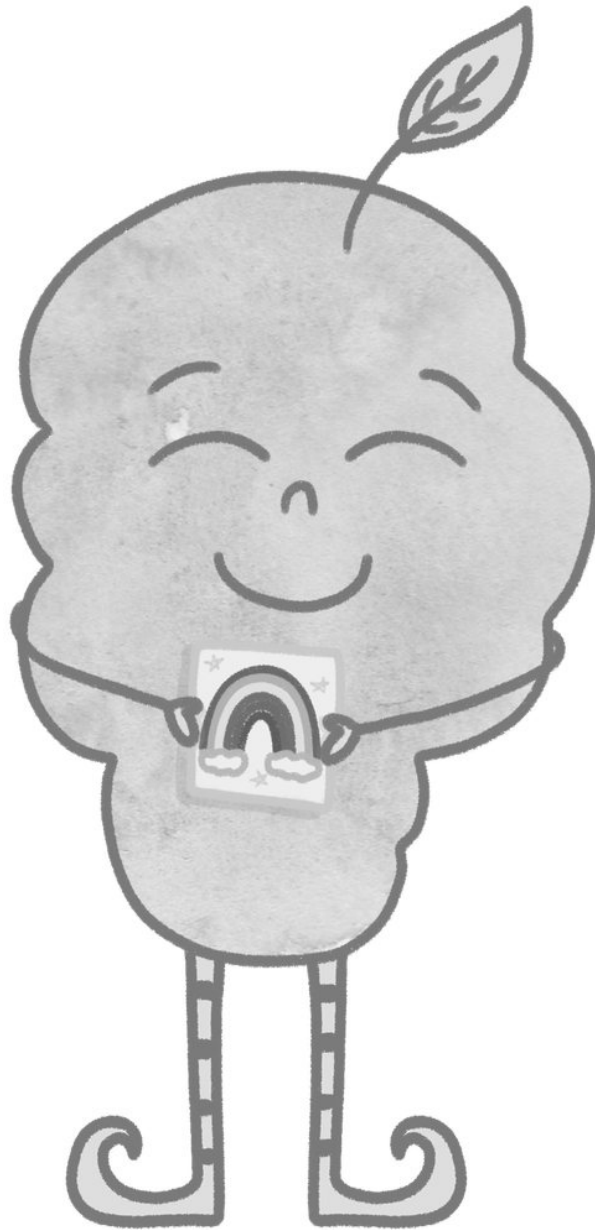


30 DAYS · DRAW IT · AGES 3 TO 5

My gratitude journal

Three thankful things a day, like Fall's notebook.



FROM THE BOOK FINDING GRATITUDE

Fall says: "I colored my memories and the moments when I felt grateful."

Every day write 3 things for which you feel grateful. Or color them!

Name _____

I started on _____

Grown-ups: two minutes at bedtime is plenty. Ask "What were three good things today?" Little ones draw and you write their words. Missed a day? Just carry on.

Day 1

Date _____

Today I am thankful for... Stuck? Try something that made you smile.

1

2

3

Day 2

Date _____

Today I am thankful for... Stuck? Try someone who helped you.

1

2

3

Day 3

Date _____

Today I am thankful for... Stuck? Try something yummy.

1

2

3

Day 4

Date _____

Today I am thankful for... Stuck? Try a toy you love.

1

2

3

Day 5

Date _____

Today I am thankful for... Stuck? Try something you saw outside.

1

2

3

Day 6

Date _____

Today I am thankful for... Stuck? Try someone in your family.

1

2

3

Day 7

Date _____

Today I am thankful for... Stuck? Try something warm, like Fall's boots.

1

2

3

Day 8

Date _____

Today I am thankful for... Stuck? Try a sound you like.

1

2

3

Day 9

Date _____

Today I am thankful for... Stuck? Try a friend.

1

2

3

Day 10

Date _____

Today I am thankful for... Stuck? Try your cozy bed.

1

2

3

Day 11

Date _____

Today I am thankful for... Stuck? Try something you can do now.

1

2

3

Day 12

Date _____

Today I am thankful for... Stuck? Try an animal.

1

2

3

Day 13

Date _____

Today I am thankful for... Stuck? Try the weather today.

1

2

3

Day 14

Date _____

Today I am thankful for... Stuck? Try something someone made for you.

1

2

3

Day 15

Date _____

Today I am thankful for... Stuck? Try a place you love.

1

2

3

Day 16

Date _____

Today I am thankful for... Stuck? Try a smell you like.

1

2

3

Day 17

Date _____

Today I am thankful for... Stuck? Try a game you played.

1

2

3

Day 18

Date _____

Today I am thankful for... Stuck? Try someone who made you laugh.

1

2

3

Day 19

Date _____

Today I am thankful for... Stuck? Try something at school.

1

2

3

Day 20

Date _____

Today I am thankful for... Stuck? Try a book you like.

1

2

3

Day 21

Date _____

Today I am thankful for... Stuck? Try a hug.

1

2

3

Day 22

Date _____

Today I am thankful for... Stuck? Try something you shared.

1

2

3

Day 23

Date _____

Today I am thankful for... Stuck? Try your favorite color.

1

2

3

Day 24

Date _____

Today I am thankful for... Stuck? Try something in the sky.

1

2

3

Day 25

Date _____

Today I am thankful for... Stuck? Try a warm drink.

1

2

3

Day 26

Date _____

Today I am thankful for... Stuck? Try someone who lives far away.

1

2

3

Day 27

Date _____

Today I am thankful for... Stuck? Try something new you saw.

1

2

3

Day 28

Date _____

Today I am thankful for... Stuck? Try your hands or your feet.

1

2

3

Day 29

Date _____

Today I am thankful for... Stuck? Try a happy moment.

1

2

3

Day 30

Date _____

Today I am thankful for... Stuck? Try the best day this month.

1

2

3

Just pause

Stop, look around and notice. Draw or write one thing in each box.

I see

something cool

I hear

something nice

I smell

something that tickles my nose

I taste

something yummy

How do I feel right now? _____

KATIA'S WORDS, FROM THE BACK OF THE BOOK

Take a break, look around. Do you see anything cool? Pay attention, give it some time. Can you feel grateful to have it in your life?

Do you hear anything nice? Does a smell tickle your nose? Or do you taste something yummy? Pause and observe how you feel when you think about those things.