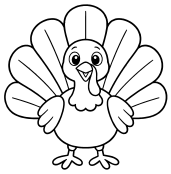
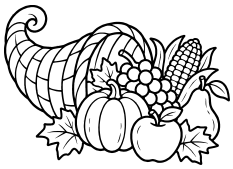
Name _____ Date _____



Gratitude Journal

Write in full sentences. Give details and reasons.

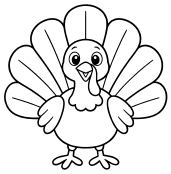
Day 1. Who is a person you are thankful for? Tell what they do and why it matters to you.



Day 2. Write about a place you are thankful for. What do you see, hear and feel there?

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Name _____ Date _____



Gratitude Journal

Write in full sentences. Give details and reasons.

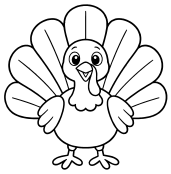
Day 3. Name something you are thankful for that is easy to forget, like clean water or a warm bed. Why does it matter?



Day 4. Who helped you this year? What did they do, and how did it help you?

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Name _____ Date _____



Gratitude Journal

Write in full sentences. Give details and reasons.

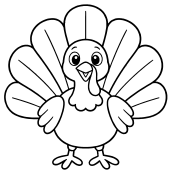
Day 5. Write about something hard that taught you something. What did you learn, and why are you thankful for it now?



Day 6. List three small things that made you smile this week. Tell about one of them.

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Name _____ Date _____



Gratitude Journal

Use your senses to describe a meal you love to share.

Think about a Thanksgiving meal, or any meal you love to share with others. Write what you notice with each sense.

Words to try: crunchy warm sweet steaming laughter

I see colors, shapes, people

I hear voices, sounds in the kitchen

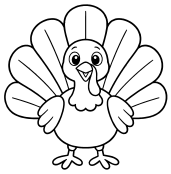
I smell

I taste

I feel warm, full, happy, cozy

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Name _____ Date _____



A Thank-You Note

Thank someone who matters to you. Then give it to them.

date _____

greeting _____

body _____

closing _____

your name _____

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