



EVERY DAY IS GAME DAY JOURNAL

NAME: _____

DATE: _____

Day 1: Getting Started Welcome to your 6-day journey to becoming a Game Day Champion! A Game Day mindset means waking up each day ready to tackle challenges with excitement, bounce back from setbacks, and make a positive difference in the world. Let's dive in and learn how to do just that!

Writing Prompts:

1. Think about a tough situation you faced recently. How did you handle it? What could you do differently with a Game Day attitude?

2. Write down one thing you want to get better at during the next six classes of our Game Day unit.



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Day 2: Growing Stronger Being a champion means always growing and learning. Today, let's focus on how to have a growth mindset in everything you do!

Writing Prompts:

1. Remember a time when something didn't go your way. How could you turn that into something positive?

2. Choose something you want to get better at. What are three steps you can take to make it happen?



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Day 3: Teamwork Wins Just like in a game, teamwork is super important in life! Today, let's think about how we can work together with others and make our community a better place.

Writing Prompts:

1. Can you think of a time when working together helped you succeed?
How can you do that again?

2. How can you help your classmates today? What can you do to make your school a friendlier place?



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Day 4: Playing Fair A true champion always plays fair. Today, let's talk about how to do the right thing, even when it's hard.

Writing Prompts:

1. Remember a time when you were tempted to do something wrong. How did you stay strong and fair?

2. Think about a personal rule that you've made for yourself to follow. Is it a good and fair rule? How can you make sure you're always doing the right thing?



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Day 6: Making a Difference A true champion doesn't just win for themselves – they help others too! Today, let's think about how we can make the world a better place.

Writing Prompts:

1. Is there something you care a lot about, like helping animals or the environment? How can you help and make a difference for that cause?

2. How can you be kind to others today? What small act of kindness can you do to spread joy and kindness to the people around you?