

CREATIVE WRITING PROMPTS FOR KIDS



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Requests to the author and publisher for permission should be addressed to Mae at Wolf and Whimsy Kids {wolfandwhimsykids@gmail.com}.

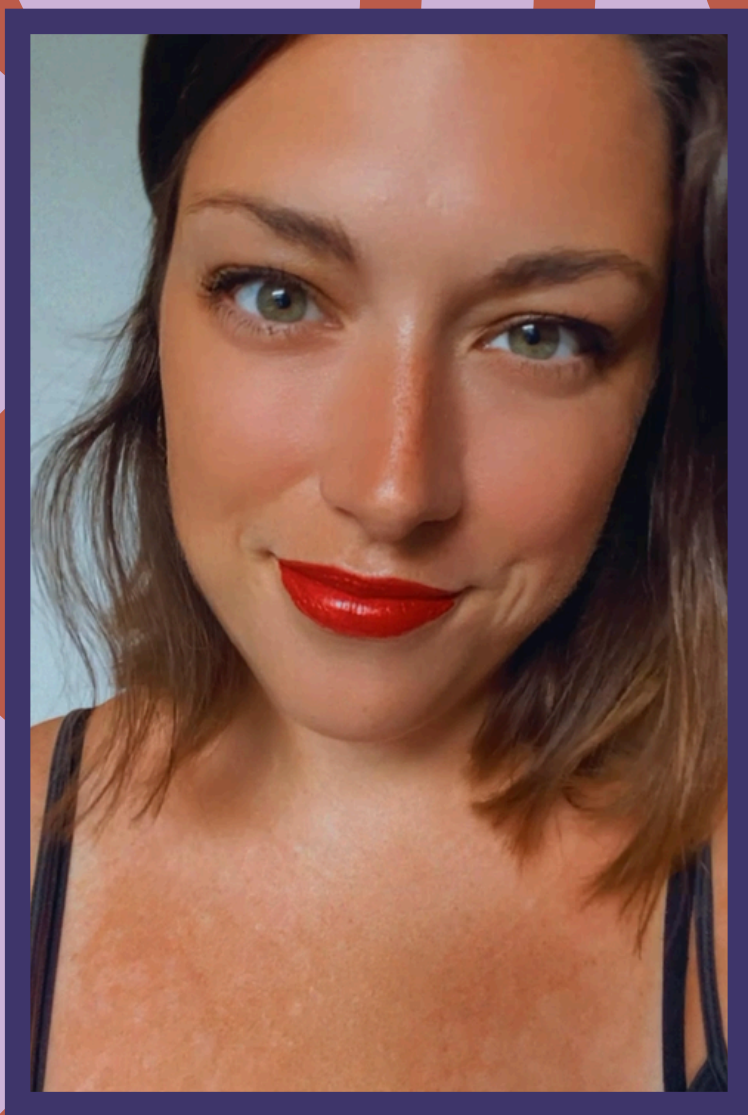
In a world that often emphasizes structure and measurable outcomes, **the value of creativity and imagination in children can sometimes be overlooked.**

Yet, these qualities are essential for their development, problem-solving abilities, and emotional well-being. By nurturing creativity, we empower children to explore their world, express themselves, and build the skills they need to thrive.

At Wolf and Whimsy Kids, we believe **creativity is the key to unlocking a world of wonder and growth for children.** Imagination fuels creativity and opens the door to endless possibilities. It allows kids to dream big, think outside the box, and see the world from different perspectives.

Imagination and creativity are gifts that every child possesses, but like any skill, they require encouragement and practice to flourish. By prioritizing these qualities in children's lives, we're not only enriching their childhoods but also setting the foundation for a future filled with innovation, empathy, and possibility.

Let's champion a world where kids feel free to dream, create, and imagine—because **today's imaginative minds are tomorrow's problem-solvers, visionaries, and leaders.**



hey, i'm MAE! AND I'M SO EXCITED you're here!

My days as a Kinder & Elementary school teacher taught me a lot about how much our kids benefit from mindfulness. I've personally seen the transformation, the social-emotional skills & wellbeing skyrocket, and moments of pause before being present.

I've seen kids grow up to be confident, compassionate, caring people... *people this world so desperately needs more of.*

Wolf & Whimsy Kids started in 2017 when I began creating mindfulness resources while I was completing my Master's degree in Educational Psychology at McGill University.

Since then, I've self-published multiple books and have had my work published in some of the world's most sought-after kids yoga teacher trainings, including Cosmic Kids and Kids Yoga Stories.

And I'm just getting started.

