

## Gratitude Journal

- Journal
- Coloring Pencils
- Stickers



### Instructions:

1. Decorate your family gratitude journal together.
2. As a family, think about what and who you are grateful for.
3. Write and draw pictures together of the people and things you came up with in your gratitude journal.
4. Make it an everyday practice to think of something to be grateful for.

### Questions to Ask Your Child

- Point out when someone does something nice or helpful for your child. "Your box of books is so heavy! I saw your sister helped you carry it into the other room. What can you do to let her know that you appreciate her help?"
- Build gratefulness into your routines to create a habit of being thankful. At dinnertime, before you go to sleep, or before your family starts the day, ask "What is something we're grateful for today?"

"In the world of positive psychology, gratitude is strongly linked with happiness. When people practice acts of gratitude, they feel happy. In one study led by Dr. Robert A. Emmons and Dr. Michael E. McCullough, subjects who wrote down things they were grateful for that happened during the week for ten weeks were more optimistic and felt better about their lives than the subjects who wrote about daily irritations. They also exercised more and had fewer visits to a physician.

Gratitude fosters happiness, which enables people to cope with stress and setbacks. People who are grateful are likely to be more hopeful, energetic, empathic and helpful to others. They are also less likely to be depressed, anxious or envious of others. In short, practicing gratitude and holding on to positive emotion leads to greater overall happiness."

Excerpt from: [www.pbs.org/parents/thrive/for-greater-happiness-teach-gratitude](http://www.pbs.org/parents/thrive/for-greater-happiness-teach-gratitude)