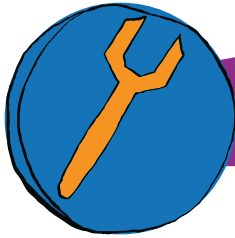


# MAKE IT FUN!



## TOOL 4B: GRATITUDE JOURNALS

### LINKED TO:

- Section 4.1



### WHY?

- To help kids to recognise that some of the good things in life are outside of themselves: in their relationships, in their environment.
- A gratitude journal is a bit like a diary but is different because it is all about affirming positive things in the life of the child. It might be celebrating something they did well, something they enjoyed, something special that they saw or something that made them feel good.



### WHO WITH?

- Kids aged 5 to 14 years



### TIME?

- Ongoing

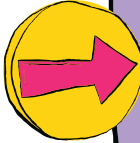


### YOU'LL NEED?

- an exercise book
- things to decorate the cover
- laminate



# MAKE IT FUN!



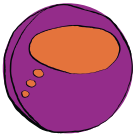
## WHAT TO DO:

- Decorate the cover of the book with pictures, stickers, drawings and paintings
- Explain that the journal is all about celebrating the positive things and experiences that they have come across
- If helpful, stick a list of possible questions that kids might like to answer, such as:
  - What was the best thing that happened today?
  - What's something I'm grateful for?
  - What did I do today that made me feel proud?
  - What did I most appreciate in someone else today?
  - What am I glad about today?
- Although we try not to have rules in an exercise like this, it might be good to set some guidelines like:
  - 'This journal is about celebrating good things about you and things that happen to you, about creating happy memories and about remembering good times. If you want to, keep everything else in a diary or somewhere outside these pages.'



## SOMETHING DIFFERENT?

- The child may acknowledge doing something nice for another person. Or, the child may make a connection to their world around them (that they liked watching their puppy sleep or the smell of the cut grass in the backyard).



## TO THINK ABOUT:

- A child, teen, or adult can spend a few minutes each night thinking about what has gone well during that day, and then list three of those things. This can become a relaxing bedtime routine. Young children can draw a picture, or say out loud for an adult to record, their three things. Children who can write on their own, can write their own list.