



Gratitude Attitude

Activity #2

Print out and give each child a weekly gratitude journal page. During registration each day (or to be done at home each day) ask them to write three things that they are grateful for and why. This can be anything that makes them smile or that makes their day better in some way.

At the end of the week, all of the children can reflect on what they have written and how they feel seeing it written down.



Little Ruffle

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Weekly Gratitude Journal Chart



Little Ruffle

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What:	What:	What:	What:	What:	What:	What:
Why:	Why:	Why:	Why:	Why:	Why:	Why:
What:	What:	What:	What:	What:	What:	What:
Why:	Why:	Why:	Why:	Why:	Why:	Why:
What:	What:	What:	What:	What:	What:	What:
Why:	Why:	Why:	Why:	Why:	Why:	Why:

1

2

3