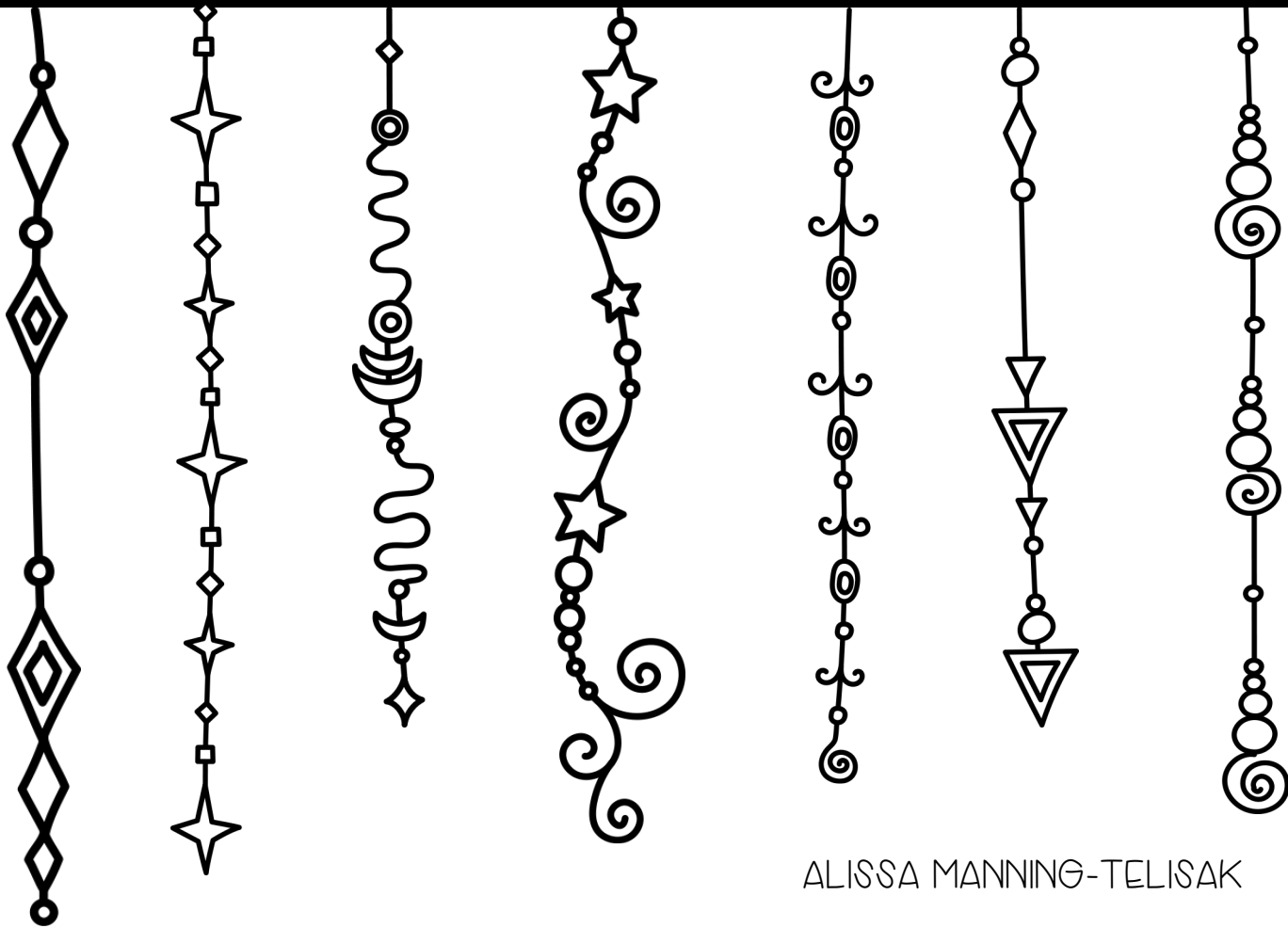


Gratitude Journal for Kids

Freebie Edition



ALISSA MANNING-TELISAK

Studies have shown that having a sense of gratitude increases happiness in adults and children. I wanted my students to realize all of the amazing things they have in their lives, even when it can be difficult to always see the good. I wanted them to develop a sense of gratitude, all the while improving their attitude and character.

