

“Rose, Bud, Thorn” Journaling Guide

Social-Emotional Learning Connections:

- Self-Efficacy
- Self-Awareness
- Self-Management
- Responsible Decision-Making
- Growth Mindset
- Persistence
- Empathy
- Gratitude

What is “Rose, Bud, Thorn” Journaling?

“Rose, Bud, Thorn” Journaling is a great way to support students to set goals and become independent learners. They also support students in growing their self-efficacy (academic self-esteem) and growth mindset (the belief that we can change and grow). Students will be able to identify positive moments and areas where they need support.

Define Terms for the Activity:

- Rose – something positive that happened this past week
- Bud – something you are looking forward to next week (alternatively, you can use “blossom” instead of bud)
- Thorn – something you need help with within the next week
- *Bonus* – what can you do to turn your thorn into a rose for next week?

Directions

Give students 2 minutes to write down their rose, bud, and thorn. If you’re planning on repeating the activity (as a daily check-in, for example) you may want to encourage students to keep a “journal” of their roses, buds, and thorns. Share your rose, bud, and thorn, and then go around the room asking each student to share their own. Have students work in pairs to offer each other a strategy for turning their thorns into roses.

Engage students in discussion or in writing with the following:

1. What strategy or resource did you use to turn your thorn into a rose?
2. If your strategy was not as helpful, what’s something that you can try next?
3. What’s a strategy that you will try next to turn this week’s thorn into a rose?
4. What strategy can you share with a friend to help them turn their thorn into a rose?
5. Flip through your “Rose, Bud, Thorn” Journal. How have you seen yourself grow and change?

Sample 4-Week Schoolwide Implementation Plan for “Rose, Bud, Thorn” Journaling

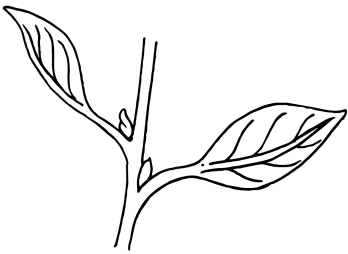
| Key Action | Key Player | Key Timeline |
|---|--|--------------|
| Share relevant data and research about the importance of building student’s self-efficacy and growth mindset with staff. | Leadership or other team | Week 1 |
| Introduce “Rose, Bud, Thorn” Journaling to staff; model and practice. | Leadership or other team | Week 1 |
| Introduce videos about what it means to adopt a growth mindset with students. <ul style="list-style-type: none"> • For younger students • For older students | Teachers/ Counselors | Week 1 |
| Introduce “Rose, Bud, Thorn” Journaling to students by modeling a non-academic or personal example. Have students try non-academic examples with the teacher. | Teachers/ Counselors | Week 1 |
| Have students start a “Rose, Bud, Thorn” Journal and identify their own non-academic or personal examples | Teachers/ Counselors | Week 1 |
| Communicate with families about “Rose, Bud, Thorn” Journaling, including context and rationale for implementing this activity. Ask families to check-in on their students' journals. Incentivize students who share their “Rose, Bud, or Thorn” with families or friends. | Teachers, Counselor | Week 1 |
| Facilitate discussion questions about how students’ thorns have changed to roses after the first week. Identify the strategies that students used to overcome these challenges. | Teachers/ Counselors | Week 2 |
| Grade-level teams or content teams identify upcoming standards for “Rose, Bud, Thorn” Journaling and create a few examples. | Teachers/ Counselors | Week 2 |
| Support students in developing meaningful content or other academic goals and start a new entry for academic goals for their “Rose, Bud, Thorn” Journal. | Teachers/ Counselors | Week 3 |
| Facilitate student-led conversations on a weekly basis about how thorns have turned to roses over several weeks, months, or the year. | Students | Week 4 |
| Celebrate schoolwide or at other community meetings when students have turned their thorns into roses or met their goals. | Leaders, other teams, counselors, teachers | Week 4+ |

Sample Student “Rose, Bud, Thorn” Journal Template

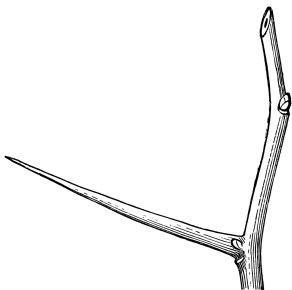
Rose, Bud, Thorn Journaling



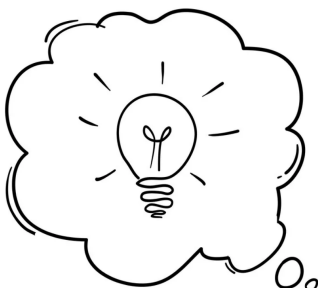
One rose, or something positive that happened this week, is...



One bud, or something that I’m looking forward to next week, is...



One thorn, or something that I need help with, is...



One thing I will try next week to turn my thorn into a rose is...