GRATIUDE JOURNAL FORKIDS

WHAT IS GRATITUDE?

Gratitude is the expression of appreciation for what one has. Practicing gratitude means making conscious efforts to count one's blessings and notice the goodness in life.

BEING GRATEFUL...

- keeps you calm and joyful
- boosts mood and self-esteem
- reduces feelings of loneliness and isolation
- helps develop stronger relationships
- improves quality of sleep
- encourages positivity and optimism
- makes life more enjoyable

START EACH DAY WITH A GRATEFUL HEART.



GRATITUDE ACTIVITY



Name a person you are grateful for. Think about why you are thankful for this person and how this person made you feel.

What emotions came up in your body and mind during this activity? What action can you take to express your gratitude and appreciation?

GRATITUDE ACTIVITY



Name a situation you are grateful for. Think about why you are thankful for this situation and how remembering it makes you feel.

What emotions came up in your body and mind during this activity? What action can you take to express your gratitude and appreciation?

GRATITUDE ACTIVITY



What emotions came up in your body and mind during this activity? What action can you take to express your gratitude and appreciation?

GRATEFUL TO BE ME





GRATEFUL FOR NATURE



GRATEFUL FOR MY FAMILY

How does your family make your life better?

Draw a family member you are grateful for.

What is something unique about your family that you are thankful for?



GRATEFUL FOR MY HOME

What is your favorite place at home?

Draw your favorite place at home.

What are your favorite things at home?



GRATEFUL FOR MY FRIENDS

What are the names of your friends?

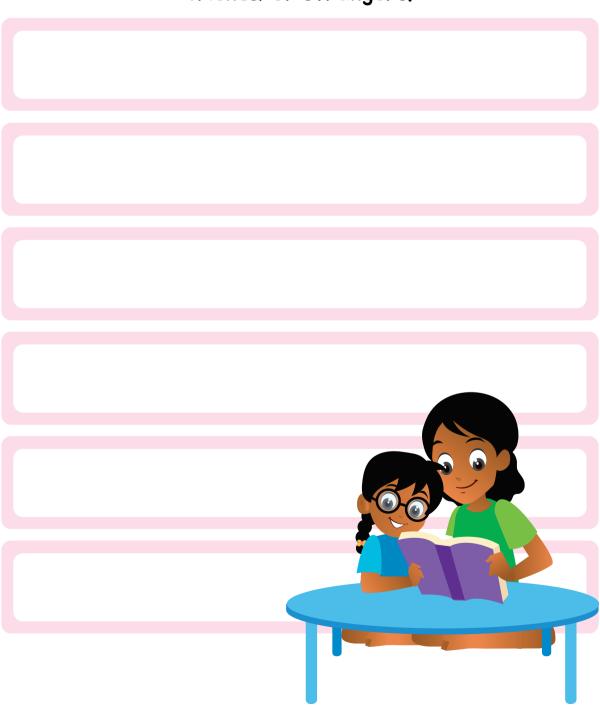
Draw a friend you are grateful for.

What are you grateful for about your friends?



PEOPLE I AM GRATEFUL FOR

List six people you are grateful for. They can be family, friends, or strangers.

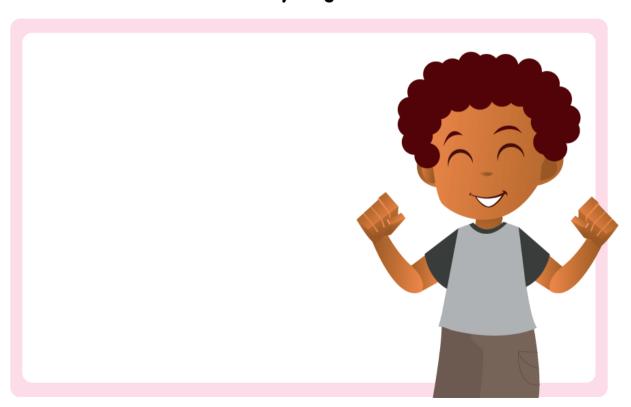


FEELING GRATEFUL

Who or what are you thankful for?

Why are you thankful for this?

How can you give back?



THE THINGS I LOVE

What I love about myself

What I love about my family

What I love about my school

I love this color

I love this smell

I love this weather

THANK YOU!

Think of someone in your life that you'd like to thank. Write a message and tell them what they did and how they made you feel.



DAILY GRATITUDE

Date:	
Three moments you're grateful for	
One person you're grateful to have in your life:	
One amazing thing that happened today:	
One thing you accomplished today:	
One thing you're looking forward to:	_

DAILY GRATITUDE

Date:		
Experiences you're	thankful for	
	1 2 1 1	
What is your positiv	e word of the day	' ?
Color in your currer	nt mood:	
	3	
h-an-	confused	224
happy	Confused	sad
	$\langle \langle \rangle \rangle \rangle$	

tired

scared

upset

WEEKLY GRATITUDE

Write about something you are thankful for each day.

	•
Monday	
Tuesday	
Wednesday	
Thursday	
·	
Friday	
•	
Saturday	
out of cuy	
	3
Sunday	•
Juliday	× (C)

GRATITUDE JOURNAL

Date:	
Today I'm grateful for	
	_
Today's affirmation	3 Good things today
Something I'm proud of	
	_

5 MINUTE JOURNALING



ONE THING I WANT TO REMEMBER ABOUT TODAY
TODAY I FELT
TODAY I'M GREATFUL FOR

TODAY I'M GRATEFUL FOR...

GRATITUDE TRACKER

MONTH

WHAT ARE YOU THANKFUL FOR?

1.	17.
2.	18.
3.	19.
4.	20.
5.	21
6.	22.
7.	23.
8.	24.
9.	25.
10.	26.
11.	27.
12.	28.
13.	29.
14.	30.
15.	31.
16.	

MOOD TRACKER

DAY	EMOTION	WHAT HAPPENED?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

GRATITUDE LETTER



To:	
Thank you for being my:	
I appreciate you because:	
You are important to me because:	
When I think of you, I feel:	
From:	
	700

NOTES