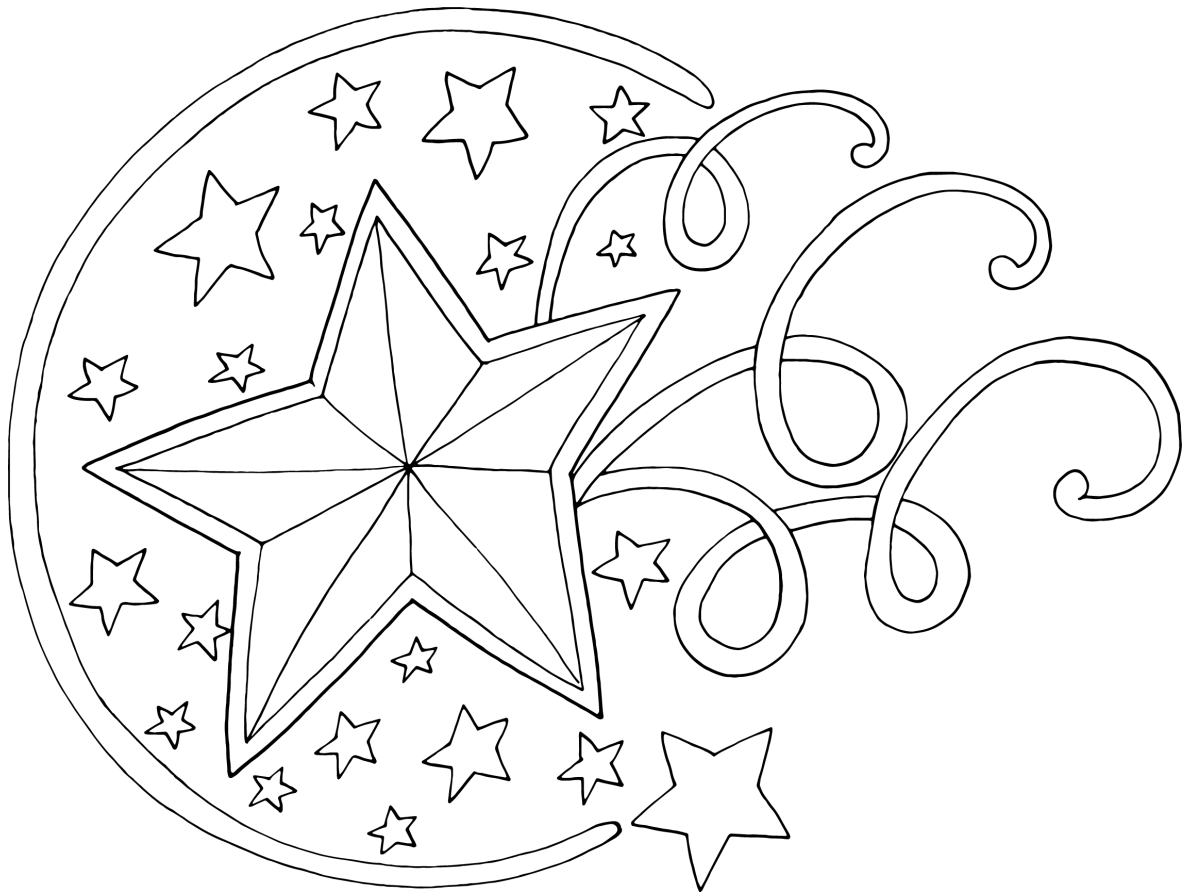
My students spend time each day journaling and coloring. I play instrumental music and let them do their thing. This journal for students is full of journaling opportunities, as well as artistic/coloring opportunities. It is proving to be a wonderful calming and stress reducing activity with my own students. It is helping them to understand their own self awareness and building a positive growth mindset.

I copied their journals back to back on cardstock, which makes it less likely for markers or watercolor to bleed through. I then bound them together.

