

# Journal Prompts

## **Tearing Off Labels**

### **Secondary Journals**

Secondary Journal #1: What are some of the labels you have?

Secondary Journal #2 (Art): Create your own label. Begin by imagining the positive things you want others to see in you. Focus only on your strengths and positive attributes

Secondary Journal #3 (Art): Create your label on the backside of this sheet. Once you have created your label, cut along the dotted line to remove it. Put the label on a can and put it in your room, locker, or desk as a physical reminder of the real you.

Secondary Journal #4 (Music): Listen to the WhyTry song "Labels." Write the feelings that you have about your labels.

Secondary Journal #5 (Observation): Listen to the labels that other people use throughout the day. Make a list. Are those labels true or accurately describing the people that they are labeling?

Secondary Journal #6 (Plugging In): Go to someone you respect (like a parent, teacher, or mentor) and ask them to create a label for the ideal you.

Secondary Journal #7 (Game Plan): What is one situation at home or at school where you can show your family the "real me" or your ideal label?