



My Gratitude Journal

Name



I am grateful for...

Monday

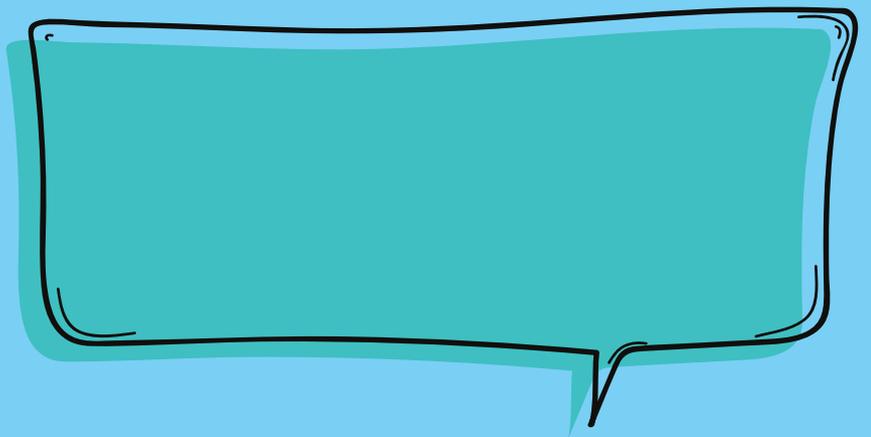
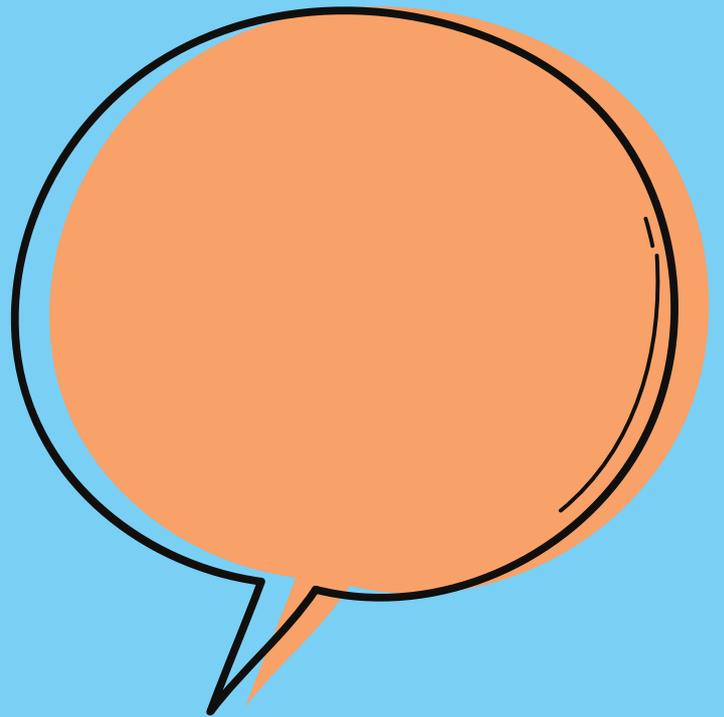
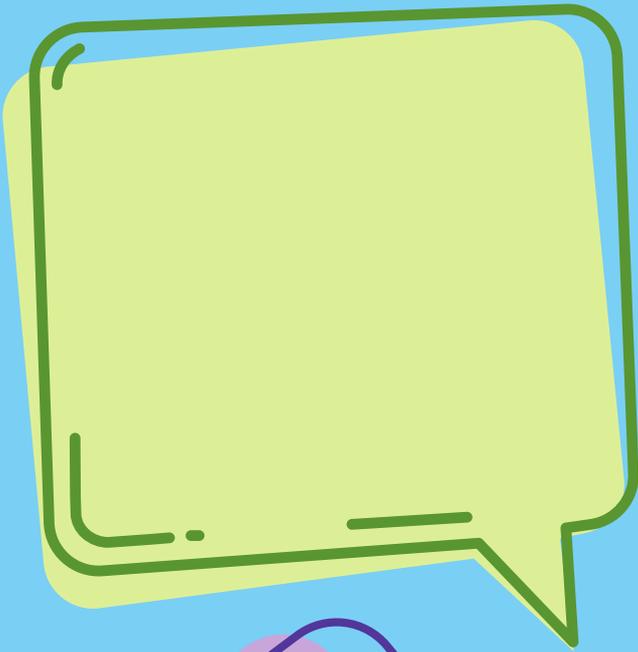
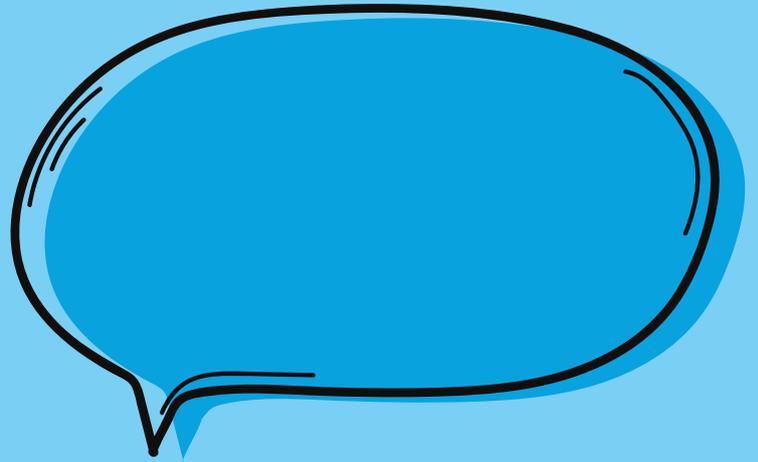
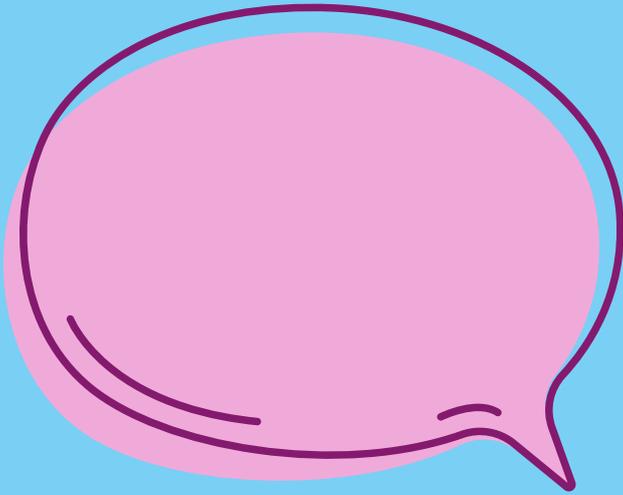
Tuesday