I've heard from people all over the world just how much they have loved introducing the practice of mindfulness in their homes and classrooms. Whether it's through yoga, guided imagery, journaling, mindful games, or something else, the impact mindfulness practices have on our mind, body, and soul is unmatched.

CHAMPIONING A WORLD WHERE KIDS FEEL FREE TO DREAM, CREATE, AND IMAGINE.

At Wolf and Whimsy Kids, we believe **creativity is the key to unlocking a world of wonder and growth for children.**

Each prompt invites your children to play, create, and dream in their unique way - whether through drawing, storytelling, building, or inventing something entirely new.

These creative writing prompts are designed to spark imagination, encourage exploration, and nurture self-expression, all while discovering joy in the creative process.

IDEAS FOR HELPING KIDS GET CREATIVE WITH EACH PROMPT:

- 👉 write their own story to expand on the prompt
- 👉 build a model out of clay or Legos
- 👉 journal their feelings - about the story and/or their personal experiences
- 👉 draw or paint a picture of the prompt
- 👉 act it out - individually or with friends
- 👉 create a comic strip

Each prompt has both writing and drawing space.

Each prompt also has a 🚀 - this is a creative idea designed for that specific prompt.

***These ideas are simply suggestions. Feel free to put your own creative spin on them!*

THE LONELY DRAGON AND THE BRAVE KID:

YOU BEFRIEND A DRAGON WHO HAS
NEVER HAD A FRIEND BEFORE.



WRITE A LETTER TO YOUR FRIEND TO TELL THEM HOW MUCH YOU LOVE YOUR FRIENDSHIP!

A WORLD MADE OF CANDY:

IMAGINE LIVING IN A TOWN WHERE
RIVERS FLOW WITH CHOCOLATE AND
TREES GROW LOLLIPOPS.



PLAY A GAME OF CANDYLAND!

THE MYSTERY OF THE DISAPPEARING COLORS:

A WORLD LOSES ITS COLORS. AND
YOU MUST BRING THEM BACK.



LOOK AT SOME BLACK AND WHITE PHOTOS OR TURN YOUR DIGITAL PHOTOS BLACK
AND WHITE TO SEE WHAT THE WORLD LOOKS LIKE WITHOUT COLOR.

The Bubble of CALM:

A bubble TRANSPORTS you TO A PEACEful PLACE whenever you Need IT.



SPEND SOME TIME BLOWING bubbles. IMAGINING yourself INSIDE. BEING TRANSPORTED TO your PEACEful PLACE.

The DAY I BECAME TiNY:

IMAGINE Seeing The world FROM AN ANT'S PERSPECTIVE.



GO OUTSIDE AND PRESS your FACE AS CLOSE TO THE GROUND AS you CAN. SO you CAN REALLY SEE THINGS FROM AN ANT'S PERSPECTIVE. GET OUT your MAGNIFYING GLASS AND WATCH THE ANTS FOR A WHILE.

The MAGIC of BREATHING clouds:

IMAGINE SHAPING CLOUDS WITH your BREATHS.



GO OUTSIDE AND SHAPE CLOUDS WITH your BREATH!

The LOST STAR:

A FALLEN STAR Needs your help
To RETURN To The Sky.



CREATE A PATH OF LIGHTS TO HELP THE STAR GET BACK TO THE SKY!

SPACE EXPLORER'S FIRST MISSION:

YOU FIND A MYSTERIOUS SIGNAL
FROM ANOTHER GALAXY



CREATE A SIGNAL OF YOUR OWN TO SEND OUT TO SPACE!

The HERO'S CAPE:

A CAPE HELPS YOU DISCOVER YOUR
INNER SUPERHERO.



MAKE A CAPE WITH A BLANKET AND ACT OUT YOUR SUPERHERO POWERS!

The DAY EVERYTHING TURNed UPside Down: IMAGINE A world where up is down AND left is right.



TURN SOME THINGS upside down. walk BACKWARDS down the
hall. go RIGHT INSTEAD of left!

The wish journal: EVERY wish you write down comes TRUE for one day.



WRITE down your wishes of THINGS you WANT TO COME TRUE for AN ENTIRE day!

The MOON'S LOST light: You MUST help The MOON Regain its glow by COLLECTING STARDUST.



SPEND some time LEARNING ABOUT the PHASES of the MOON: go OUTSIDE AND
WATCH the MOON for a while!

The Puzzle Piece Adventure:

EACH puzzle piece you find
UNLOCKS PART OF A STORY.

 CREATE your own puzzle!

