



# Seasonal Scribbles

*Journal prompts  
to enjoy throughout each season*

April-June  
2025 Edition

RED  
BICYCLE  
BOOKS  
PUBLISHING

Author  on  
[www.redbicyclebooks.com](http://www.redbicyclebooks.com)



## WHAT ARE SEASONAL SCRIBBLES?

Welcome authors! Get your fingers warmed up, your favorite journal, and your creative juices flowing.

As seasons change and holidays greet us around the corner, there is so much that unfolds in our daily lives.

Seasonal Scribbles is a quarterly booklet featuring specific journal prompts that invite you to think, write, and reflect on your personal experiences throughout the course of the year.

Whether you are new to a journaling routine or an experienced author, this booklet is designed to get your author on.

With an inspiring message to welcome you each month, the goal is to be carefree, creative, and to find joy in the passion of writing.

Whether you are using a paper journal, an online journal, a ballpoint pen, or a quill, the idea is to have fun, explore ideas, and use your imagination!

What legacy will you leave today?

Remember the most salient story you can write is your own.

Happy writing!



Author & Founder  
Red Bicycle Books, LLC





*You are now entering  
a stress-free zone*







“

The beautiful spring  
came; and when Nature  
resumes her loveliness,  
the human soul is apt to  
revive also.

- Harriet Ann Jacobs





April is a time of renewal when hibernation is over with time to blossom once again and enjoy the world around us. While the rain brings nutrients, it's also a refreshing reminder to nurture ourselves to find inner peace and help us grow and evolve to tap into our full potential. This month, let's wash away what doesn't belong to make more of what does.

Who brings out the best in you and why? Who do you feel you bring the best out of and why?

Name at least one memorable time you were caught in a rainstorm.

Describe the experience, where you were, and what it felt like when the rain touched your skin. Next time the rain falls, get your rainboots on and splash in a few puddles.

April is National Poetry Month. Hop on your bicycle and treasure your experience with words. Check out our writing project [Pedal for Poetry](#), or write some poetry for our magazine "[Poetry Moves Us](#)."

When was the last time you worked on your self-care list and actually do it? Write at least 5 ways you take

care of yourself and 5 ways you can take better care of yourself. Take a weekend this month to shower yourself with love. You deserve it!

Work is work is work. It will always be there. Create an **on-purpose procrastination day!** Reset your

priorities to make some time to spend with a friend or family member you have been putting off. Then journal about your experience.

April 22nd is Earth Day. Write what you love about the world around you.



April \_\_\_\_ 2025



A series of 28 horizontal lines for writing or drawing.



# May



Go ahead, grab those wheels and burn some rubber because May 1st is **Learn to Ride a Bike Day**. This month, let's take an adventure to explore the world that exists in our neighborhoods. Get your bike helmet ready and breathe in some fresh spring air. Ahh.

For pleasure, for work, for exercise, when was the last time you got on a bicycle? If you have never tried it, it's your lucky day as May 1st is Learn How to Ride a Bike Day! Grab a helmet and journal what you learned and where you rode to.

May 5th is Cinco de Mayo. Make a pinata. Cook, dance, eat, enjoy and journal about your experience.

May 8th is Make a Book Day. Get your author on and start your writing adventure. Grab a pen and start plotting some ideas. Visit our [Resource Center](#) to help you create your book today! Share it with us [@redbicyclebooks](#).

This month support your local community. Visit your library, local businesses, yard sales, festivals, museums, or downtown area. Where did you visit? What did you learn?

Find a community garden in your neighborhood or close by. Volunteer to take care of the garden, and watch your blooms grow into something special. Journal about what you are growing, how it's changing over time, and who you meet along the way.



May

\_\_\_\_\_

2025



A series of horizontal lines for writing, consisting of 28 lines spaced evenly down the page.



World Bicycle Day is June 3rd. Let's put the phones and screens away to relax in the joy of our planet. Let the fresh air from the outside splash across your face. Take some time this month to propel those tires forward to travel down some unexpected and enchanting roads. Sometimes the scenic route is the best detour waiting to be discovered.

It's road trip season. Spend a weekend to do something you have always dreamed of doing! Plan, trip it, enjoy, and write about your experience.

When is the last time you had a good old-fashioned picnic? Find a place—a backyard, park, forest preserve and pack some goodies to enjoy. Journal about your experience.

