

7 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

# 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.