

Grade 7 Writing Prompts

Week 1: Who Am I Becoming?

Main Prompt: Describe the kind of person you're becoming. What values, habits, and goals are shaping you?

Extension Prompt: Write a letter to your future self—what do you hope you'll remember or never forget?

Real-Life Tie-In: Ask a parent what they noticed about you this year that shows growth.

Creative Add-On: Create a “growth snapshot” with words, phrases, or images that represent who you're becoming.

Week 2: What I Believe About Success

Main Prompt: What does success mean to you? Is it grades, money, peace, purpose, or something else?

Extension Prompt: Write about someone who inspires you and how they define success.

Real-Life Tie-In: Interview someone successful and ask what success means to them.

Creative Add-On: Make a success vision board with quotes or goals.

Week 3: A Time I Didn't Fit In

Main Prompt: Write about a moment when you felt left out or different.

Extension Prompt: What helped you through it—or what would have helped?

Real-Life Tie-In: Write a note to encourage someone who might be feeling that way now.

Creative Add-On: Create a mini poster with the message: “You Belong.”

Week 4: If I Could Be Famous For Something

Main Prompt: What would you want to be known for, and why?

Extension Prompt: Describe a day in your life after becoming famous.

Real-Life Tie-In: Research someone known for making a positive impact and write 3 things they did.

Creative Add-On: Design a magazine cover or “article” about your fame.

Week 5: The Power of Words

Main Prompt: Describe a time someone’s words helped you—or hurt you.

Extension Prompt: Write about how your own words can impact others.

Real-Life Tie-In: Speak or write a kind word to someone and journal about their response.

Creative Add-On: Design a poster with the phrase “Speak Life.”

Week 6: When I Felt Close to God

Main Prompt: Write about a time you really sensed God’s presence or direction.

Extension Prompt: Reflect on what helped you notice Him—and what you learned.

Real-Life Tie-In: Spend 5–10 minutes in quiet prayer this week and journal the experience.

Creative Add-On: Create a verse journal page based on a Scripture that reminds you of this time.

Week 7: If I Could Change One Thing in the World

Main Prompt: What’s one thing in the world that breaks your heart—and what would you do to change it?

Extension Prompt: Write a speech calling others to action.

Real-Life Tie-In: Learn about a real person or group working to fix that problem.

Creative Add-On: Design a cause logo or advocacy slogan.

Week 8: My Most Important Decision So Far

Main Prompt: Write about a big decision you’ve made and how it impacted you.

Extension Prompt: What did you learn through the process?

Real-Life Tie-In: Talk with a trusted adult about a decision they had to make at your age.

Creative Add-On: Create a “decision tree” showing paths and outcomes.

Week 9: My Faith in Action

Main Prompt: How do you live out your faith in real life? Give examples of times you’ve chosen God’s way.

Extension Prompt: Write about a time you didn’t—but learned something important.

Real-Life Tie-In: Do one act of obedience this week and journal how it felt.

Creative Add-On: Make a Scripture art card with your favorite verse about living by faith.

Week 10: The Day I Changed My Mind

Main Prompt: Write about a moment when your opinion or belief shifted. What caused the change?

Extension Prompt: Reflect on how changing your mind helped you grow.

Real-Life Tie-In: Talk with someone older about a belief they changed over time.

Creative Add-On: Create a “before and after” chart or reflection page.

Week 11: What I'd Say to My Younger Self

Main Prompt: Imagine writing a letter to yourself from 2–3 years ago. What advice, encouragement, or warnings would you give?

Extension Prompt: Write about how you've grown since that time.

Real-Life Tie-In: Read your old journals or drawings and reflect on how far you've come.

Creative Add-On: Make a time capsule page with items that represent “then vs. now.”

Week 12: When I Was the Leader

Main Prompt: Write about a time you had to lead—whether it went well or not.

Extension Prompt: What did you learn about yourself as a leader?

Real-Life Tie-In: Volunteer to lead a simple task at home or in your group this week.

Creative Add-On: Create a badge or symbol for “Servant Leadership.”

Week 13: A Moment That Changed Me

Main Prompt: Write about an experience that shaped the way you think, act, or believe.

Extension Prompt: How are you different now because of that moment?

Real-Life Tie-In: Ask a trusted adult to share a defining moment from their youth.

Creative Add-On: Create a visual timeline showing your “before and after.”

Week 14: If I Ran the World

Main Prompt: Imagine you were in charge of the world for one year. What rules would you make? What would change?

Extension Prompt: Write a speech you'd give to your “citizens” explaining your vision.

Real-Life Tie-In: Research one world leader or change-maker you admire.

Creative Add-On: Design a national flag or symbol for your “world plan.”

Week 15: A Place That Feels Like Home

Main Prompt: Describe a place that makes you feel safe, loved, and peaceful.

Extension Prompt: Write a story that begins in this place.

Real-Life Tie-In: Visit or reflect on that space and write what makes it special.

Creative Add-On: Create a floor plan or memory map of this place.

Week 16: A Prayer That Changed Me

Main Prompt: Write about a time you prayed and something shifted in your heart, mind, or life.

Extension Prompt: Write a prayer journal entry about something you're praying for now.

Real-Life Tie-In: Memorize a Scripture about prayer and reflect on it daily.

Creative Add-On: Design a prayer card or make a "prayer jar" list.

Week 17: The Future of Technology

Main Prompt: Imagine what life will be like 30 years from now. How will people live, work, and communicate?

Extension Prompt: Write a story about a teenager navigating this future world.

Real-Life Tie-In: Research one technology that's changing how people live today.

Creative Add-On: Design a "product of the future" advertisement.

Week 18: What I've Learned About Friendship

Main Prompt: Reflect on the most important things you've learned about being a good friend.

Extension Prompt: Write a letter to a current or future friend with encouragement and honesty.

Real-Life Tie-In: Do one kind, unexpected thing for a friend this week.

Creative Add-On: Make a friendship badge, poem, or mini comic.

Week 19: The Other Side of the Story

Main Prompt: Rewrite a familiar story (fairy tale, Bible story, or news event) from someone else's point of view.

Extension Prompt: Add emotion and thoughts that aren't usually told.

Real-Life Tie-In: Reflect on a disagreement or misunderstanding and imagine the other person's perspective.

Creative Add-On: Draw two versions of the same event side by side.

Week 20: What I Want in a Mentor

Main Prompt: Describe what qualities you'd want in someone who guides you in life.

Extension Prompt: Write a letter to your “dream mentor,” explaining what kind of help or guidance you'd ask for.

Real-Life Tie-In: Identify someone in your life who already plays that role and thank them.

Creative Add-On: Design a badge or “mentorship tree” showing branches of influence.

Week 21: When I Had to Be Honest

Main Prompt: Tell about a time when telling the truth was hard—but you did it anyway.

Extension Prompt: What would have happened if you had chosen differently?

Real-Life Tie-In: Discuss with someone you trust why honesty can be hard—but worth it.

Creative Add-On: Create an “Honest Conversation” comic or dialogue journal.

Week 22: My Favorite Character Trait

Main Prompt: What is one character trait (kindness, courage, patience, etc.) that you value most—and why?

Extension Prompt: Write a story where that trait saves the day.

Real-Life Tie-In: Focus on showing that trait to others this week and write a reflection.

Creative Add-On: Design a badge or poster celebrating that trait.

Week 23: My Big Dream (Even If It Feels Impossible)

Main Prompt: Write about something you'd love to do or be—even if it feels too big to reach.

Extension Prompt: Break that dream down into steps you could take today or this year.

Real-Life Tie-In: Research someone who had a similar dream and made it happen.

Creative Add-On: Make a vision board or goal path with drawings and phrases.

Week 24: A Letter I'll Never Send

Main Prompt: Write a letter to someone expressing something you need to say—but might never send.

Extension Prompt: Reflect on how writing it helped you understand your own heart.