Summer equinox is June 20th. Set up a party with friends to enjoy the longest day. Journal about the longest day.

Think of the prettiest sunset you have seen and where. What colors did you notice in the sky? What was mesmerizing about the experience?

It's time to get beachy keen. Name at least two beaches you've visited.

Describe the water, sand, and any special souvenirs you found along the way. If you haven't visited a beach before, now is the time to make the excursion or welcome yourself back. Make some sandcastles or sandcondos.

Take a road less traveled. Describe your experience traveling on a country road versus a city road. Capture the sights, sounds, and how long it took you to travel each route.

Have you ever tried a hammock? If not, give it a try. Rock, write, then fall asleep.





“

Summer is singing with  
joy, and the beaches are  
inviting you with dancing  
waves.

- Debasish Mridha







# Seasonal Scribbles

We hope you enjoyed these Seasonal Scribbles and have come up with additional prompts on your own that challenge you to think, learn, and grow. Download the next quarter. Go ahead, you earned it.

**CHEER UP** WHINE DOWN™

Looking for some additional inspiration? Visit our blog [Cheer Up Whine Down](#).

Looking to write your first book? Check our resource center page with a wealth of information including our [Writer's Block Workshop Series](#), [Author Tools](#), our exclusive member portal with templates, planning guides, and tools for authors, and [Authors' Notes](#) articles.

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**Writer's  
Block**

Workshop Series



**Author Tools**

**Authors' Notes**

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# Journaling Resources & Writing Projects

[www.redbicyclebooks.com/projects](http://www.redbicyclebooks.com/projects)

**Grab some pen time. Get your author on.**

Fun and creative writing projects for authors of all experience levels and ages



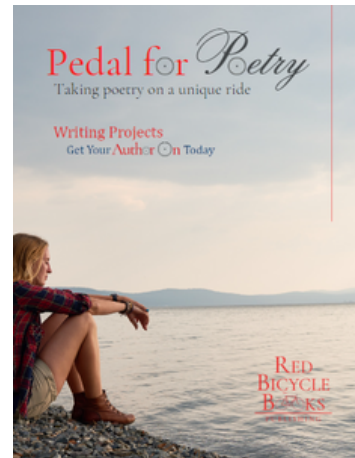
Find appreciation inside of every day with **Gratitude Journaling**. Explore what gratitude means specifically to you with nine tools to help foster a positive mindset and journal sheets to help you discover and enlighten your day.



Give your journal a little exercise with 35 **Journal Doodles** to get the creative juices flowing.



**Come Journal With Me** provides older children and teens a door to open to explore their creativity and imagination. Unlock the magic of writing.



**Pedal for Poetry** invites you to connect inspiration from the world of your bicycle to the world of words.



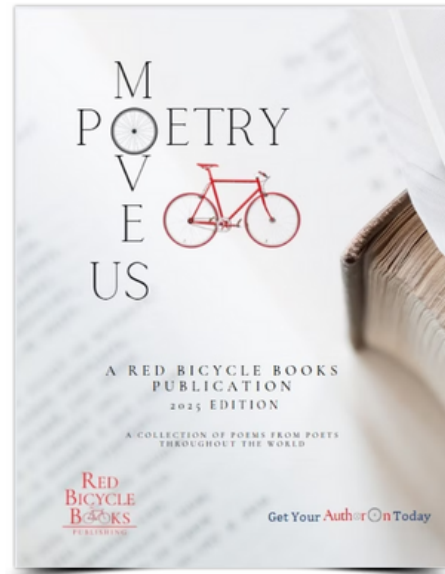
# INTRODUCING OUR NEW PUBLICATION Poetry Moves Us Magazine

Our first inaugural annual poetry magazine written by poets from all walks of life.

An annual free publication dedicated to the artistry and talent of multiple poets, Poetry Moves Us invites poets to share what moves them in the world of words.

Be prepared to explore a world of inspiration, to challenge you to think, grow, and find meaning.

Learn more by clicking the article below.



We are now accepting submissions

Submission deadline date: July 31, 2025

Read the [Official Submission Rules](#)

Complete the [Submission Form](#)

## Coming September 2025

“Whether poetry makes your heart beat slow or fast, have it beat with meaning.”

# RED BICYCLE BOOKS

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