anxious day ahead.

LIST 29

An asset that you have as a grown-up is more knowledge about the wide variety of jobs that exist in the world. Find out which jobs your kid is curious about, then search online for videos or articles that detail a day in the life so they can have a peek at what those dream jobs are really like.

LIST 30

See if your child might like to help make a meal with ingredients that are all their favorite color! Or ask if they'd like to decorate a space they love with favorite-colored goodies. How can you support your kiddo in developing a growth mindset (one where you are continually adding to, expanding upon, and validating the self) rather than a fixed mindset (one where you must remain the same always)?

**LIST 31**

Your kid is probably at an age where figuring out who they really are can feel both monumental and terrifying. They might be discovering qualities in themselves that they like a lot, and some that they *don't* like at all. How can you support your kiddo in developing a growth mindset (one where you are continually adding to, expanding upon, and validating the self) rather than a fixed mindset (one where you must remain the same always)?

LIST 32

What are some sweet and affirming things you can tell your child this week to help them reflect on themselves in the past with pride?

LIST 33

Have you already lived through your twenties? In today's world, the space between a person's teenage years and their thirties has become a pivotal time of curiosity and exploration. If you are in or past your twenties, share a little appropriate insight about what you learned about yourself during that period with your child. They are dreaming of the future, and you can shed positive light on the messiness and the joys of that decade.

LIST 34

Your kiddo is thinking about life in the fast lane! Meaning they are scheming and dreaming about the wild adventures they would have if they could go wherever they wanted. What is one way you can give them a little taste of freedom they don't normally have? How can you help foster their independence?

LIST 35

Ask your child if they have any challenges that you could help them address. How can you facilitate their problem-solving skills? Encourage them to cross out any challenges they listed in their journal that feel out of their control or too big to tackle right now and instead help them focus on taking concrete steps to address something they can overcome.

LIST 36

Ask your kiddo "What is one way you can bring something from the outdoors that you love indoors?" Inspire them to use their creativity to create a new fun experience!

LIST 37

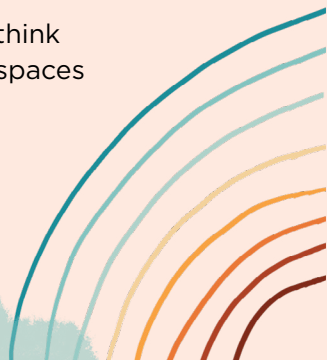

Everyone loves a little self-indulgence now and then—including kids! What's one fun way to add a little luxury to your kid's life today? Perhaps treat them to a fizzy bath bomb, or make some extra decadent chocolate chip pancakes with berries and powdered sugar!

LIST 38

This is a great week to empower your kiddo by encouraging independence and self-care. Discuss finding something they would like to take responsibility for doing themselves—a task that they can find a little enjoyment and pride in. Choose something you can agree that they will handle on their own without you reminding them.

LIST 39

Challenge your child (and yourself) to re-create some beauty in your everyday environment. Can you think of ways to beautify your shared spaces without spending any money?





LIST 40

Help your kid do a little research about one of the places they want to go: Search online for maps and photos of popular destinations they'd like to visit. Order some books from the library—travel guides or age-appropriate fiction that is set there. See if there are any virtual tours, and the adventure can start from home!

LIST 41

Ask your kiddo which season is their favorite and why. Together, make a plan for some fun things they can do in the current season.

Spring: Plant a new plant and encourage them to water it. Visit a farm and see the new animal babies!

Summer: Take a dip in a pool, lake, or river to encourage emotional and physical relief from the heat. Or make some lemonade together and savor the refreshing sweetness.

Fall: Find a park with lots of leaves and explore the changing colors. Or go to a local bakery and try out their new fall baked goods with seasonal fruits and spices!

Winter: Play in the snow (or plan a trip to somewhere snowy), or decorate for the holidays!

LIST 42

It might be a challenge, but can you and your child commit to getting away from technology together for one hour this week? Even better if it's one hour each day! The ultimate goal is to create more opportunity for peace in your lives and a variety of experiences and resources for stress relief. Try new things in your technology free hour, and see how it feels—it may just become a regular soul-fueling habit.

LIST 43

Ask your kiddo what one of their favorite treats or meals is, and either make it for them in the next few days as a surprise or invite them to learn how to make it on their own with your support.


LIST 44

What follows is the list that your child is considering this week. Determine each preference for yourself and compare answers with them! Try and guess what each other put.

Sweet or salty?
Playing inside or outside?
Beach, valley, or mountain?
Dogs or cats?
Organized or messy and wild?
Outgoing or shy?
Spring, summer, fall, or winter?
Calm or energetic?
Nighttime or morning?
Stay the same or often change?
Experiment or follow the rules?
Playful or serious?
Slow or fast?
Past, present, or future?
Together or alone?
Easy or challenging?
Fantasy or reality?
Earth, fire, water, or air?
Start or finish?
Leader or sidekick?
Sunshine, clouds, rain, or snow?

LIST 45

Now is a great time to discuss holiday traditions with your kid based on their interests. Ask them about what they enjoy doing during the holidays and whether there are any new traditions they might like to create with you!



**LIST 46**

Ask your kiddo about what makes them feel strong and secure in themselves, and share the things that make you feel empowered. Now is a great time to explain how you positively cope with stress, and invest in your inner strength and bravery. Brainstorm with them about the various tools they can use when they need a boost of courage.

LIST 47

Consider what you are thankful for while your child does the same. Take some time to share your lists, and if you wish, bring in others from your family or community to participate in this activity also.

LIST 48

Many children experience their emotional struggles as well as their positive emotions in a physical way. It's important to validate that all feelings are OK, and that it's a good thing to understand the signals our bodies send us about our emotions. Our physical health is connected to our mental health, so the pains of our minds are just as valid as those of our bodies. Validate your child; it's OK to cry and release that pain physically to help us move on from an experience, both physically and emotionally. The next time they are upset or have a strong emotion, ask them what that feels like in their body. This in turn will help you better understand when they complain about a physical ailment, it may be connected to mental or emotional pain as well.

LIST 49

Escaping into a story is a great way to take a break from the stresses of reality for kids and grown-ups alike. This week share with your kiddo one of your favorite books and explain why it means a lot to you. If appropriate, read a chapter together. You can also ask your child which book is their favorite as well as the characters they identify with and why.

LIST 50

This is a great week to give your kid a lot of verbal affirmation. Remind them of the things they could not do when they were younger and that they learned, worked on, grew into, and *can* do now! Perhaps suggest an activity that you know for sure they could not do a year or two ago and remind them of how you have seen them grow in their abilities.

LIST 51

Let your child know: "You don't have to do or be anything on your list to be loved by me. I love you as you are at every stage and through every emotion. There's nothing that you could do—or not do—that would change my love for you."

LIST 52

It's the final list! And what a year it has been. Like any, there were ups and downs, but because your kiddo took the time to invest in themselves through journaling, they likely feel more reassured in who they are now. Reaffirm that truth this week, that you see their efforts and you are proud of them. Perhaps think up a way you could celebrate their accomplishment of completing their journal!

