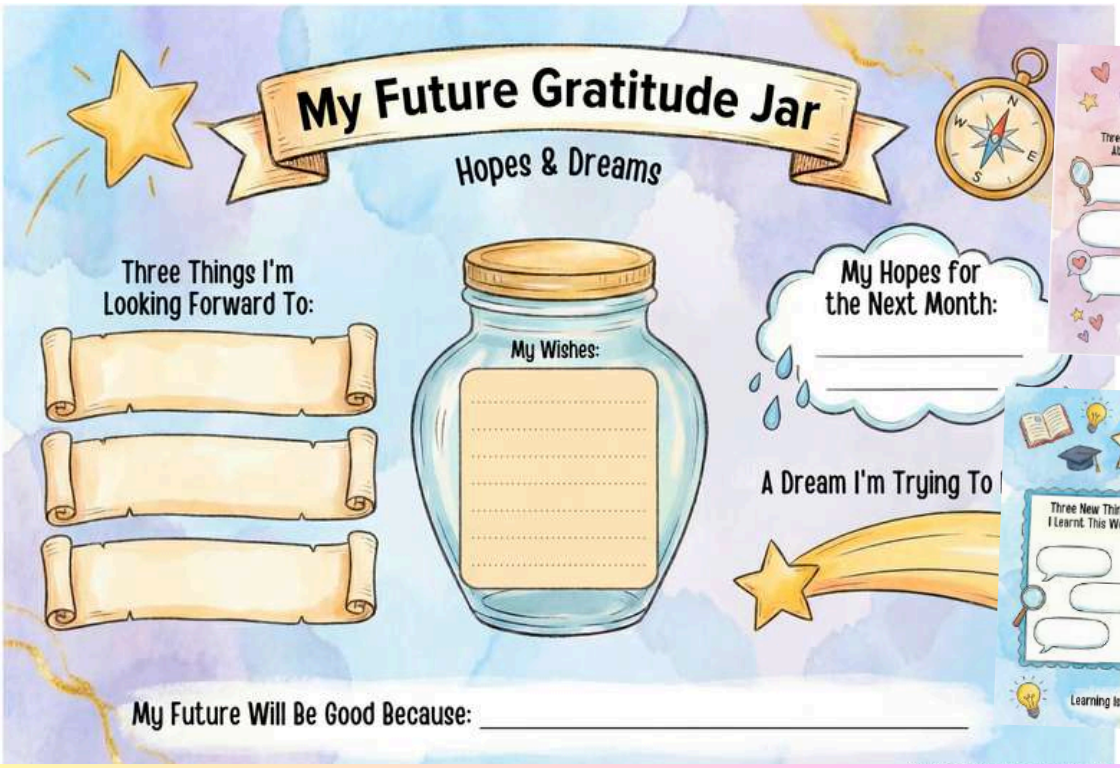
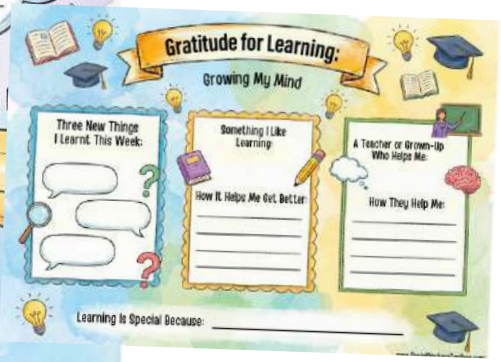
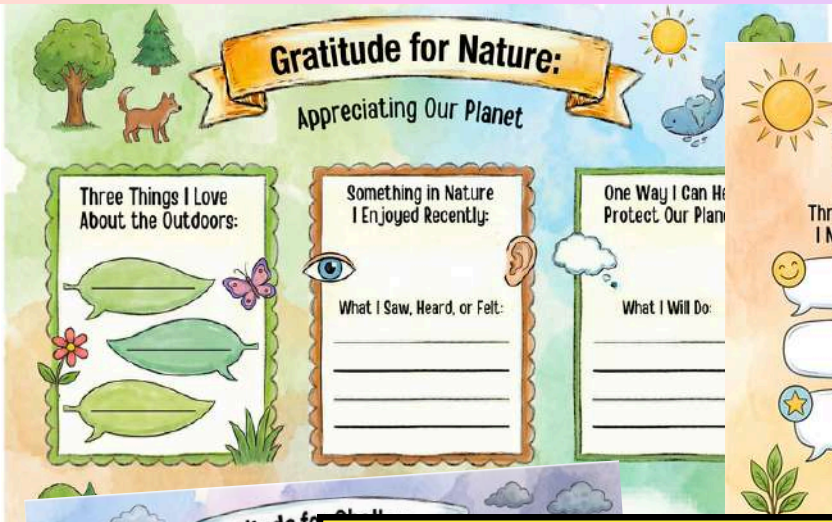
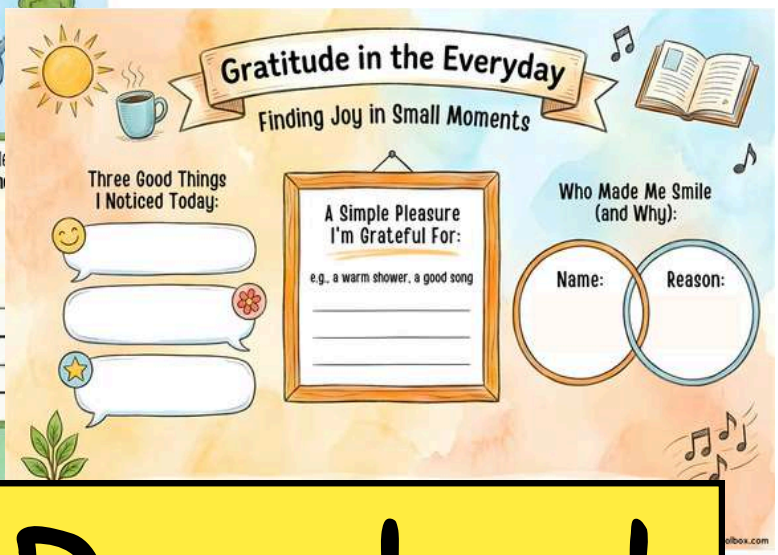




