

GRATITUDE JOURNAL



FOR KIDS

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



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



Name a thing you are grateful for. Think about why you are thankful for this object and how having 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?

GRATEFUL TO BE ME

Draw yourself.

What is something you are grateful for about yourself? Why?

Three things you love about yourself:



GRATEFUL FOR NATURE

**Draw your favorite
place in nature.**



**What is your favorite
activity to do outdoors?**



**Which season are you most
grateful for?**



**What animal are you most
grateful for?**



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

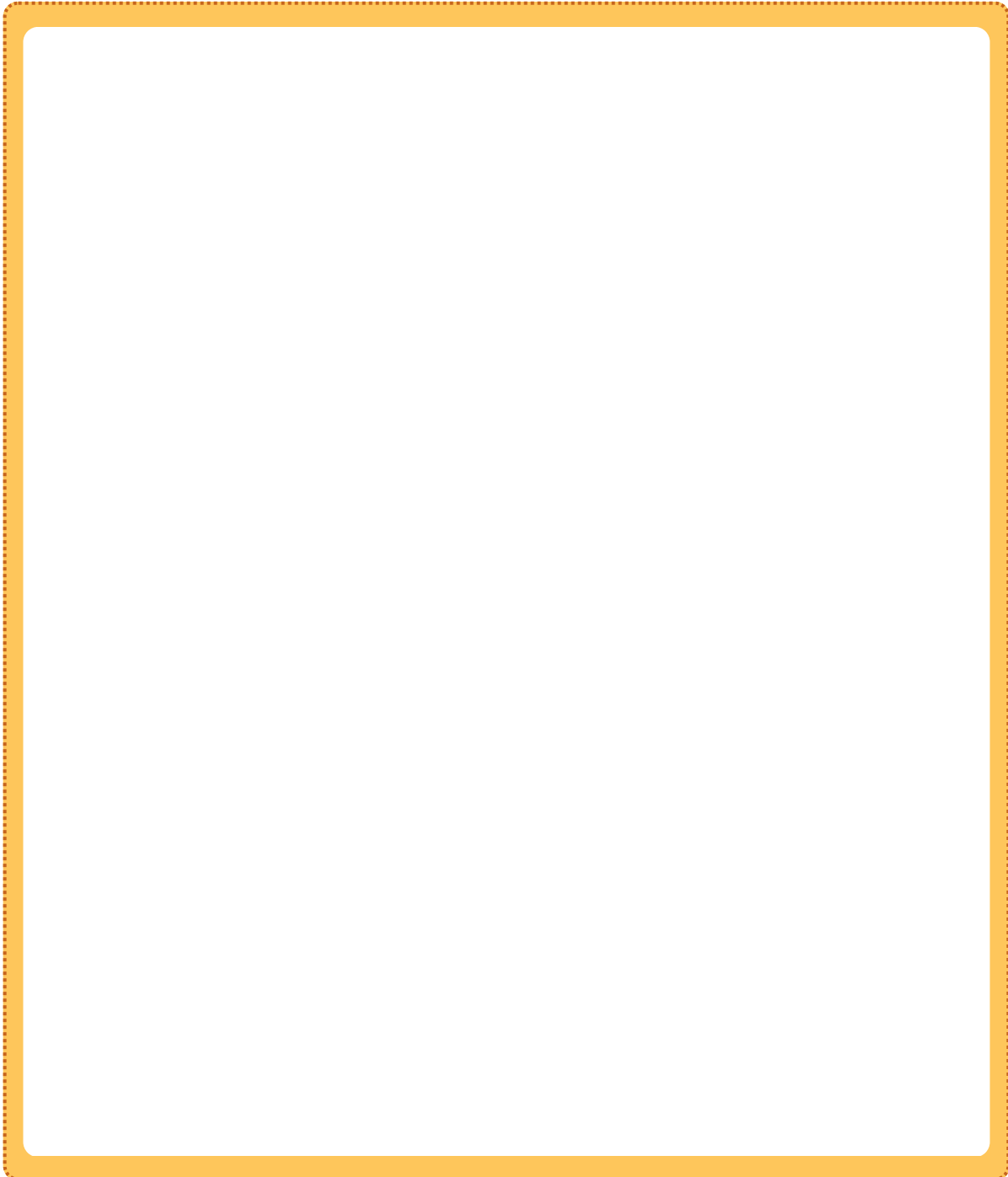
I love this smell

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.**

A large rectangular box with a thick orange border and a dotted orange inner border, intended for writing a thank-you message.

