



creativity kit

creative activities you can do

Gratitude Journal

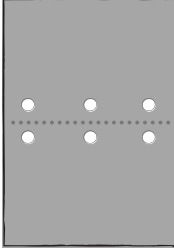
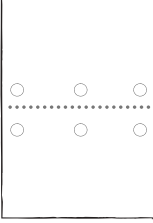

Gratitude is the feeling of thanks or appreciation.

WHAT IS A GRATITUDE JOURNAL?

A **gratitude journal** is a place to draw or write about the people and things you are grateful for. Gratitude journals are used by people who wish to focus their attention on the positive things in their lives.

HOW TO CREATE YOUR VERY OWN GRATITUDE JOURNAL!

MATERIALS

Construction paper	Journal Pages	Ribbon or Yarn
		

- Step 1: Fold your construction paper in half. This will be your journal cover.
- Step 2: Fold your journal pages in half, with “Gratitude Journal” page facing out.
- Step 3: Tuck journal pages inside your construction paper cover, and line up the holes.
- Step 4: Thread ribbon or yarn through each hole & tie a knot or bow to secure your journal together.
- Step 5: Decorate the cover & your first page to make this journal extra special.
- Step 6: Write your first entry about people or things you’re thankful for!

Date: _____

GRATITUDE

JOURNAL

Feel inspired to share your gratitude with the world?

We'd love to hear what makes your heart sing!

Share your moments of gratitude with us by:

texting a photo to 513.382.4913

or

posting to social media & tagging @khartscenter.



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CREATED BY:

WHAT IS A GRATITUDE JOURNAL?

Gratitude is the feeling of thanks or appreciation. A gratitude journal is a place to draw or write about the people and things you are grateful for. Gratitude journals are used by people who wish to focus their attention on the positive things in their lives. Some studies have found that people who practice gratitude are happier than those who don't. Studies suggest that feelings of gratitude may even possess mental and physical health benefits.

WHAT SHOULD I WRITE IN MY GRATITUDE JOURNAL?

There are no wrong answers here! Simply take time to think about the things you are thankful for on a regular basis, and write them down or draw a picture of them.

If you find yourself having trouble getting started, it may be helpful to pick a prompt from the list below to respond to:

- Today I am grateful for...
- Today I saw / tasted / experienced...
- I am grateful that today I was strong enough to...
- The best thing I did today was...
- Today I felt loved by _____, because...
- Name something that makes you happy.
- Name something you are grateful to have.
- Who is your best friend and why?
- What do you enjoy learning more about?
- Name an animal you are thankful for.

Date: _____

Date: _____

Date: _____



Date: _____



Date: _____



Date: _____



Date: _____



Date: _____



Date: _____



Date: _____

