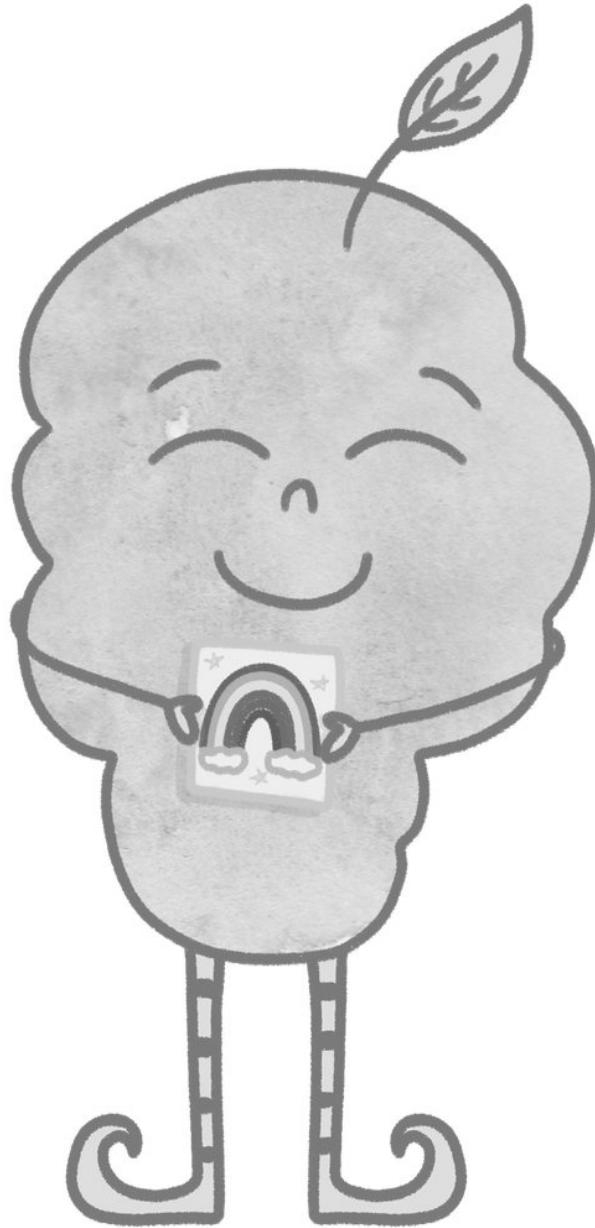


My gratitude journal

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

I am thankful for _____

because _____

Draw it

2

I am thankful for _____

because _____

Draw it

3

I am thankful for _____

because _____

Draw it

Day 2

Date _____

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

1

I am thankful for _____

because _____

Draw it

2

I am thankful for _____

because _____

Draw it

3

I am thankful for _____

because _____

Draw it

Day 3

Date _____

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

1

I am thankful for _____

because _____

Draw it

2

I am thankful for _____

because _____

Draw it

3

I am thankful for _____

because _____

Draw it

Day 4

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

Date _____

1

I am thankful for _____

because _____

Draw it

2

I am thankful for _____

because _____

Draw it

3

I am thankful for _____

because _____

Draw it

Day 5

Date _____

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

1

I am thankful for _____

because _____

Draw it

2

I am thankful for _____

because _____

Draw it

3

I am thankful for _____

because _____

Draw it

Day 6

Date _____

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

1

I am thankful for _____

because _____

Draw it

2

I am thankful for _____

because _____

Draw it

3

I am thankful for _____

because _____

Draw it

Day 7

Date _____

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

1

I am thankful for _____

because _____

Draw it

2

I am thankful for _____

because _____

Draw it

3

I am thankful for _____

because _____

Draw it

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.