Wednesday

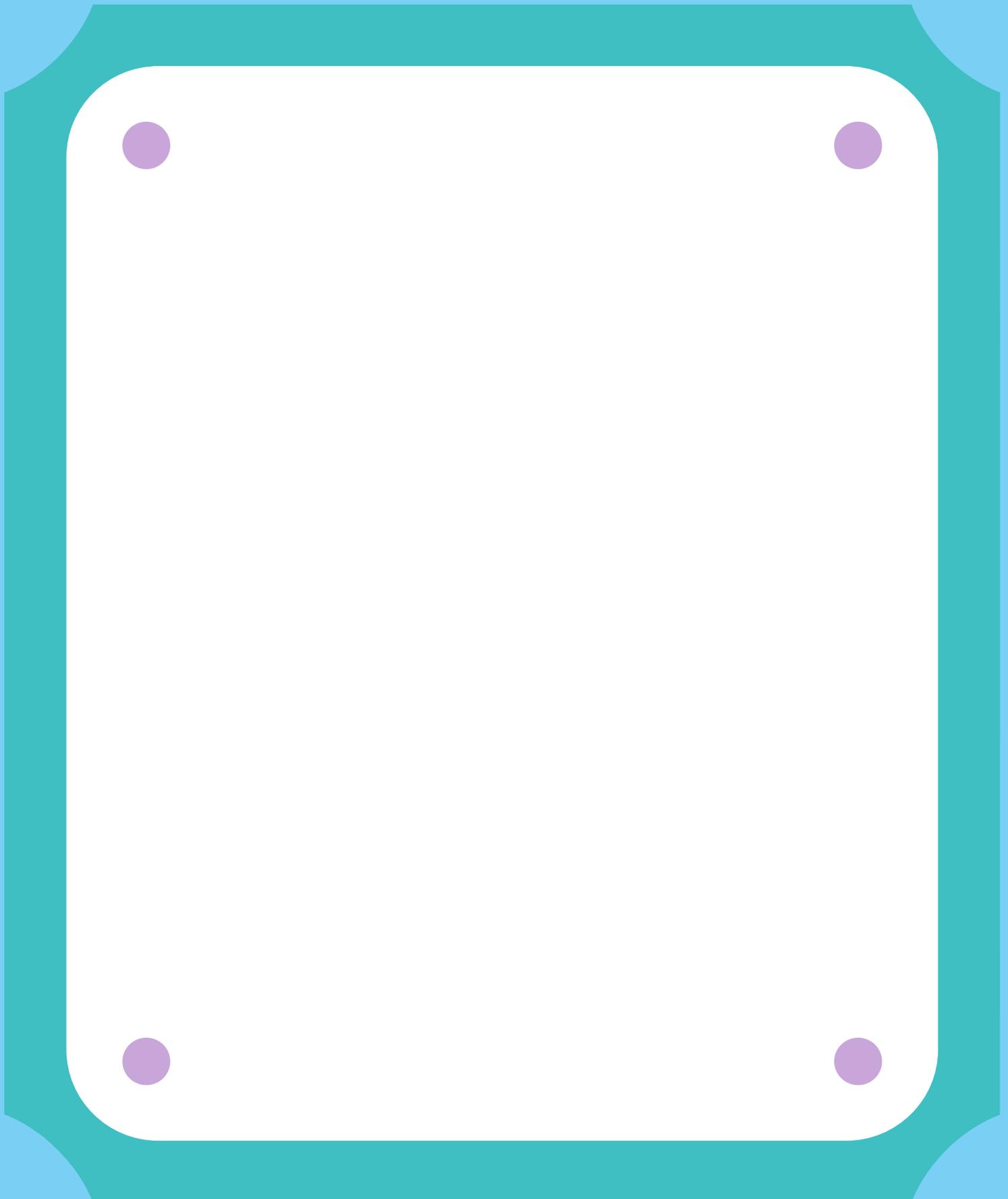
Thursday

Friday

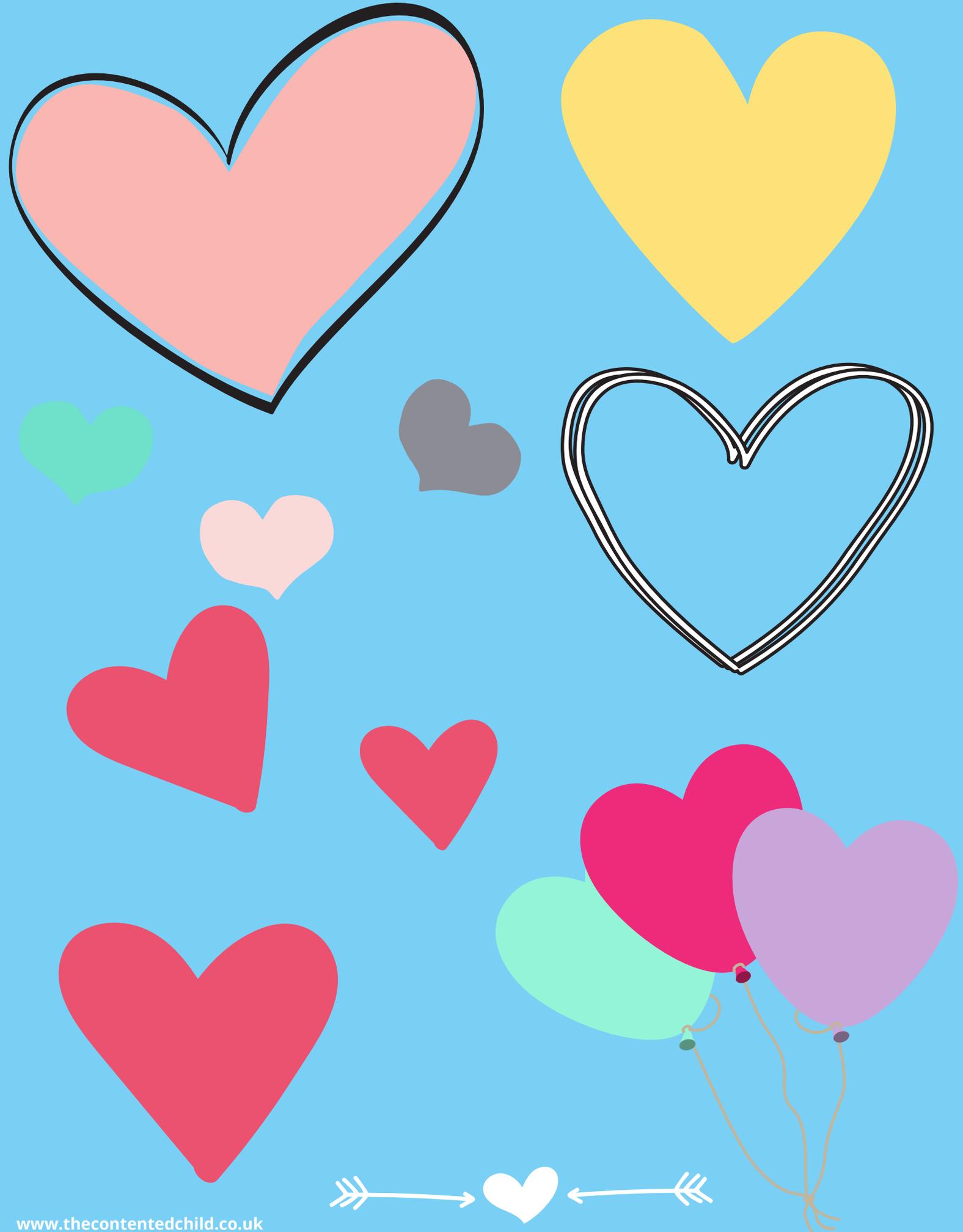
I am happy because...



Draw something that makes you smile



The people I am thankful for



Thank You Letters

THANK
YOU

Write a letter to someone to say Thank You

Positive Affirmations



I am kind



*I try my
hardest*



I never give up



I am loved



*I can do
difficult things*



I am helpful



The Contented Child



Lockdown 2021

Making memories