The INVISIBLE pet:

Describe your life with a pet
THAT NO ONE ELSE CAN see.

 MAKE 'FOOTPRINTS' using flour/powdered sugar from your INVISIBLE pet

The MAGIC of HELPING HANDS:

EVERY TIME you help someone,
you GAIN A MAGICAL ABILITY.

 how CAN you help someone Today?

The DREAM collector:

EACH PUZZLE PIE CHARACTER WHO COLLECTS DREAMS NEEDS HELP FIXING ONE THAT GOT JUMBLED. AS YOU FIND UNLOCKS PART OF A STORY.



KEEP A DREAM JOURNAL. WHEN YOU WAKE UP EACH MORNING, WRITE OR DRAW ABOUT WHAT YOU SAY IN YOUR DREAMS

The FLYING KITE ADVENTURE:

A KITE TAKES YOU TO A LAND OF ENDLESS PLAYTIME.



HAVE A 'YES DAY' AT HOME WHERE YOUR GROWN-UPS HAVE TO SAY 'YES' TO EVERYTHING YOU WANT TO DO THAT DAY!

The LETTER TO YOUR FUTURE SELF:

WHAT WOULD YOU SAY TO THE FUTURE YOU?



KEEP THIS LETTER, STORY, OR DRAWING IN A TIME CAPSULE. BURY IT IN THE BACKYARD OR KEEP IT SOMEWHERE SAFE IN YOUR HOME SO YOU CAN OPEN IT 10 YEARS FROM NOW!

The cloud SCULPTOR:

YOU SHAPE CLOUDS INTO ANIMALS THAT COME TO LIFE.



GO OUTSIDE AND CLOUD WATCH! WHAT ANIMALS, SHAPES,
AND THINGS CAN YOU SEE IN THE CLOUDS?

The RAINBOW INSIDE YOU:

EXPLORE THE COLORS OF YOUR EMOTIONS AND WHAT THEY MEAN.



WITH SOME RAINBOW-COLORED CANDY, PRETEND THAT EACH COLOR MAKES YOU FEEL THE EMOTION YOU MATCHED
WITH THAT COLOR. FEEL HOW, WHEN YOUR EMOTIONS CHANGE, YOUR BODY AND MIND CHANGE TOO.

The ADVENTURE BALLOON:

YOU FIND A BALLOON WITH A TINY DOOR ON IT. WHEN YOU OPEN IT, YOU SHRINK DOWN AND STEP INSIDE. WHERE DOES THE BALLOON TAKE YOU ON ITS ADVENTURE?



BLOW UP A BALLOON. TOSS IT AROUND AND, WHEN IT IS CAUGHT, THAT
PERSON TELLS A PIECE OF THE BALLOON ADVENTURE STORY.

The MAGIC PAINTBRUSH:

EVERYTHING you PAINT Comes To life.



PAINT SOME THINGS THAT YOU CAN MAKE COME TO LIFE! ex:
PLAYING OUTSIDE, HELPING TO MAKE DINNER

The TOWN where MUSIC GROWS ON TREES:

IMAGINE PICKING SONGS LIKE FRUIT -
WHENEVER YOU WANT TO LISTEN TO A
SONG, YOU SIMPLY GO TO THE TREE AND
PICK ONE!



MAKE YOUR VERY OWN PLAYLIST ON YOUR IPAD/TABLET/GROWN-UP'S PHONE THAT YOU CAN LISTEN TO!

The WHISPERING WIND:

A BREEZE CARRIES MESSAGES FROM FAR-
OFF PLACES. WHAT DO THE MESSAGES SAY?



WRITE A LETTER TO A PEN-PAL OR A FRIEND. IF YOU ARE NEAR THE
WATER, WRITE A MESSAGE IN A BOTTLE AND SEND IT AWAY!

The Town where Time Stood Still:

A MYSTERIOUS CLOCK STOPS TIME
UNTIL YOU FIND THE MISSING GEAR.



PLAY A GAME OF THE TOWN WHERE TIME STOOD STILL [FREEZE TAG]

The GRATITUDE GARDEN:

IMAGINE A GARDEN WHERE EVERY FLOWER GLOWS
WITH A MAGICAL LIGHT. EACH GLOWING FLOWER
REPRESENTS SOMETHING YOU'RE THANKFUL FOR.
WHAT DO YOUR FLOWERS LOOK LIKE, AND HOW DO
THEY LIGHT UP THE GARDEN?



PLANT YOUR OWN GARDEN. OR BUY A PLANT, THAT REPRESENTS YOUR GRATITUDE GARDEN. EACH
TIME YOU LOOK AT THIS GARDEN/PLANT/FLOWER YOU ARE REMINDED TO PRACTICE GRATITUDE!

The Sky PAINTER:

IMAGINE YOU'RE IN CHARGE OF PAINTING THE SKY AT
SUNSET. WHAT COLORS AND PATTERNS DO YOU USE, AND
HOW DO THEY MAKE PEOPLE FEEL WHEN THEY LOOK UP?



MAKE A PAINTING OF THE SKY YOU WOULD CREATE AND FRAME IT FOR
THE WALL!

The STARSHIP of STORIES:

YOU FIND A MAGICAL SPACESHIP THAT FLIES THROUGH GALAXIES FILLED WITH STORIES. WHAT STORY-FILLED PLANET DO YOU VISIT, AND WHAT TALE DO YOU BRING BACK TO EARTH?



BUILD YOUR OWN SPACESHIP OR CHECK THE SKIES AT NIGHT TO SEARCH FOR ANY SPACESHIPS FLYING BY!

MINDFUL TREASURE MAP:

CREATE A MAP OF PLACES OR ACTIVITIES THAT MAKE YOU FEEL PEACEFUL AND HAPPY. WHAT'S THE TREASURE AT THE END?



CREATE A MAP AS A CLASS AND SPEND THE DAY GOING TO ALL OF THE PLACES ON YOUR TREASURE MAP!

WISHING STAR LETTER:

WRITE A LETTER TO A STAR IN THE NIGHT SKY. WHAT WISH WOULD YOU MAKE, AND WHAT WOULD YOU ASK THE STAR ABOUT ITS ADVENTURES?



SPEND SOME TIME AT NIGHT WISHING ON STARS! KEEP YOUR EYES PEELED FOR A SHOOTING STAR! 🧐🌟

Time-TRAVEL JOURNAL:

IMAGINE you COULD VISIT ANY TIME IN THE PAST OR FUTURE. WHERE WOULD YOU GO, AND WHAT ADVENTURES WOULD YOU HAVE?

 DESIGN YOUR TIME TRAVEL TICKET → DON'T FORGET TO INCLUDE YOUR DESTINATION, DEPARTURE DATE AND TIME, AND ANY SPECIAL TRAVEL NOTES!

THE SPARKLE MIRROR OF KINDNESS:

IMAGINE A MIRROR THAT REFLECTS YOUR KINDEST MOMENTS. WHAT KIND THINGS DOES IT SHOW, AND HOW DOES IT MAKE YOU FEEL TO SEE YOUR KINDNESS SPARKLING BACK AT YOU?

 WHAT CAN YOU DO TODAY AS AN ACT OF KINDNESS FOR YOURSELF AND SOMEONE ELSE?

RAINBOW RECIPE:

INVENT A RECIPE FOR A COLORFUL DISH INSPIRED BY A RAINBOW. WHAT INGREDIENTS DO YOU USE, AND HOW DOES IT TASTE?

 CREATE YOUR RAINBOW DISH!

STARLIGHT PEN PALS:

WRITE A LETTER TO A STAR THAT TWINKLES EXTRA BRIGHTLY. WHAT ADVENTURES HAS IT SEEN, AND WHAT ADVICE DOES IT HAVE FOR YOU?



CREATE A MAILBOX FOR YOUR LETTERS TO YOUR SPARKLY PEN PAL!



THE LOST BALLOON:

YOU ACCIDENTALLY LET GO OF YOUR BALLOON, AND IT FLOATS AWAY. WRITE ABOUT WHERE IT GOES AND WHO OR WHAT IT MEETS ALONG THE WAY.



DRAW A MAP OF YOUR BALLOON'S ADVENTURE! MAKE SURE TO INCLUDE ITS STOPS ALONG THE WAY!

THE DREAMY CLOUD CREATURE:

CLOSE YOUR EYES AND PICTURE A CLOUD THAT TRANSFORMS INTO A MAGICAL CREATURE WHENEVER YOU NEED CALM. WHAT KIND OF CREATURE IS IT, AND HOW DOES IT HELP YOU FEEL PEACEFUL?



MAKE YOUR OWN CLOUD CREATURE



WITH CRAFTING MATERIALS!

My MAGICAL MIRROR:

IMAGINE A MIRROR THAT SHOWS YOUR BEST QUALITIES. WHAT DO YOU SEE?



WRITE AFFIRMATIONS AND MANTRAS THAT YOU LOVE AND MAKE YOU FEEL GOOD ON STICKY NOTES TO STICK TO/KEEP ON YOUR MIRROR OR DESK!

ANIMAL ARCHITECTS:

PRETEND YOU'RE DESIGNING HOMES FOR ANIMALS. WHAT CREATIVE HOMES WOULD YOU BUILD FOR A FOX, BIRD, OR ELEPHANT?



CREATE AN ANIMAL HOME USING CRAFTING MATERIALS AND PUT IT OUTSIDE FOR THE ANIMALS TO ENJOY!

The CASE OF THE MOONLIGHT CLUES:

YOU'RE A DETECTIVE SOLVING A MYSTERY UNDER THE MOONLIGHT. THE CLUES GLOW SILVER AND LEAD TO A SURPRISING DISCOVERY. WHAT DO YOU FIND, AND HOW DOES IT CHANGE THE WORLD?



DO YOUR OWN MOONLIGHT MYSTERY HUNT! DON'T FORGET THE GLOW STICKS!

The ISLAND of CALM:

DRAW OR WRITE ABOUT A MAGICAL ISLAND WHERE EVERYTHING HELPS YOU FEEL PEACEFUL. WHAT CREATURES LIVE THERE, AND WHAT SPECIAL PLACES WOULD YOU VISIT?



CREATE YOUR OWN ISLAND OF CALM! CHOOSE A CORNER OR SPACE TO SET UP SOME THINGS THAT MAKE YOU FEEL CALM AND COMFORTABLE.

A BUTTERFLY'S JOURNEY:

FOLLOW A BUTTERFLY ON AN ADVENTURE THROUGH SEASONS.



CREATE A LIFE-CYCLE MODEL OF THE BUTTERFLY. GO OUTSIDE AND OBSERVE BUTTERFLIES! 

A DAY WITHOUT TECHNOLOGY:

WHAT HAPPENS WHEN EVERY DEVICE STOPS WORKING FOR A DAY?



GO ALL DAY WITHOUT TECHNOLOGY - IT WILL BE HARDER THAN YOU THINK! TAKE NOTES ON WHAT WORKED WELL, WHAT DIDN'T, AND WHERE YOU REALLY RELY ON TECHNOLOGY!

Resources

click me!



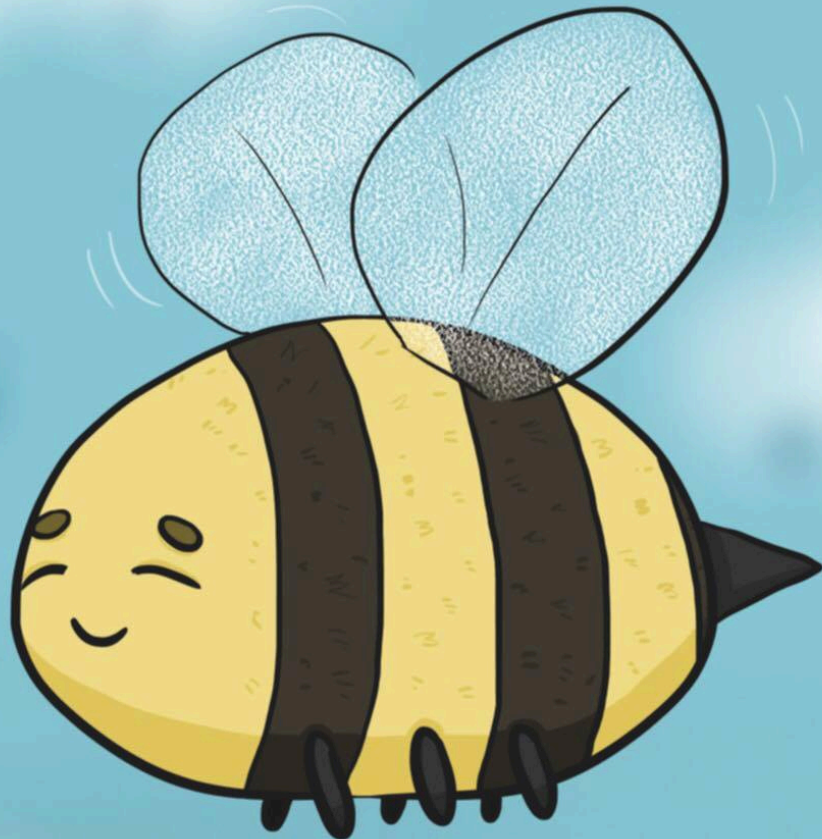
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DISCOVER THE PERFECT
MINDFULNESS PLAN FOR
YOUR CLASSROOM



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