

Prompt Ideas:

"Today I am thankful for..."

"Someone who helps me feel safe is..."

"A sound that makes me happy is..."

"Something in nature I'm thankful for is..."

"I'm thankful my hands can..."

"My favorite part of today was..."

"When I help someone, I feel..."

"Someone who makes me laugh is..."

"A time I felt proud of myself was when..."

"A book I love to read is..."

"My favorite song to listen to is..."

My Gratitude Journal

Written By:_____

Date: _____

Date: _____

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Date: _____

Today I am thankful for

Date: _____

Someone who helps me feel
safe is _____

Date: _____

A sound that makes me happy
is _____

Date: _____

Something in nature I'm
thankful for is

Date: _____

Date: _____

I'm thankful my hands can

My favorite part of today was

Date: _____

When I help someone, I feel

Date: _____

Someone who makes me laugh

is _____

Date: _____

Date: _____

A time I felt proud of myself

was when _____

A book I love to read is

Date: _____

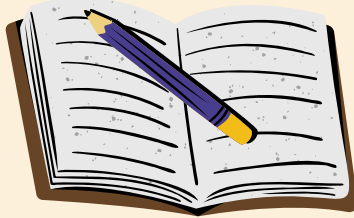
Date: _____

My favorite song to listen to

is _____

Gratitude Journal - Activity Guide

Getting Started: Printing & Assembly



1. Print the cover (page 1) on cardstock for durability.
2. Choose your preferred inside pages:
 - Blank pages (pages 2-3) for open drawing and writing.
 - Prompted pages (pages 4-9) for children who enjoy structure.
3. Print the inside pages on regular paper (double-sided if you prefer).
4. Stack the pages with the cover on top, fold in half, and staple along the fold to create a booklet.

Now you have a simple, handmade Gratitude Journal ready to fill with reflections, drawings, and daily joys.

How to use the Gratitude Journal

Each page offers an invitation - not an assignment. The goal is to help your child notice, express, and celebrate what brings warmth to their world.

Children may choose to:

- **Draw** what they're thankful for (for pre-writers).
- **Dictate** their ideas for you to write.
- **Trace** words you write in highlighter.
- **Share the pen** - you write the challenging words, and your child writes simpler ones using phonetic or invented spelling.

There is no "right" way — every mark on the page is a seed of expression.

Why it works:

When children see their spoken words turned into written form, they begin to understand that writing carries meaning. Gratitude gives those words emotional depth - helping children connect heart, hand, and thought.

Gratitude Journal - Activity Guide

Making it a Ritual

Children thrive on rhythm. A daily or weekly gratitude ritual makes journaling feel special and safe. Try one of these gentle rhythms:



Morning Gratitude: Begin the day by noticing one thing that feels new or beautiful.



Evening Reflection: End the day with a cozy routine - a candle, a cup of tea, or quiet music as you each write or draw.



Seasonal Gratitude: Use the journal to mark seasonal changes - what you're thankful for in autumn, winter, spring, and summer.



Family Sharing: Choose one page each week to share aloud at dinner or bedtime.

Why it works:

Rituals create emotional safety and joy. When writing is woven into rhythm and beauty, children learn that it's not just a school task - it's a way to see the world with love.

Encouragement for Caregivers

Your child's gratitude journal is not about perfect spelling, tidy handwriting, or daily consistency. It's about connection - between child and caregiver, between heart and hand.

**Celebrate
curiosity and
sincerity over
neatness.**



Say things like:

"I love what you noticed today."

"You thought of something kind and wrote it down - that's wonderful."

Why it works:

Confidence grows when children feel their ideas have value. Gratitude helps them see themselves as part of a loving, generous world - and writing gives them the power to express it.

ROOTED IN WRITING GUIDING THOUGHT:

"When we notice beauty and give it words, we learn that writing is not just a skill - it's a way of seeing."

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