GRATITUDE JOURNAL
PAGES FROM MARCH



MY
gratitude
JOURNAL





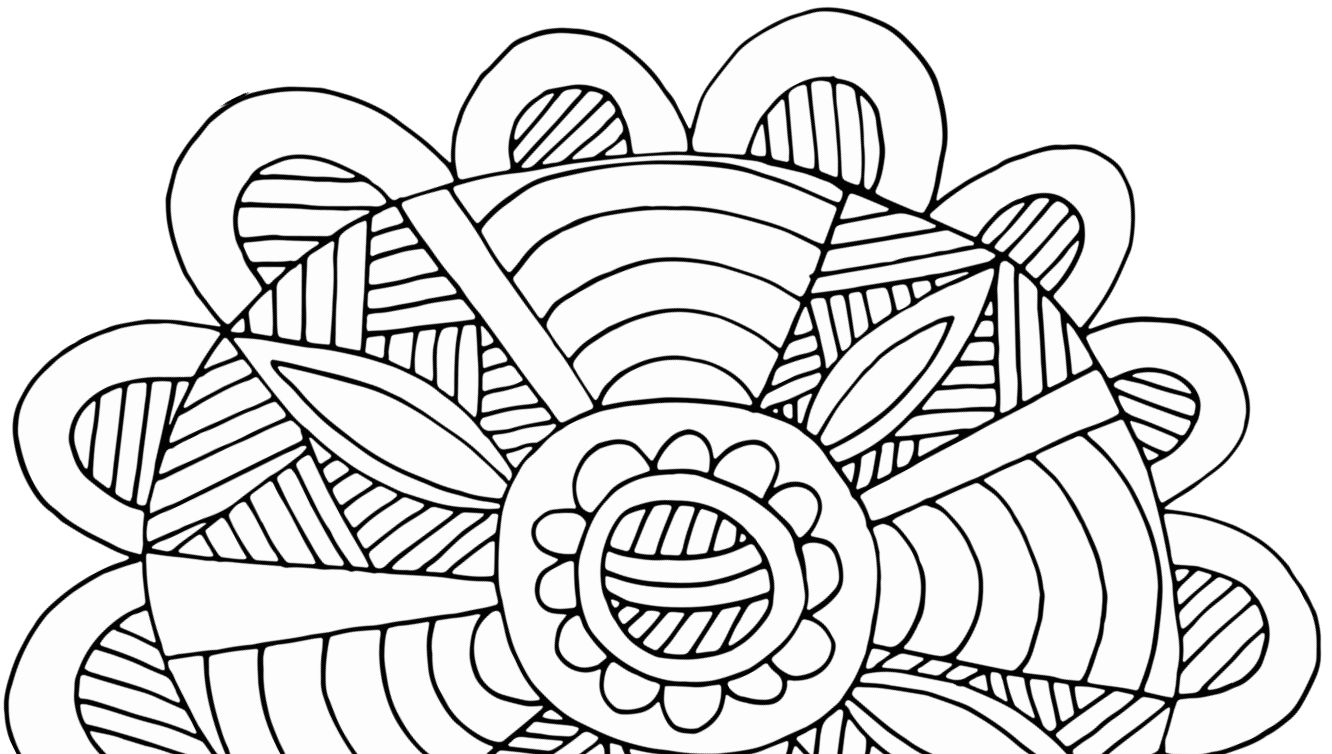
Have an attitude of

g r a t i t u d e

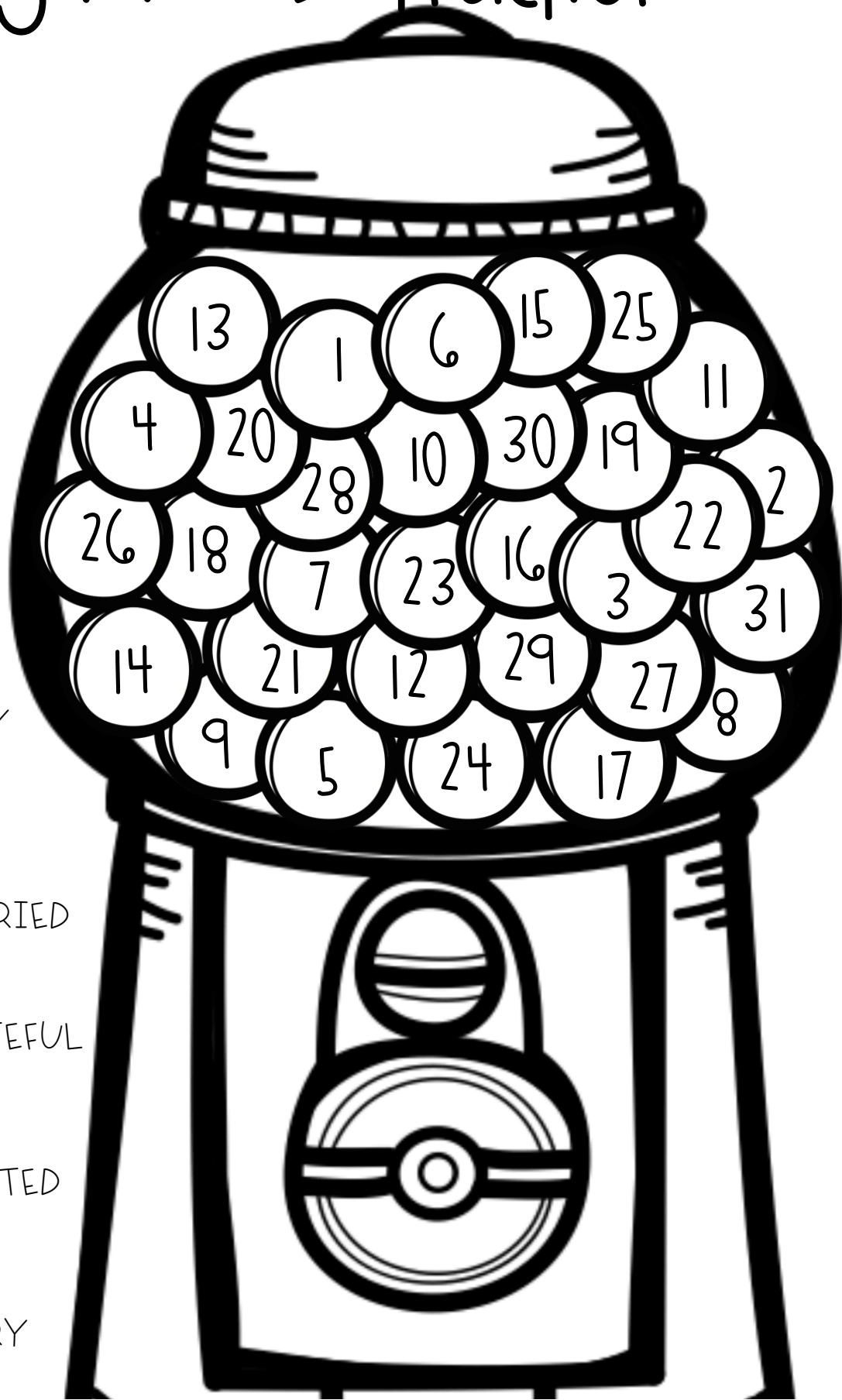


I'm grateful for...

Four sets of horizontal dashed lines for writing.



My MOOD Tracker



My Mood Color Key

HAPPY

SAD/
WORRIED

GRATEFUL

EXCITED

ANGRY

Things
That
Make Me
Happy

Currently I'm...



