

30 DAYS OF GRATITUDE JOURNAL ENTRIES

GRADE LEVELS: 3-12

SUBJECT:

DATE:

TOPIC: THANKSGIVING JOURNAL ENTRIES

LESSON #

LESSON FOCUS AND GOALS:

STUDENTS WILL REFLECT ON EVERYDAY MOMENTS THAT KINDLE GRATITUDE THROUGH A SERIES OF JOURNAL ENTRIES. THE GOAL OF THIS ACTIVITY IS TO ENCOURAGE STUDENTS TO BE MINDFUL OF MOMENTS THEY ARE THANKFUL FOR.

MATERIALS NEEDED:

- THE ATTACHED SHEET
- WRITING UTENSIL
- JOURNAL NOTEBOOK

LEARNING OBJECTIVES:

STUDENTS WILL UTILIZE THEIR WRITING SKILLS TO REFLECT ON MOMENTS THAT BRING THEM GRATITUDE.

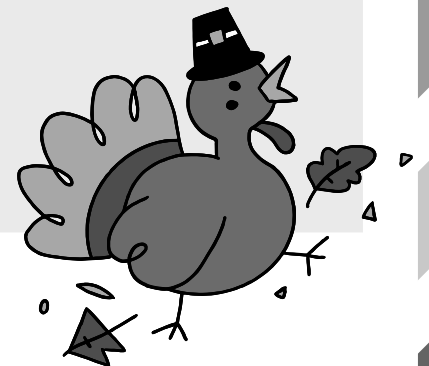
STRUCTURE/ACTIVITY:

IN THIS ACTIVITY, STUDENTS ARE GIVEN A SERIES OF QUESTIONS/JOURNAL PROMPTS THAT ENCOURAGE THEM TO REFLECT ON EVERYDAY MOMENTS.

STUDENTS ARE ASKED TO DOCUMENT THEIR RESPONSES IN A SEPARATE NOTEBOOK. THE TOP OF EACH JOURNAL ENTRY SHOULD BE LABELED WITH THE PROMPT AT THE TOP.

ONCE A JOURNAL ENTRY IS COMPLETE, STUDENTS ARE ASKED TO PLACE AN "X" IN THE CHECKBOX THAT CORRESPONDS WITH THE PROMPT.

NOTES:



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For each day of the month, use the following journal prompts to reflect on everyday moments of gratitude, and document them in your notebook. Once you complete a journal entry, place an "X" in the box that corresponds.

- 1. What was the last thing that made you smile? Why?
- 2. Draw a picture of the thing you are most grateful for.
- 3. What do you love about your friends?
- 4. List 3 things you're grateful you learned this year.
- 5. Where is your favorite place to go?
- 6. What makes you feel most comfortable?
- 7. What do you love about yourself?
- 8. Who do you admire most and why?
- 9. What is something fun that you get to do later?
- 10. Name one thing you love about school.
- 11. Name a kind thing someone did for you recently.
- 12. Name one person you really trust and why.
- 13. Name a song that makes you happy and why.
- 14. What is a hobby that you enjoy?
- 15. Name a place you love to explore and why.
- 16. What is your favorite book? Why is it your favorite?
- 17. Describe a time when someone surprised you.
- 18. What is something you are looking forward to and why?
- 19. Name something that satisfied you today and why.
- 20. What are you passionate about?
- 21. What is something that makes you feel relaxed?
- 22. Share about a time you reached a goal.
- 23. Describe something that is fun to you. Why?
- 24. Name someone who has impacted you in a positive way. How?
- 25. Name five things that you couldn't live without. Why?
- 26. What's your favorite day of the week and why?
- 27. What is a tradition that you enjoy? Why?
- 28. Share the last thing that made you laugh.
- 29. Name a smell that brings you joy.
- 30. Explain a challenge you've overcome and how.

