

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Consider telling someone you love them today and share with them why they are so special to you.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Try spending at least one hour outside today. Go for a walk and take in the nature around you.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

What animal are you most grateful for and why?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

What is your favorite activity?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Ask your family how their day was during mealtime. When the TV is off at meals, it can help you joyfully connect with one another.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Sleep is very important for good health. Try going to bed early tonight to make sure you get 10 – 11 hours of sleep.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

What was the best part of your day?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Share all the ways you are healthy.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Write a letter to a friend today and share why you are grateful for their friendship.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Take your time at your next meal to enjoy your food. Explore the flavors and textures while you chew each bite.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Where is your favorite place to be outside?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

What is something unique about your family that you are grateful for?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

When you feel stressed or upset, try sitting up straight and take three deep breaths to calm down.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Consider spending time outside drawing your backyard, paying attention to all the details including sounds and smells.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

What has been the best part of your day?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

What food are you grateful for?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Write a list of your favorite things about yourself and say them in front of a mirror.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Say thank you to three important people in your life today.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

What pet or toy are you grateful for and why?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Share about your favorite outfit and why you like to wear it.

Date: _____

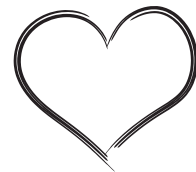


Today I am grateful for:

1. _____
2. _____
3. _____

Re-read your favorite book this week. Think about why it's your favorite and how you feel once you finish it.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Make someone's day today. Complete at least one random act of kindness to help make others happy.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

*Who is someone in your community whom you are grateful for?
Why?*

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Who is someone who has really helped you this week?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

*Spending quality time together is a good way to grow as a family.
Organize a family game night tonight!*

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

*Take time today to be outside. Notice if anything has changed in
your environment since your last nature walk.*

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

What is your favorite part of being outside?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

If you were on a desert island, what three things would you be grateful to have with you?

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

It is important to eat fruits and vegetables to be healthy and strong. As you fill up half your plate with fruits and vegetables, use your senses to help describe what you are eating.

Date: _____



Today I am grateful for:

1. _____
2. _____
3. _____

Reflect on all you have been mindful of throughout this journal. What is one thing you learned?