Feeling _____

Wanting _____

Enjoying _____

Hoping For _____

Grateful For _____



Date _____

What are two things that you are good at? _____

Date _____

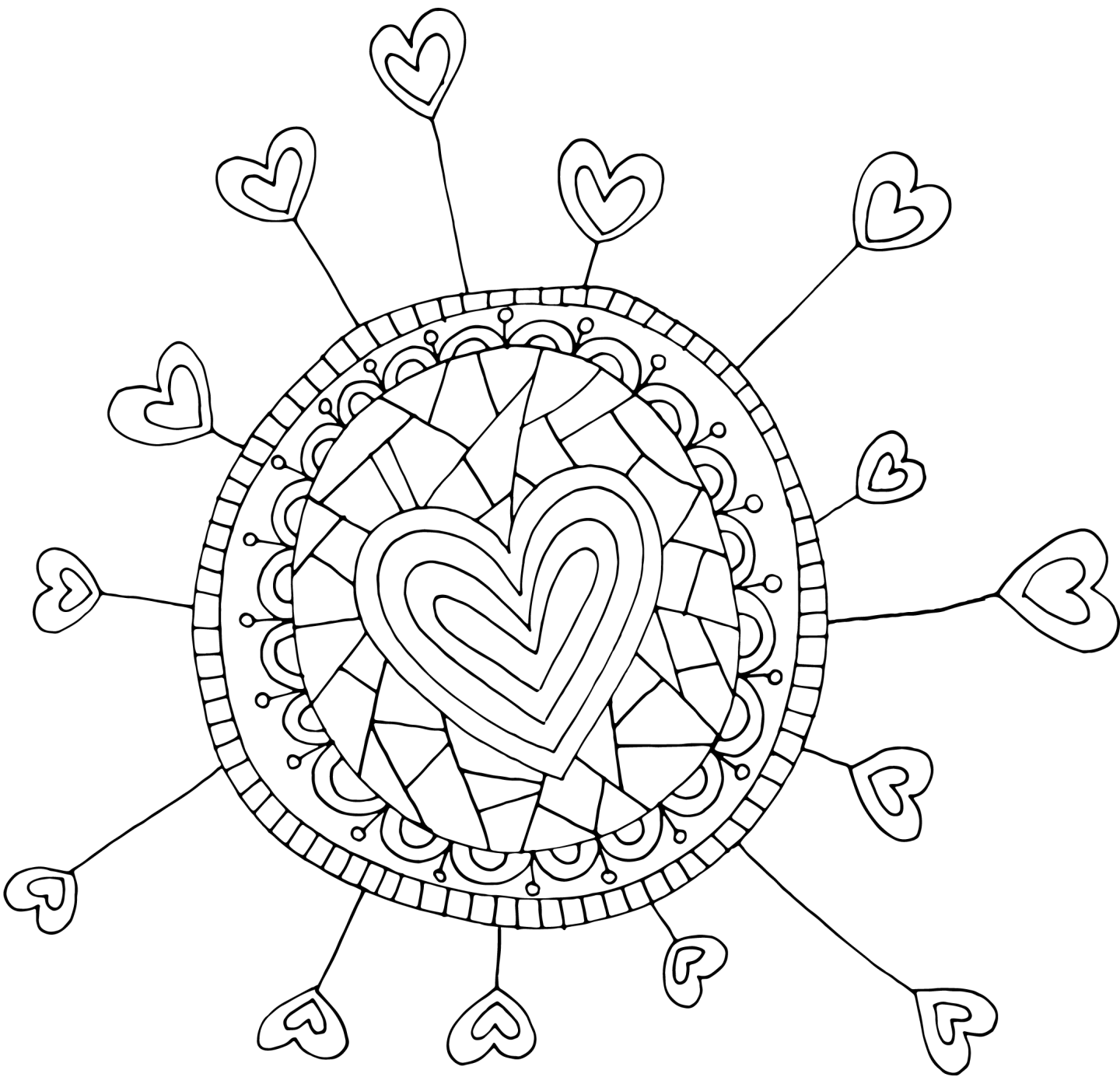
What are you working on to improve? _____

Date _____

What are you grateful for today? _____

Date _____

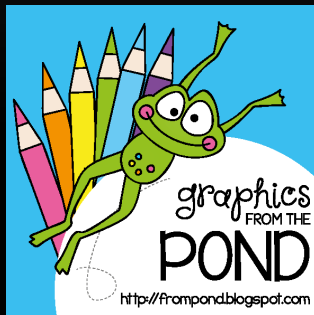
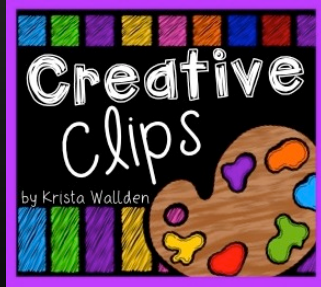
How can you bring joy to someone you care for? _____



PIGLET NOTICED THAT EVEN THOUGH HE HAD
A VERY SMALL HEART, IT COULD HOLD A
RATHER LARGE AMOUNT OF GRATITUDE.

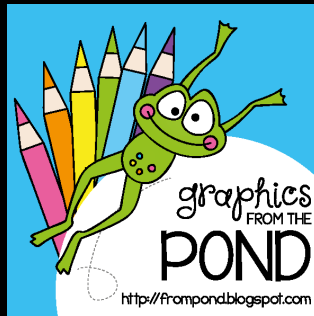
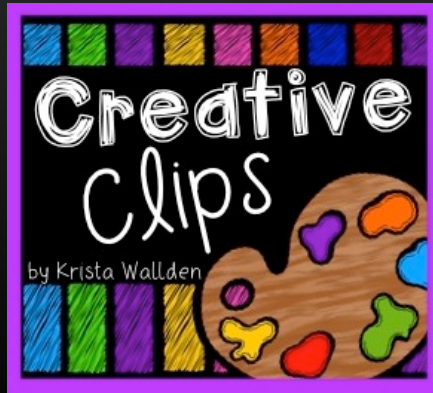
a.a. milne
Winnie the Pooh

Credits



Carrie Stephens Art

Credits



Carrie Stephens Art

