

# 31 Childhood Christmas Journaling Prompts

Your childhood memories are just as important as your kids'! Spend ten or fifteen minutes each day of December writing down the memories that each of these prompts brings up for you. You could keep them in a journal, make a little scrap-book with some photos, or share your memories on your blog. Happy writing!

1. ***The Christmas tree.*** Just one, or multiples? When did you decorate the tree? Real or fake? What color of lights?
2. ***Ornaments.*** Cute? Elegant? Homemade? Fancy? What were your favorites? What stories can you tell about the ornaments? Where are they now?
3. ***Decorations.*** Aside from the tree, how was your house decorated? Thematic or eclectic? What decorations did you love?
4. ***Gift-opening traditions.*** When did you open gifts? What kinds of things did Santa bring and what did your family do? Did you open gifts one at a time or was it a free-for-all?
5. ***Holiday meals.*** What sorts of food did you have at Christmas time? How did meals change during the holidays?
6. ***Christmas breakfast.*** A tradition every year, or random dishes? Did you eat before or after opening gifts?
7. ***Baked goods.*** What sort of baking did you do in your home, specifically for the holidays? Do you still make these treats?
8. ***Siblings.*** Did you exchange gifts with your brothers and sisters? What experiences did you have with them?
9. ***Extended family.*** Did your grandparents show up on Christmas morning or did you go to their house? What about aunts, uncles, cousins—how did you interact with them during the holidays?
10. ***Santa Claus.*** How did the man in red function at your house? Did all the gifts come from him, or just a few? Did he wrap or not wrap?
11. ***The stockings.*** What did they look like? Where did you hang them? When did you open them? What gifts were you likely to find every single year in your stocking?

12. **Your worst Christmas ever.** Which Christmas had some memorably bad or difficult parts? How did that change you or your relationship to the holidays?
13. **Christmas Eve.** Did you leave cookies for Santa? On what kind of plate? If not, did you leave something else? What other Christmas-Eve traditions did your family have?
14. **Parties.** What kind of holiday fetes did you attend? Do you have any stories of things that happened there?
15. **Going to visit Santa.** Where did you see him? Did you see the same Santa every time? What do you remember asking him for?
16. **A unique experience.** Do you have something unique that happened to you during the holidays? Something that was unlike anything else and only happened once?
17. **Favorite gift.** What was the best gift you ever got?
18. **Memorable gift.** Maybe you absolutely hated it, but you never forgot it: the most memorable gift you ever received?
19. **Life-changing gift.** Big changes can sometimes be caused by small gifts. What gift altered your life?
20. **Wrapping traditions.** How were your presents wrapped, and who wrapped them? Was there anything unique about how your family wrapped gifts?
21. **Your adolescent Christmases.** How did things change after you were a teenager?
22. **Finding out about Santa.** When and how did you find out about Santa Claus? How did this change you?
23. **Christmas music.** Did you listen to Christmas music as a kid? How and where? What were some of your favorite Christmas songs?
24. **Church + Christmas.** How did your family combine Christmas with religious observations?
25. **Christmas break traditions.** What kinds of things did you do during the weeks between Christmas and school starting again?

26. ***Gifts that repeated.*** Which gifts were *always* under the Christmas tree? Did you like this repetition or did it start to be obvious after a while?
27. ***Christmas entertainment.*** What movies, books, or TV specials were a part of your holidays? Did you go to A Christmas Carol or The Nutcracker or Handel's *Messiah*?
28. ***The holidays at school.*** What kinds of holiday crafts, programs, or plays were you involved in at school?
29. ***December weather.*** Was it usually snowy during December? Did it ever snow *on* Christmas day?
30. ***An old photo.*** Find a picture from one of your childhood Christmases and study it. What details does it include? What memories does it spark?
31. ***Snippet of memory.*** What has writing about your childhood Christmases helped you remember about Christmas outside of these questions?