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. ______________________________________________________

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.
Today I am grateful for:

1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________

What has been the best part of your day?

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: __________________

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?