

# Gratitude Reflection Journal for Educators and Families

## Directions for Teachers or Families

This journal is meant to help you, and the children you guide, experience gratitude. Young children build gratitude through noticing, naming, and feeling connected to others. Use these reflections to slowdown together and nurture that awareness.

## How to Use

1. Create a Pause: Choose a quiet time each day or week (e.g., after snack or outdoor play). Begin with a breath together.
2. Notice Together: Gently guide attention to what's around—"What do you see that makes you feel calm?" "What are your hands touching?" "Who helped you today?"
3. Model Gratitude: Share something simple and genuine: "I'm thankful for the wind on my face," or "I feel grateful when you help a friend."
4. Invite Sharing: Children can speak, draw, or simply point. Allow silence—it's part of reflection.
5. Reflect Back: Affirm with empathy: "You noticed your friend shared with you. That feels kind." Additional Activity Idea: "Gratitude Walk & Talk" Purpose: To help children feel gratitude through sensory awareness and connection.

## Steps:

1. Take a Slow Walk (indoors or outdoors).
2. Invite children to move slowly, using all their senses: What do you see that you like? What do you hear that makes you smile? What do you feel on your skin or under your feet?
3. Pause for Reflection.
4. Stop in one spot and say:
5. "Let's take a deep breath and think about something here that we're thankful for."
6. Pair Share or Circle Time Return.
7. Once back inside, ask:
8. "What did you notice that made you feel grateful today?"
9. Children can share verbally, draw it, or use the journal page to mark their moment of gratitude.
10. Close with Connection.
11. Have everyone turn to a partner and say one kind thing, such as:
12. "I'm glad you're in our class," or "Thank you for walking with me."

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"Someone who made my day easier..."  
"A small win I noticed..."  
"Something I want to remember about today..."

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