**PURPOSE** //

- Practice gratitude
- Incorporate gratitude in everyday life
- Understand the impact gratitude can have in our mental health

**OBJECTIVE** //

- Gratitude helps us feel more positive emotions, can improve our mental health, helps us deal with adversity, and build strong relationships.

**INSTRUCTIONS** //**Materials**

- Jar (or other container or ziploc bag) Journal or Notebook
- Slips of Paper or use templates below
- Markers or Pens
- Paint or Ribbons for Decoration

**Application**

- This is a "gift that keeps on giving" activity. Students can turn this activity into a gratitude project by continuing to fill out slips of paper saying what they're grateful for every day or week.
- Gratitude activities are most impactful when a student does them on a regular basis.

**Assembly**

1. Students can write or draw what they're grateful for on slips of paper and put them in the jars.
2. Students can decorate the covers of gratitude journals and fill out the first entry of what they're grateful for that day.

**Let us know how the activity goes!**

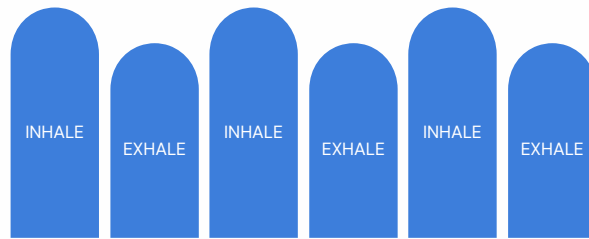
We'd love to hear from you or receive pictures or tag us on social media:



# GRATITUDE JOURNAL

S M T W T H F S  
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Breathe before writing



Things you're grateful for today



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Describe today in a drawing

A large, empty rectangular box with a black border, intended for drawing. A small black pencil icon is located in the bottom right corner of the box.

Today's Affirmation

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WRITE WHAT YOU ARE  
GRATEFUL FOR TODAY:

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DATE: \_\_\_\_\_

NAME: \_\_\_\_\_

WRITE WHAT YOU ARE  
GRATEFUL FOR TODAY:

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DATE: \_\_\_\_\_

NAME: \_\_\_\_\_