Children's Gratitude & Mindfulness Worksheets

www.SocialWorkersToolbox.com





Free Download

22 Sheets

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

Gratitude in the Everyday

Finding Joy in Small Moments

Three Good Things I Noticed Today:

A Simple Pleasure I'm Grateful For:

e.g., a warm shower, a good song

Who Made Me Smile (and Why):

Name:	Reason:

Today's Grateful Thought: _____

Gratitude for My Growth

Learning & Evolving

A Hard Thing That Made Me Stronger:

Something I've Learnt About Me:

One Way I've Changed Since Last Year:

Then → Now

My Strength Is: _____

Gratitude for Connections

People Who Matter

A Friend I Like (and Why):

_____

_____

_____

_____

_____

_____

Someone Who Helps Me:

How They Help Me:

_____

_____

_____

_____

Something Good That Happened Recently:

_____

_____

_____

People Who Care About Me: _____

Gratitude for Myself:

Celebrating Who I Am

Three Things I Like About Myself:

Something I Did To Look After Myself:

How It Made Me Feel:

_____

_____

_____

_____

A Skill or Talent I'm Proud Of:

Why It's Special to Me:

_____

_____

_____

_____

I Am Important Because: _____

My Future Gratitude Jar

Hopes & Dreams

Three Things I'm Looking Forward To:

My Wishes:

My Hopes for the Next Month:

_____

_____

A Dream I'm Trying To Reach:

My Future Will Be Good Because: _____

Gratitude for My World:

Appreciating Nature & Community

Three Things I Love About Nature:

A Kind Thing I Saw (or Did)

How It Made a Difference:

