

Gratitude Journal



Appreciating Others

RESPOND to the idea of creating a gratitude journal by first discussing the meanings of the words gratitude and appreciation. Then think about times and reasons you have felt grateful and how you have shown your appreciation.



CONNECT your plans for journaling with personal examples. Remember that some objects of gratitude are physical (healthy meals, warm clothes), while others are intangible but just as real (being heard, remembered, or comforted). For whom or what do you feel grateful? Why? How did you or will you express your appreciation? What visual symbol will you sketch as you consider how you could illustrate the scene or feeling in your journal?



CREATE a Gratitude Journal. Make a draft on the pages to the right based on one of your examples. After you have explored the writing and illustration style you'll use for journaling, use a small notebook and continue to add to it regularly.

What I'm grateful for	Ways to show appreciation	Image ideas for journal planning
<i>Example: Grandma picks me up from school</i>	<i>Example: Extra hugs</i>	



PRESENT your draft page or show your more complete *Gratitude Journal* to someone special. Remind each other of simple acts of kindness and ways you can support one another to bring joy to those around you.

