AE Warrior
GRATITUDE JOURNAL
FOR KIDS
WHAT IS GRATITUDE?

Gratitude is the expression of appreciation for what one has. Practicing gratitude means making conscious efforts to count one’s blessings and notice the goodness in life.

BEING GRATEFUL...

- keeps you calm and joyful
- boosts mood and self-esteem
- reduces feelings of loneliness and isolation
- helps develop stronger relationships
- improves quality of sleep
- encourages positivity and optimism
- makes life more enjoyable

START EACH DAY WITH A GRATEFUL HEART.
GRATITUDE ACTIVITY

Name a person you are grateful for. Think about why you are thankful for this person and how this person made you feel.

What emotions came up in your body and mind during this activity? What action can you take to express your gratitude and appreciation?
GRATITUDE ACTIVITY

Name a situation you are grateful for. Think about why you are thankful for this situation and how remembering it makes you feel.

What emotions came up in your body and mind during this activity? What action can you take to express your gratitude and appreciation?
GRATITUDE ACTIVITY

Name a thing you are grateful for. Think about why you are thankful for this object and how having it makes you feel.

What emotions came up in your body and mind during this activity? What action can you take to express your gratitude and appreciation?
**GRATEFUL TO BE ME**

<table>
<thead>
<tr>
<th>Draw yourself.</th>
<th>What is something you are grateful for about yourself? Why?</th>
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Three things you love about yourself:

1. 
2. 
3. 
4. 
5. 
6.
Draw your favorite place in nature.

What is your favorite activity to do outdoors?

Which season are you most grateful for?

What animal are you most grateful for?
GRATEFUL FOR MY FAMILY

How does your family make your life better?

Draw a family member you are grateful for.

What is something unique about your family that you are thankful for?
GRATEFUL FOR MY HOME

What is your favorite place at home?

Draw your favorite place at home.

What are your favorite things at home?
GRATEFUL FOR MY FRIENDS

What are the names of your friends?

Draw a friend you are grateful for.

What are you grateful for about your friends?
PEOPLE I AM GRATEFUL FOR

List six people you are grateful for. They can be family, friends, or strangers.
FEELING GRATEFUL

Who or what are you thankful for?

Why are you thankful for this?

How can you give back?
# THE THINGS I LOVE

## What I love about myself

## What I love about my family

## What I love about my school

- I love this color
- I love this smell
- I love this weather
THANK YOU!

Think of someone in your life that you’d like to thank. Write a message and tell them what they did and how they made you feel.

[Blank space for writing]
DAILY GRATITUDE

Date: _______________________

Three moments you're grateful for

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One person you're grateful to have in your life:

One amazing thing that happened today:

One thing you accomplished today:

One thing you're looking forward to:

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DAILY GRATITUDE

Date: ______________________

Experiences you’re thankful for

What is your positive word of the day?

Color in your current mood:

- happy
- confused
- sad
- scared
- tired
- upset
**WEEKLY GRATITUDE**

Write about something you are thankful for each day.

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