_____

_____

_____

_____

My Favourite Place to Relax and Think:

Why It's Special:

_____

_____

_____

_____

My World is Beautiful Because: _____

Gratitude for My Future:

Dreams & Goals

Three Goals I'm Trying To Reach:

Something I'm Excited to Learn or Do:

How I Can Do It:

Someone Who Helps Me Do My Best:

How They Help Me:

Good Things Will Happen Because: _____

Gratitude for My Body & Health:

Nurturing My Well-being

Three Ways My Body Helped Me Today:

A Healthy Choice I Made Today:

How It Made Me Feel:

_____

_____

_____

_____

Something I Love About My Health:

Why I'm Grateful about It:

_____

_____

_____

_____

I Respect My Body By: _____

Gratitude for Learning:

Expanding My Mind

Three New Things I Learnt This Week:

A Mistake That Helped Me Learn:

The Lesson I Learnt:

A Teacher or Grown-up I Like:

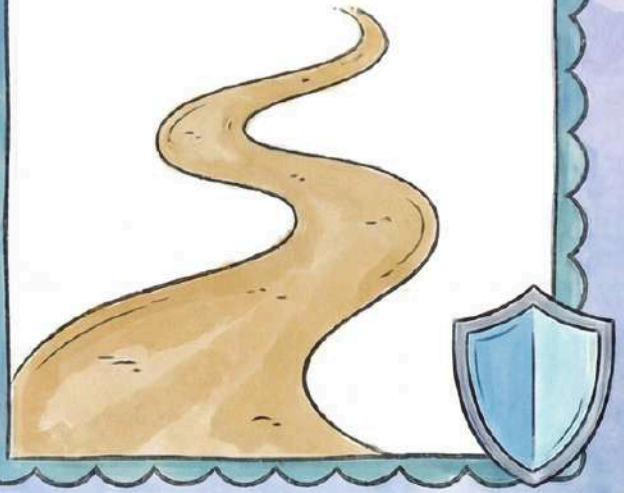
How They Help Me Get Better at Things:

Learning Makes Me Feel: _____

Gratitude for Challenges:

Growing Through Difficulty

A Hard Thing That Happened:



My Strengths That Helped Me Through It:

How I Used Them:

_____

_____

_____

_____

What I Learned About Myself:

Something I Learnt That Will Help Me:

_____

_____

_____

_____

I Am Stronger Because: _____

Gratitude for Creativity & Expression:

Finding My Voice

Three Creative Activities I Enjoy:

A Project or Piece of Art I'm Proud Of:

Why It's Special to Me:

How I Show My Ideas:

My Favourite Way to Share My Ideas:

My Creativity Is a Gift Because: _____

Gratitude for Memories & Experiences:

Cherishing Special Moments

Three Favourite Memories from This Year:

A Place I've Visited That I Loved:

Why It Was Special:

An Experience I'm Grateful For:

How It Affected Me:

My Memories Make Me Smile Because: _____

Gratitude for Myself:

Celebrating My Uniqueness

Three Things I Like About My Personality:

A Compliment I've Received That I Liked:

Why It Was Important to Me:

How I Show Myself Love and Kindness:

My Favourite Way to Care for Myself:

I Am Grateful to Be Me Because: _____

Gratitude for Fun & Laughter:

Finding Joy in Play

Three Things That Made Me Laugh Recently:

A Hobby or Game I Enjoy and Why:

How It Makes Me Feel:

A Fun Memory I Have with Friends:

Why It Was So Much Fun:

Fun and Laughter Make Me Feel: _____

Gratitude for Learning:

Growing My Mind

Three New Things I Learnt This Week:

Something I Like Learning:

How It Helps Me Get Better:

_____

_____

_____

_____

A Teacher or Grown-Up Who Helps Me:

How They Help Me:

_____

_____

_____

_____

Learning Is Special Because: _____

Gratitude for Nature:

Appreciating Our Planet

Three Things I Love About the Outdoors:

_____

_____

_____

Something in Nature I Enjoyed Recently:

What I Saw, Heard, or Felt:

_____

_____

_____

_____

One Way I Can Help Protect Our Planet:

What I Will Do:

_____

_____

_____

_____

The World Is Beautiful Because: _____

Gratitude for My Future Self:

Hopes & Dreams

A Dream I Am Working Towards:

A Goal I Want to Achieve This Year:

Steps I Will Take:

A Good Skill I Want to Get Better at:

How I Will Practise It:

My Future is Bright Because: _____

Gratitude for Kindness:

Spreading Love & Positivity

Something Kind Somebody Did for Me Recently:

Something Kind I Did for Someone Else:

How It Made Them Feel:

_____

_____

_____

_____

A Person Who is Always Kind to Me:

What I Like About Them:

_____

_____

_____

_____

Kindness Makes the World Better Because: _____

Gratitude for My Feelings:

Caring About My Feelings:

A Recent Emotion I Felt & Learned From:

A Positive Feeling I Want to Have More:

How I Can Practise It:

A Difficult Feeling I Learnt to Feel OK With:

What Helped Me Accept It:

All My Feelings Matter Because: _____

Gratitude for My Strengths:

Celebrating My Unique Abilities

Three Strengths I Am Proud Of:

A Skill or Talent I've Worked Hard to Develop:

How I Use It to Help Myself or Others:

A Good Thing About Me That I Like:

Why This Good Thing Matters:

My Strengths Are a Gift Because: _____

Gratitude for My Belongings

Appreciating What *I Have*

Three Favourite Toys or Gadgets:

A Belonging That Brings Me Joy:

How It Makes Me Feel:

Something Useful I'm Grateful For:

Why It's Important to Me:

I Can Care for My Belongings By: _____

Gratitude for Food & Water:

Nourishing My Body

Three Tasty Foods I Ate Today:

A Meal That I Enjoyed :

How It Made Me Feel:

Why Clean Water Is Important to Me:

Why I'm Grateful for It:

I Can Help My Body By: _____

Gratitude for Pets & Animals:

Furry, Feathered & Scaly Friends

Three Animals I Love or Admire:

_____

_____

_____

A Pet or Animal That Makes Me Happy:

How They Make Me Feel:

_____

_____

_____

_____

What Animals Can Teach Me:

Why This Lesson Matters:

_____

_____

_____

_____

I Can Be Kind to Animals By: _____

About this Resource

This free Gratitude and Mindfulness diary is a child friendly, printable PDF designed to help children, young people and adults slow down, notice positives and build emotional wellbeing. The worksheets encourage users to reflect on everyday moments, develop self awareness and practise simple mindfulness by paying attention to thoughts, feelings and experiences. The diary helps children recognise what brings them joy, who supports them and how they have grown over time.

The resource includes a wide range of illustrated pages covering themes such as gratitude in daily life, personal growth, connections with others, self compassion, hopes and dreams, nature and community, body and health, learning, challenges, creativity, memories, fun and laughter, personality and strengths. The prompts guide children to explore three good things they noticed today, something that made them stronger, someone who helped them, a skill they are proud of, a simple pleasure they enjoyed, a kind thing they saw, a feeling they learnt from and what they hope for in the future. These reflective tasks support emotional literacy, mindfulness skills and positive thinking.

This diary can be used by parents, carers, teachers, social workers, counsellors, therapists, youth workers, pastoral teams and mental health practitioners. It is suitable for direct work, emotional wellbeing sessions, early help, therapy, counselling, PSHE lessons, youth groups or home use. The activities help children build resilience, confidence, self esteem, coping skills and awareness of their own strengths. It is also helpful for children who experience anxiety, low mood or find it hard to recognise positive experiences.

This downloadable PDF is ideal for anyone searching for gratitude journals for kids, mindfulness worksheets, wellbeing printables, reflective diary pages, positive psychology tools, therapy resources, counselling materials or printable gratitude and mindfulness activities that support emotional wellbeing and self awareness.