Real-Life Tie-In: Talk with a parent about healthy ways to process emotions like disappointment,

Week 25: What I've Learned About Myself This Year

Main Prompt: Reflect on how you've changed emotionally, spiritually, and academically this year.

Extension Prompt: Write a note to the "you" from the beginning of the year—what would you say?

Real-Life Tie-In: Ask a parent or mentor what growth they've seen in you.

Creative Add-On: Create a "Then vs. Now" journal page with drawings or keywords.

Week 26: My Role in My Family

Main Prompt: What role do you play in your family? How does your presence make a difference?

Extension Prompt: Write about one way you want to grow as a family member.

Real-Life Tie-In: Do one thoughtful act of service at home and reflect on the result.

Creative Add-On: Create a family "crest" or symbol showing each person's strength.

Week 27: When I Felt Really Heard

Main Prompt: Describe a time when someone truly listened to you. What made it special?

Extension Prompt: Write a story where a character finally feels understood.

Real-Life Tie-In: Make a point to really listen to someone this week and journal about it.

Creative Add-On: Create a quote poster about empathy or being heard.

Week 28: A Legacy I Want to Leave

Main Prompt: What do you want people to remember you for—at home, in your church, in the world?

Extension Prompt: Write a short speech to your future grandchildren or students.

Real-Life Tie-In: Learn about someone from history who left a meaningful legacy.

Creative Add-On: Design a "Legacy Tree" with values you want to pass on.

Week 29: The Day Everything Went Right

Main Prompt: Write a fictional story where everything goes better than expected.

Extension Prompt: Add a moment where a character's attitude helps change the outcome.

Real-Life Tie-In: Reflect on a time when something turned out better than you feared.

Creative Add-On: Draw a comic panel or timeline of the "perfect day."

Week 30: A Moment I Trusted God

Main Prompt: Write about a time you had to choose faith over fear.

Extension Prompt: What Bible verse helped you then—or what would help now?

Real-Life Tie-In: Memorize a Scripture that helps you trust God more.

Creative Add-On: Create a faith-themed journal page with art and truth statements.

Week 31: A Modern-Day Parable

Main Prompt: Write your own parable—a short story that teaches a truth about life or faith.

Extension Prompt: Add a discussion question at the end of your parable.

Real-Life Tie-In: Read a parable from the Bible and compare it to modern life.

Creative Add-On: Create an illustrated version of your parable.

Week 32: My Biggest Influence

Main Prompt: Who has shaped your thinking the most, and how?

Extension Prompt: Write a thank-you note or tribute to that person.

Real-Life Tie-In: Interview them if possible, or reflect on their example.

Creative Add-On: Design a "portrait in words" or collage of their impact.

Week 33: What Makes a Life Worth Living?

Main Prompt: Write an essay sharing your thoughts on what gives life meaning.

Extension Prompt: Back up your thoughts with personal experience or Scripture.

Real-Life Tie-In: Journal a prayer asking God to help you live purposefully.

Creative Add-On: Make a poster or quote page with your life motto or mission statement.

Week 34: A Talent I Want to Use for God

Main Prompt: What's a skill or passion God has given you? How can you use it to serve Him?

Extension Prompt: Write a dream plan for using your talent in ministry or service.

Real-Life Tie-In: Take one step toward practicing or developing that gift this week.

Creative Add-On: Create a "Gift Tracker" chart with goals, practice time, or ideas.

Week 35: My Year in Review

Main Prompt: What were the biggest moments, lessons, and memories of this school year?

Extension Prompt: What would you do differently next year? What would you repeat?

Real-Life Tie-In: Ask a parent or teacher to share what they're proud of you for.

Creative Add-On: Make a "Top 10" list or scrapbook page of your year.

Week 36: My Writing Journey

Main Prompt: Reflect on your growth as a writer this year. What was hard? What became easier?

Extension Prompt: Choose a favorite piece from earlier this year and rewrite or expand it.

Real-Life Tie-In: Share a finished piece with someone who hasn't read your work yet.

Creative Add-On: Design a certificate or badge that celebrates your writing growth.