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:

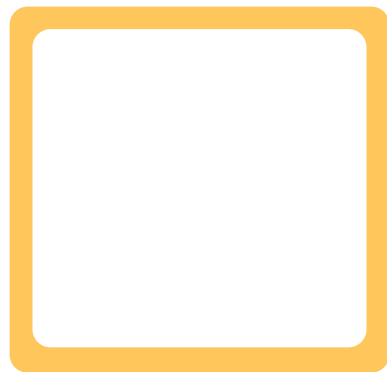
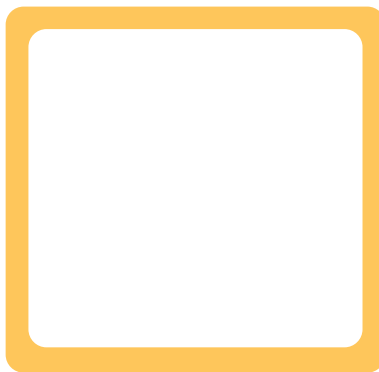
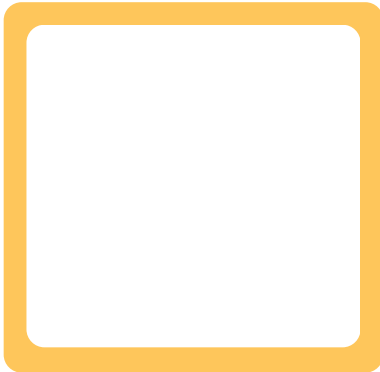
One thing you're looking forward to:



DAILY GRATITUDE

Date: _____

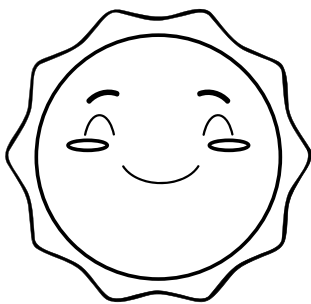
Experiences you're thankful for



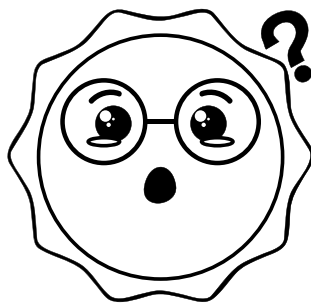
What is your positive word of the day?



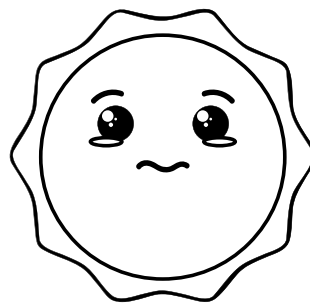
Color in your current mood:



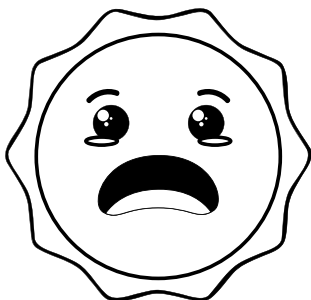
happy



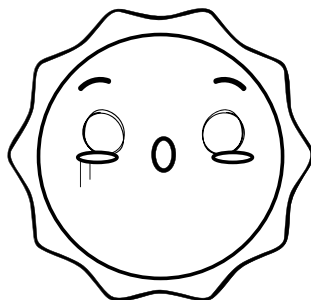
confused



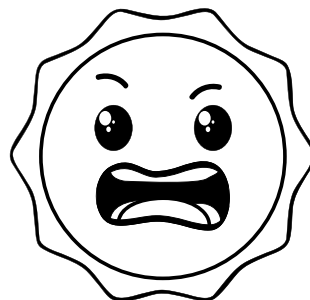
sad



scared



tired



upset

WEEKLY GRATITUDE

Write about something you are thankful for each day.



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday