



Lunchbox Memories

Journal Prompts:

1. What's in your lunch box?
 - Make a list in your journal of items you had in your lunchbox as a child. Also, write about what you eat for lunch now.
2. Create a Lunchbox Note to yourself. Something positive and encouraging.
3. List or write a story about a memory from school. Or write about something you enjoy now - (School supplies ☺)
4. From caterpillar to Butterfly - how have you "transformed" or what is something you want to "change"?
5. Make or ^{re-}create a childhood Lunch - take a photo and add to your journal.