

'S

littleaevidum 

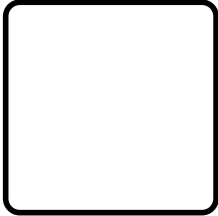
GRATITUDE JOURNAL

People I'm Grateful for:

Write or draw 5 people in your life you appreciate. These could be friends, teachers, coaches, neighbors, family members, or anyone who has your back. Write one word or short sentence about why you appreciate them.

Example: "I appreciate my friend Ava because she makes me laugh when I'm sad."

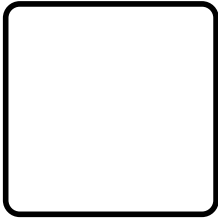
1.



I appreciate _____

because _____

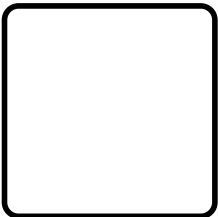
2.



I appreciate _____

because _____

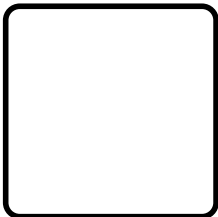
3.



I appreciate _____

because _____

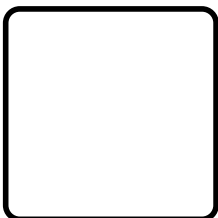
4.



I appreciate _____

because _____

5.



I appreciate _____

because _____

Things that Make Me Smile:

Fill in the boxes with words, phrases, or sentences about things that make you smile. Include a picture of each thing.

Today I smiled when _____

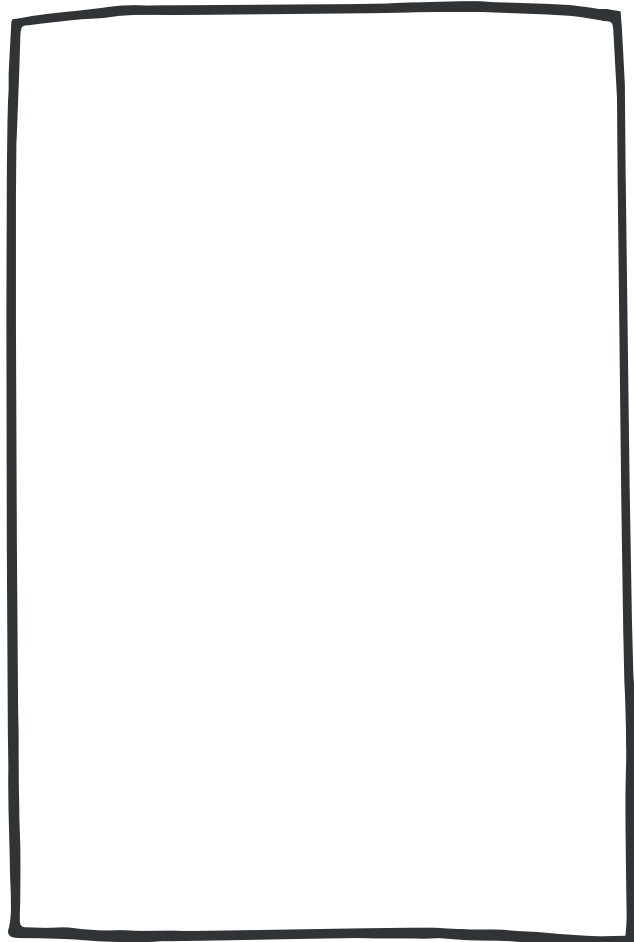
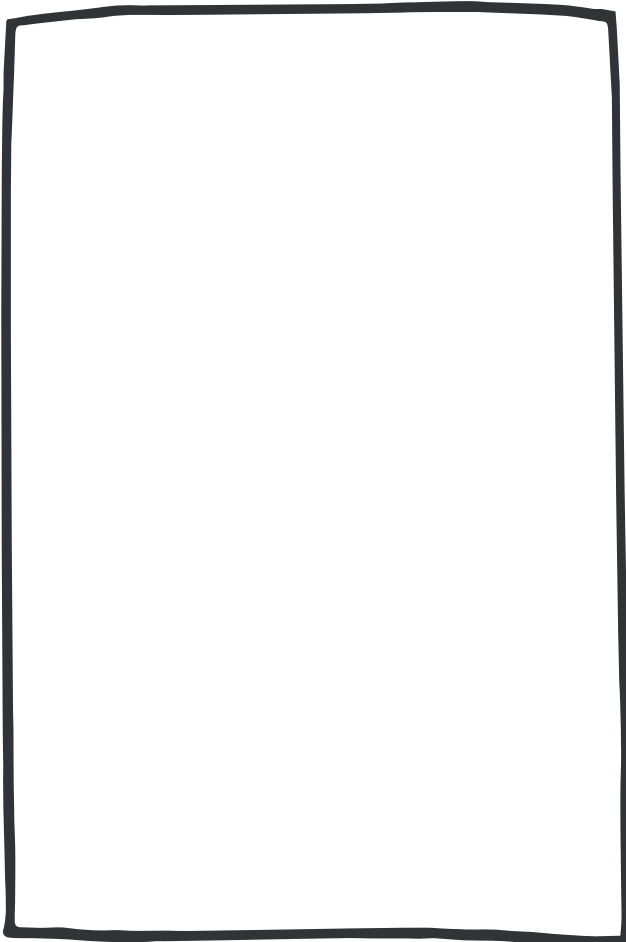
Something at school
that makes me smile is

My favorite thing to do
after school to make me
smile is _____

I love it when _____

Acts of Kindness I Noticed This Week

Fill in the boxes with words, phrases, or sentences describing three acts of kindness you noticed this week. Include a picture of each kind act.



I'm Proud of Myself For...

Fill in the boxes to describe what you're proud of yourself for.

Today, I'm proud of myself for _____

This makes me proud because _____

This makes me feel:

Color in all the faces that describe how you feel. You can add another emotion in the last circle.



Happy



Confident



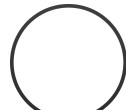
Brave



Calm



Excited



Draw a picture that shows what you are proud of yourself for: