





# Gratitude Journal

*"Piglet noticed that even though he had a very small heart, it could hold rather a large amount of gratitude."*

*-From Winnie-the-Pooh (A.A. Milne)*

## What is this for?

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The world is full of many wonderful things, people and experiences but we can forget to focus on these when times are hard. This is a place for you to think about, and be grateful for, the good things! What are you thankful for? Family and friends, petting a puppy, a favourite meal, bike rides, a sunny day?

Keeping a journal has been proven to help increase happiness and lower stress.

It really doesn't matter if an event is something as simple as eating your favourite sweets, playing a game with your friends or hearing your favourite song on a playlist. If it made you feel happy – then it's important. Write it down or draw it and try and explain what it was about the event that made you happy!



## Example Page

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### Example 01

**I am grateful for...** *my friends John and James.*

**Because...** *they asked me if I was ok this morning when they saw I was sad. This made me feel better and not so worried about what happened at the weekend.*

**I will...** *talk to them next time when I am feeling sad.*

### Example 02

**I am grateful for...** *the amazing weather!*

**Because...** *getting to go outside to the playground.*

**I will...** *spend more time outside because I know it makes me happy.*

### Example 03

**I am grateful for...** *my mum and dad.*

**Because...** *they do so much for me and my brother and sister.*

**I will...** *remember to say thank you and tell them I love them!*



## Suggestions

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### **I am grateful for...**

*The weather.  
Somewhere I went.  
Someone I saw.  
Something I ate.  
Something I did.  
Something someone did for me.*

### **Because...**

*I got to play outside.  
It made me feel happy.  
They listened to how I was feeling.  
It tasted delicious.*

### **I will...**

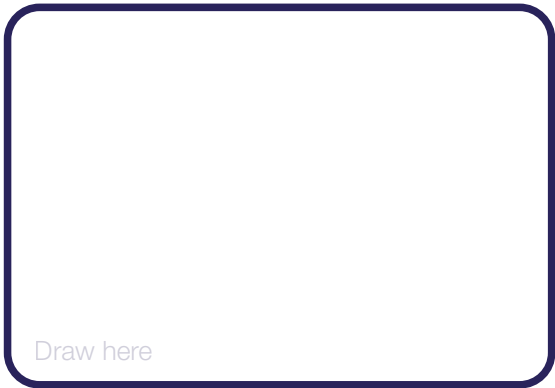
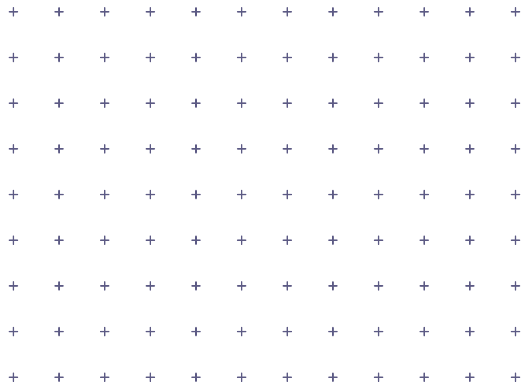
*Listen to this more.  
Make them a card to say thank you.  
Tell them I'm grateful.  
Do something nice for someone.  
Spend more time doing this.  
Find more songs like this.*



# Practice Page

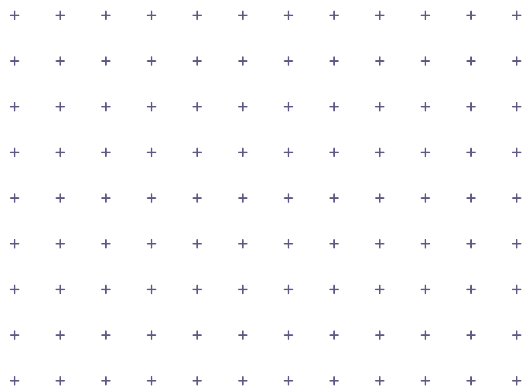


Today I'm grateful for...

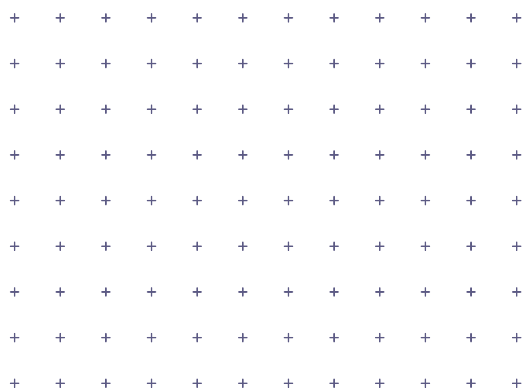


Draw here

Because...



I will...





# Monday



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**Tuesday**

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# Wednesday



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# Thursday



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Friday



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# Weekend



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