• Every student is different—that’s why we’ve provided you with three different styles of journal-writing sheets! Students can choose one or try all three!

• The first takes children on a gratitude scavenger hunt, challenging them to find something that makes them smile, a person who makes them laugh, and so on.

• The second invites students to put gratitude into action! They list things they are grateful for and how they will show their gratitude!

• The third invites students to look inward and reflect on their own skills and attributes that they feel gratitude for.
Gratitude Scavenger Hunt
For each box, write or draw a picture of something that makes you feel gratitude.

Something in the room that makes you smile
A person who makes you laugh
A sound that you find calming
Something in nature that you find pretty
A place that makes you feel safe
A food that you really like
Gratitude in Action
Use the sentence starters to write about gratitude.

Today, I feel gratitude for:

1. ____________________________________________________________

2. ____________________________________________________________

3. ____________________________________________________________

I will show my gratitude for these things by

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Draw a picture of you putting your gratitude into action!
Gratitude and Me!
Use the questions below to write about gratitude.

Everyone has skills that help them do their best. What are some skills of yours that you have gratitude for?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Write about how you used one of these skills in a way that made you feel proud.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What are three things about you that you feel gratitude for?

1. ____________________________________________________________

2. ____________________________________________________________

3. ____________________________________________________________