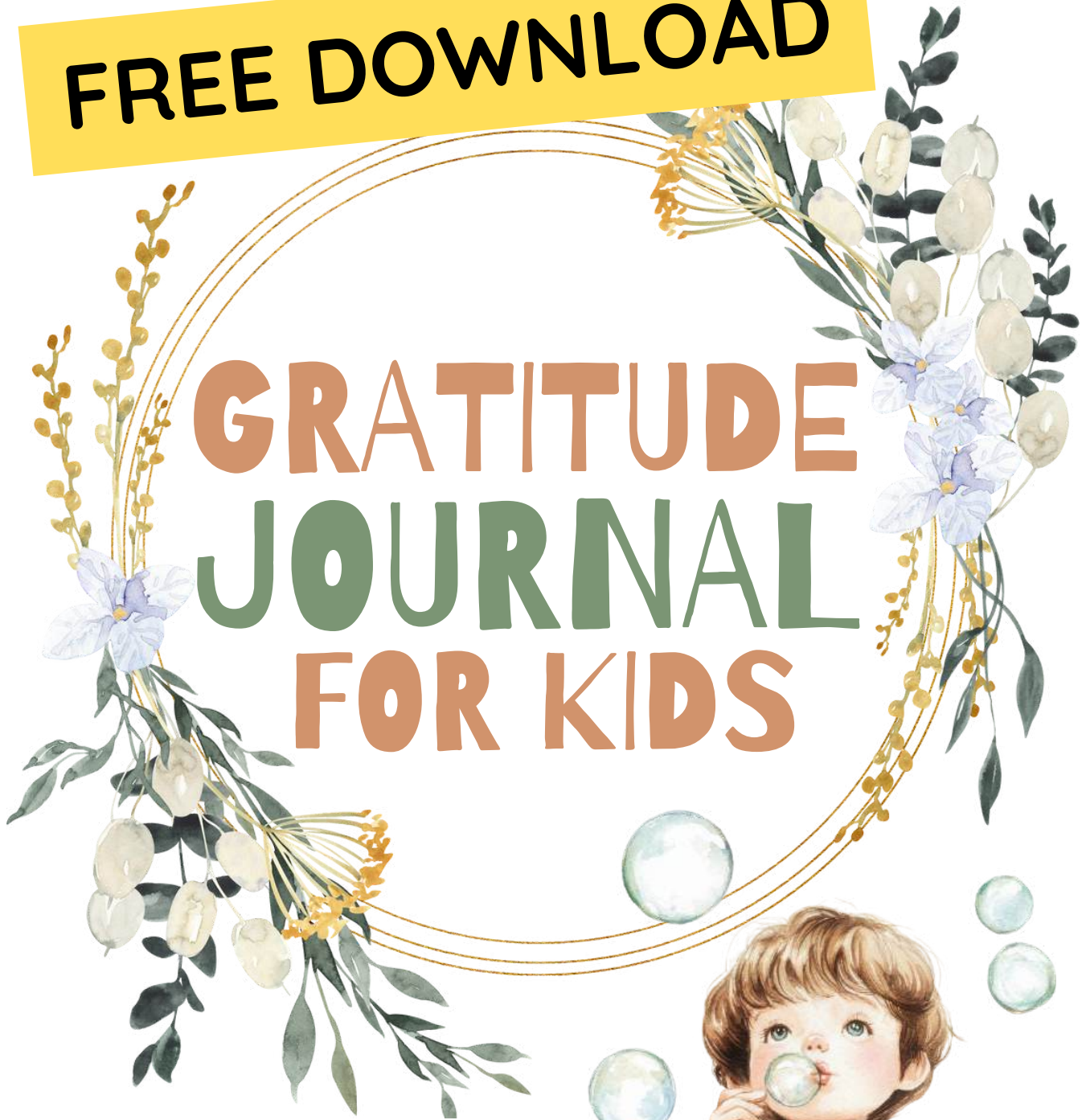


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GRATITUDE JOURNAL FOR KIDS



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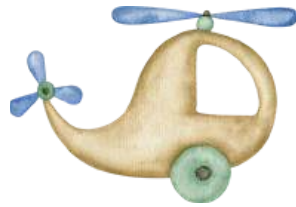
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3 WWW.FEELINGSHELPBOX.COM



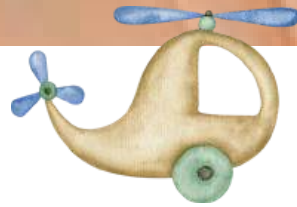
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GRATITUDE JOURNAL FOR KIDS

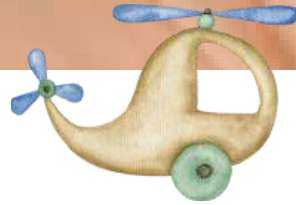
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THIS IS ME

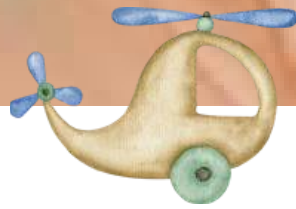




MY FAMILY

Draw a picture of the people in your family and write their names. Don't forget to add any pets if you have them.





WHAT IS GRATITUDE?

Gratitude means noticing the good things in life and feeling thankful for them.

It is about saying “thank you” for people, places, and moments that make you happy.

BEING GRATEFUL CAN...

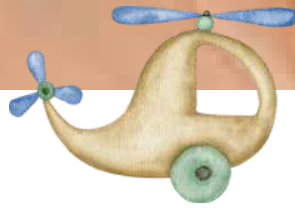


- help you feel calm and happy
- make you feel less lonely
- lift your mood and confidence
- help you see the bright side
- make everyday life feel nicer
- help you sleep better
- bring you closer to others



**START EACH DAY WITH
A GRATEFUL HEART.**





GRATEFUL TO BE ME

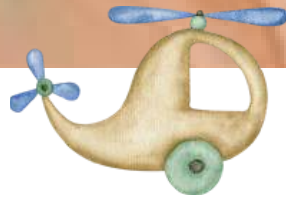
What is something you are proud of?

What is something you are getting better at?



Write four things you like about yourself:





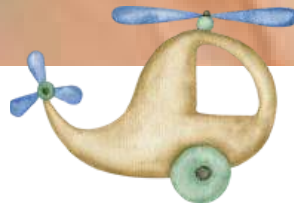
GRATITUDE ACTIVITY: PEOPLE

People can brighten our day, help us when we need it, or simply make us smile. It feels good to notice those who care about us.



Think of someone who has done something kind for you. Write about who they are and why you are thankful for them:





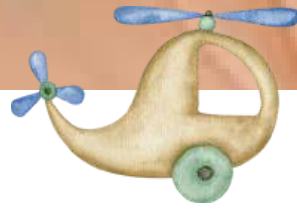
GRATITUDE ACTIVITY: SPECIAL THING

Some things we have can
bring comfort, joy, or
make life easier.
They might be gifts, toys,
or something we use
every day.



**Think of one thing you are glad to have.
Write about what it is and why it matters to you:**





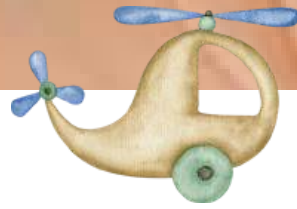
GRATITUDE ACTIVITY: A MOMENT



Some moments stay with us because they made us feel proud, happy, or cared for. Remembering these moments can help us feel good inside.

**Think of a time that made you feel thankful.
Write about what happened and why
it was special to you:**





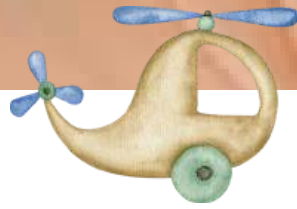
GRATEFUL FOR MY FAMILY

How does your family make your life better?

Draw a family member you are thankful for.

What is something unique or special about your family that you are grateful for?





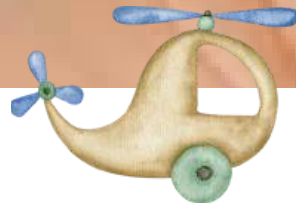
GRATEFUL FOR MY FRIENDS

What are the names of your friends?

Draw something you enjoy doing with a friend.

What do you appreciate most about them?





GRATEFUL FOR NATURE

Draw your favorite place in nature.



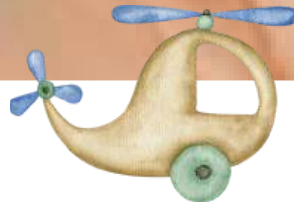
What is your favourite thing to do outdoors?



Which season do you enjoy the most?

What animal are you most thankful for?





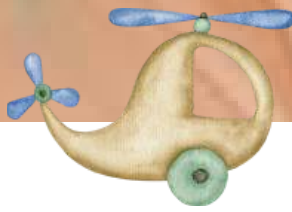
GRATEFUL FOR MY HOME

What is your favorite place at home?

Draw your favorite place at home.

What are your favorite things at home?

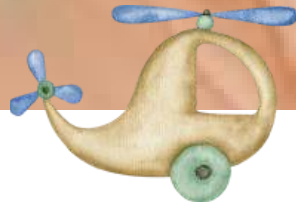




PEOPLE I AM GRATEFUL FOR

Write the names of six people you are thankful for:





THE THINGS I LOVE

What I love about myself

What I love about my family

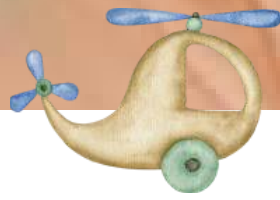
What I love about my school

I love this color

I love this smell

I love this weather





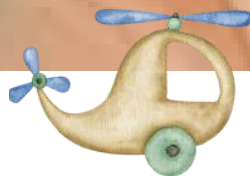
FEELING GRATEFUL

Who or what are you thankful for today?

How did it make your day better?

What is one kind thing you could do to show your thanks?





DAILY GRATITUDE

Date: _____

Three moments I am thankful for today:

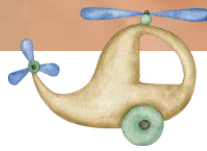
One person I am glad to have in my life:

One wonderful thing that happened today:

One thing I did well today:

One thing I am excited about:





MY DAILY JOURNAL

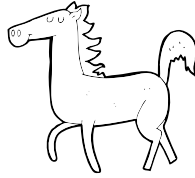
Today I felt



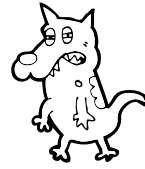
Excited



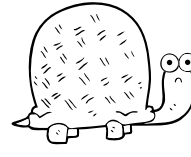
Happy



Proud



Scared

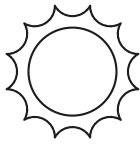


Sad



Frustrated

The weather was



Sunny



Cloudy



Windy



Rainy



Stormy



Snowy

Three things I'm grateful for today:

Three horizontal bars for writing: a light pink bar, a red bar, and a green bar.

The best part of today:

A large light blue rounded rectangle for writing.

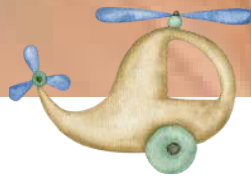
Something I learned today:

A light pink rounded rectangle for writing.

Today I helped:

A light pink rounded rectangle for writing.





GRATEFUL JOURNAL

Date: _____ M T W T F S S

Today I feel:



Today I'm thankful for:

Something I like about me:

I feel happy when:

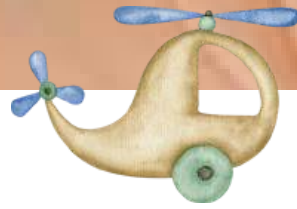
The best part of my day:

A silly thought I had:

Favourite food today:

Tomorrow I want to:





MY DAILY CHECKLIST

Tick the ones you followed today:

Be kind to others

Be gentle

Be patient

Be friendly

Tell the truth

Be forgiving

Be a good listener

Be polite

Be brave

Be responsible

Be helpful

Be caring

Be respectful

Be fair

Be curious

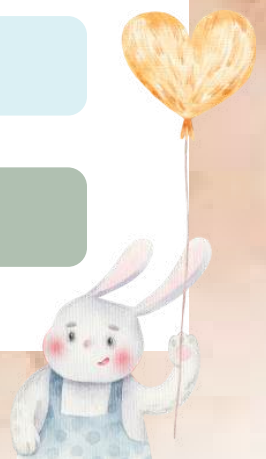
Be positive

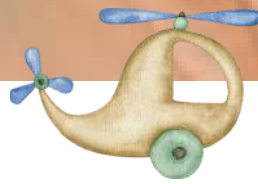
Be calm

Be proud

Be thankful

Be myself





DAILY GRATITUDE

Date: _____

What are some things you are thankful for today?

Pick a positive word for today:

Circle the word that matches your mood:



happy



confused



sad



scared

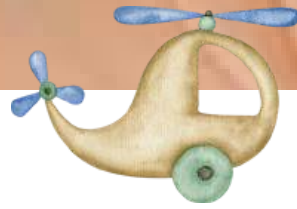


excited



angry





GRATEFUL JOURNAL

Date: _____ MONDAY

Today I'm
thankful for:

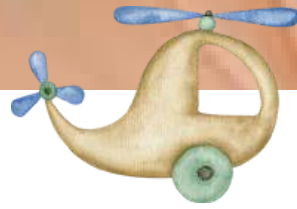
Something I'm
proud of:

A kind or positive thought for myself today:

Something I'm looking
forward to tomorrow:

Notes or drawings:





GRATEFUL JOURNAL

Date: _____ TUESDAY

Today I'm
thankful for:

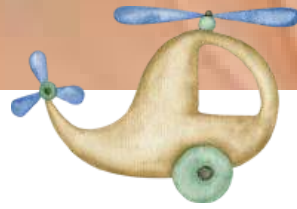
Something I'm
proud of:

A kind or positive thought for myself today:

Something I'm looking
forward to tomorrow:

Notes or drawings:





GRATEFUL JOURNAL

Date: _____ WEDNESDAY

Today I'm
thankful for:

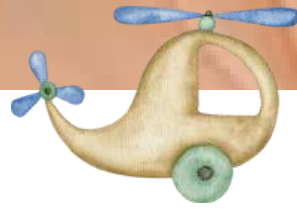
Something I'm
proud of:

A kind or positive thought for myself today:

Something I'm looking
forward to tomorrow:

Notes or drawings:





GRATEFUL JOURNAL

Date: _____ THURSDAY

Today I'm
thankful for:

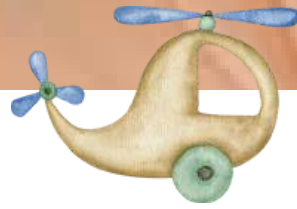
Something I'm
proud of:

A kind or positive thought for myself today:

Something I'm looking
forward to tomorrow:

Notes or drawings:





GRATEFUL JOURNAL

Date: _____

FRIDAY

Today I'm
thankful for:

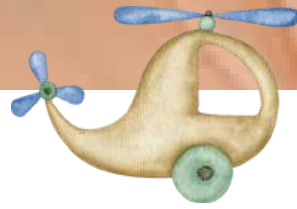
Something I'm
proud of:

A kind or positive thought for myself today:

Something I'm looking
forward to tomorrow:

Notes or drawings:





GRATEFUL JOURNAL

Date: _____ SATURDAY

Today I'm
thankful for:

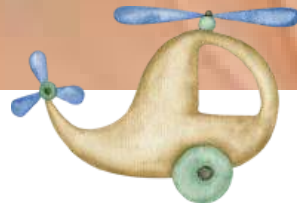
Something I'm
proud of:

A kind or positive thought for myself today:

Something I'm looking
forward to tomorrow:

Notes or drawings:





GRATEFUL JOURNAL

Date: _____ SUNDAY

Today I'm
thankful for:

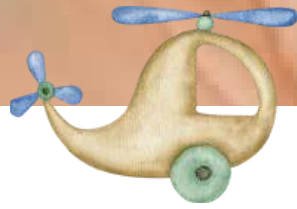
Something I'm
proud of:

A kind or positive thought for myself today:

Something I'm looking
forward to tomorrow:

Notes or drawings:





BEDTIME GRATITUDE

Today I'm grateful for:

Person:

Place:

Book:

Animal:

Food:

Song:

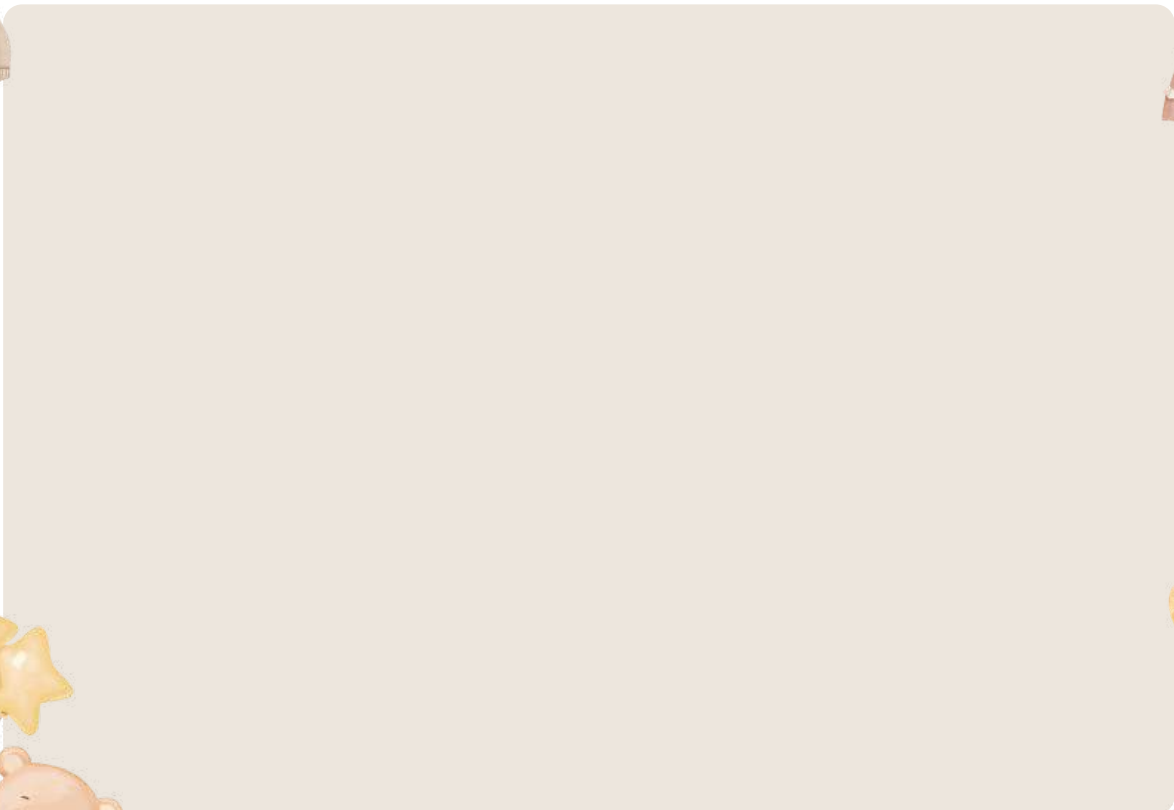
Drink:

Game:

Movie:

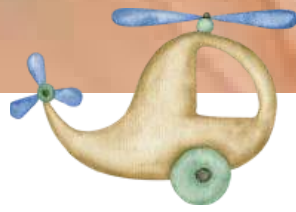
Holiday:

DRAW SOMETHING SPECIAL



GOOD NIGHT. SLEEP WELL.





WEEKLY GRATITUDE

Each day brings something to be thankful for.
Write one thing you are grateful for each day this week.

Monday

Tuesday

Wednesday

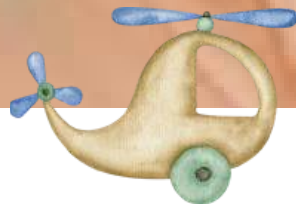
Thursday

Friday

Saturday

Sunday

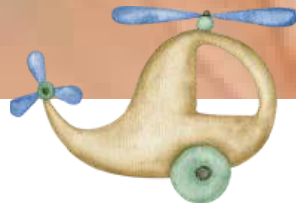




MORNING GRATITUDE JAR

In the jar below, write or draw all the things you feel thankful for this morning!

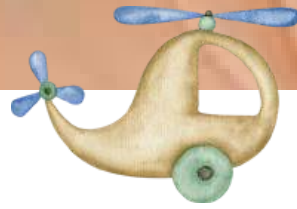




EVENING GRATITUDE JAR

Before going to sleep, think about your day and write or draw the best moments inside the jar.



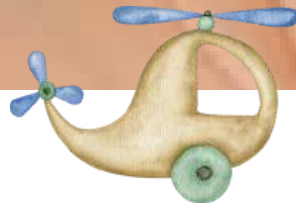


GIFT OF GRATITUDE

Gratitude is like a gift we can share every day — through kind words, caring actions, or even a smile.

Use this space to make a little gift of thanks for someone special. You can write them a kind note, draw a picture, or simply say “thank you” from your heart.





I AM GRATEFUL FOR

Being grateful means noticing the people, things, and moments that make you happy. It is a way of saying “thank you” for the good things in your life.

Can you think of something you are thankful for that starts with each letter of the alphabet?

Write one for each letter below!



A _____

N _____

B _____

O _____

C _____

P _____

D _____

Q _____

E _____

R _____

F _____

S _____

G _____

T _____

H _____

U _____

I _____

V _____

J _____

W _____

K _____

X _____

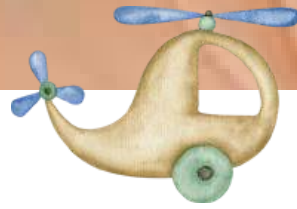
L _____

Y _____

M _____

Z _____





GRATEFUL WORD SEARCH

Here are lots of wonderful things to be thankful for.
Can you find and circle all the grateful words hidden in the puzzle?



JOY
LOVE
GAMES

WARMTH
PETS
SEASONS

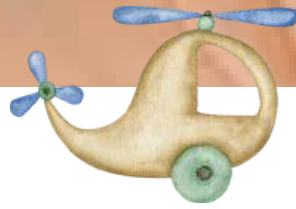
FREEDOM
SCHOOL
FRIENDS

PARTIES
FOOD
FAMILY



Q	B	F	F	R	I	E	N	D	S
S	W	F	Q	S	E	A	V	S	W
C	A	R	P	E	D	J	P	C	A
E	R	E	B	A	G	N	V	H	M
P	M	E	F	S	R	Z	D	O	I
E	T	D	O	O	O	T	U	O	L
T	H	O	O	N	T	N	I	L	Y
S	J	M	D	S	Y	J	L	E	X
G	A	M	E	S	L	O	V	E	S
N	V	T	S	B	P	Y	T	Z	W





GRATITUDE BINGO

Try to complete all the actions below to share kindness and joy with others!
Can you fill the whole grid?

1

Help someone today without being asked

2

Write a thank-you note to someone special

3

Hug someone you care about

4

Give someone a kind compliment

5

Leave a kind note for someone to find

6

Draw something you are grateful for and give it to someone

7

Share your snack or treat with a friend

8

Say "thank you" to an adult who helps you

9

Make a small handmade gift for someone you care about

10

Write down three things you are thankful for today

11

Ask someone in your family how they are feeling

12

Tell your family one good thing about your day

13

Say "thank you" to the person who made your food

14

Tidy something up without being told

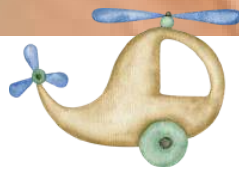
15

Be kind to someone new or try to make a new friend

16

Spend time with your family without using screens





I AM THANKFUL

Do you enjoy spending time outdoors?
Tick the things in nature you feel thankful for:



TREE



SUN



ANIMALS



STARS



GRASS



FLOWERS



RAINBOW

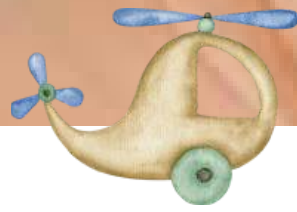


CLOUDS

Is there something else in nature you are grateful
for that is not on the list? Write it here:

Large empty rectangular box for writing.





GRATITUDE SCAVENGER HUNT

Find something that feels warm, cosy, or safe.

Find something that reminds you of a happy time.

Find a little treasure from nature (like a leaf, flower, or pebble).

Find a book or story that makes you smile.

Find something that reminds you of someone you love.

Find something colourful that you enjoy looking at.

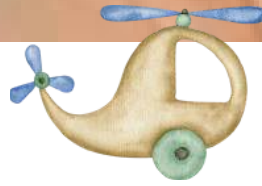
Find something that smells nice.

Find something that makes you giggle when you look at it.

Find something that helps you feel calm and peaceful.

Find something special that someone gave you.

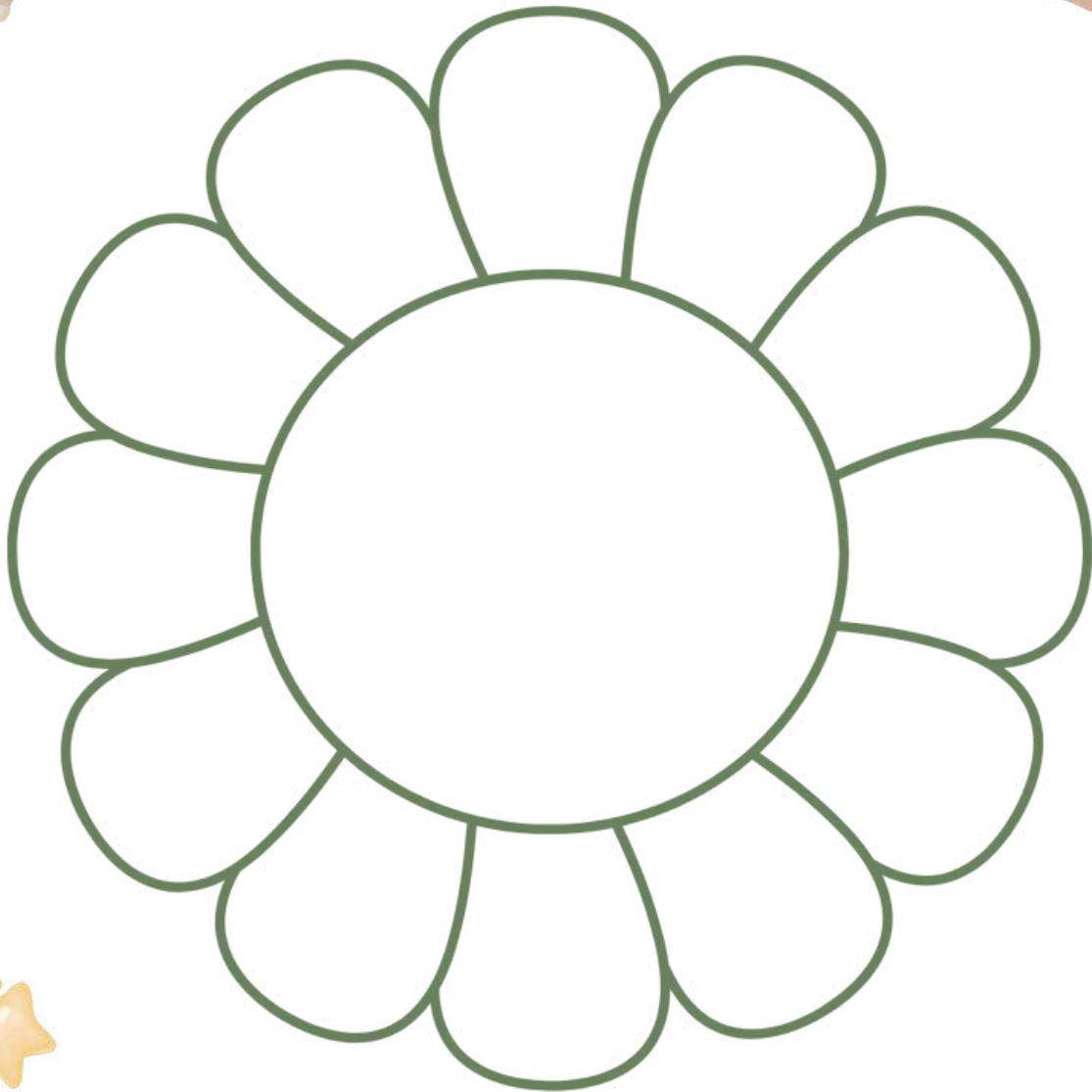


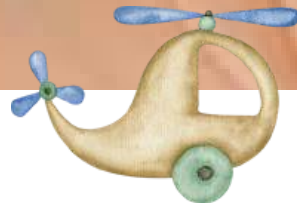


MY FLOWER OF GRATITUDE



Write down the people, animals, things, or moments you feel thankful for today. You can write one in each petal of the flower.





GRATITUDE CHALLENGE



Let us go on a fun gratitude adventure together!
Try to complete each challenge below to
spread kindness and fill your heart with joy.
Tick the heart each time you complete one —
how many can you do?

Give a hug to
someone you
care about

Draw
something that
makes you
happy

Write three
things you love
about your life

Say something
kind to
yourself

Leave a kind
note for
someone to
find

Write down
something you
are proud of

Sit quietly and
think about
what makes
you feel
lucky

Help someone
without being
asked

Draw a picture
for someone to
cheer them up

