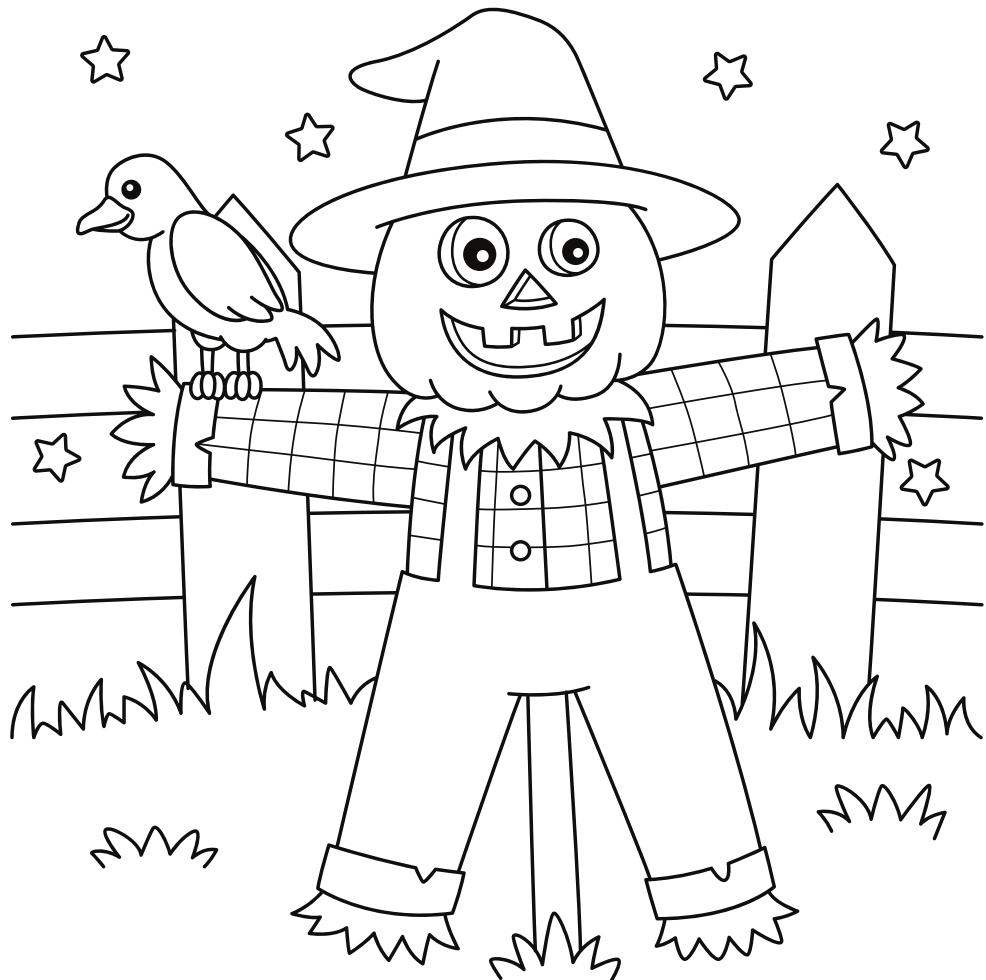


MY FALL GRATITUDE JOURNAL



MY NAME: _____



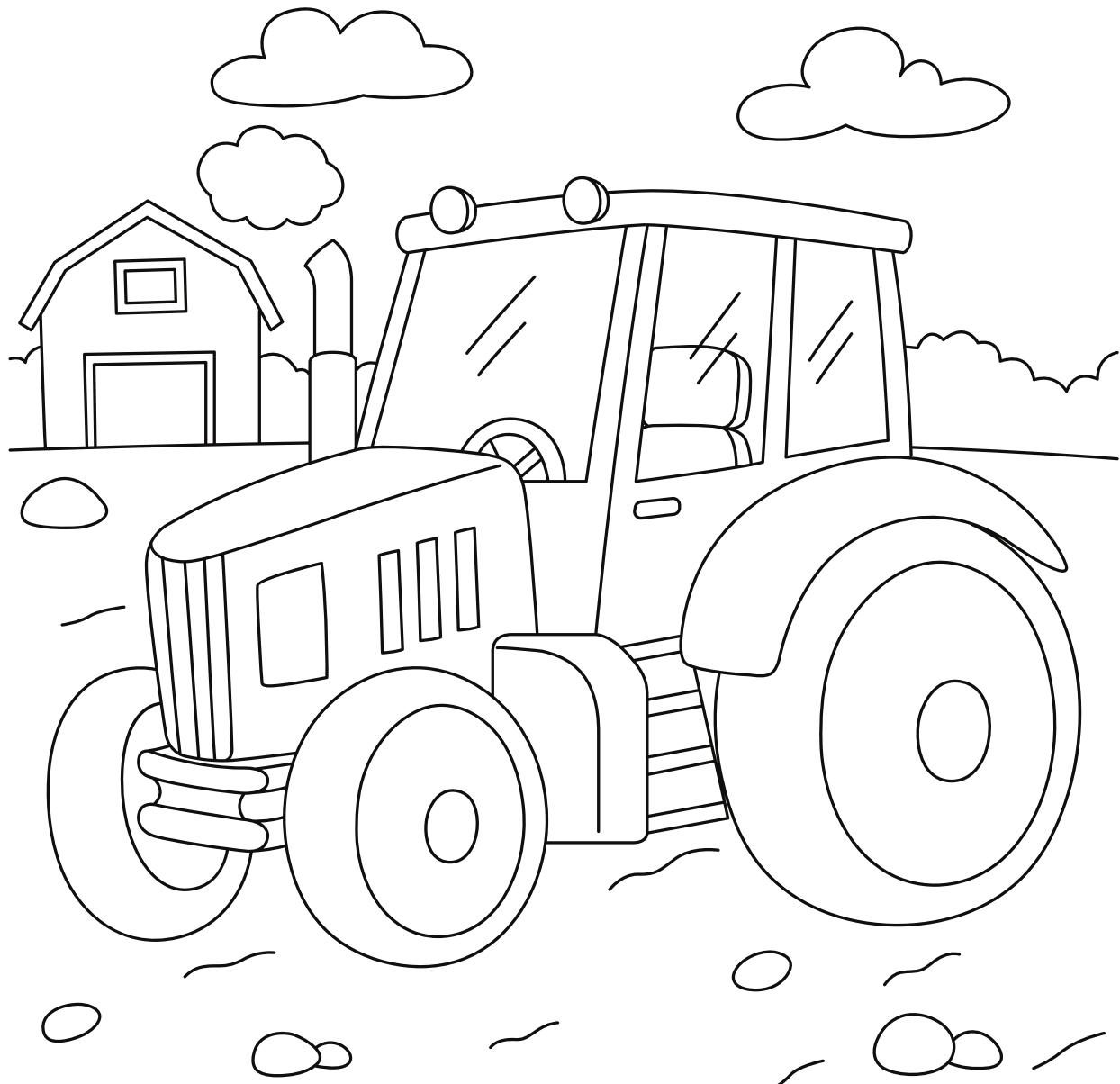
JOURNEY
HAVEN
a rooted space to grow & gather

WHAT IS GRATITUDE?

Gratitude means being thankful for the good things in our life, big or small!

Why it's important:

When we are thankful, it makes our hearts happy and helps us see the good around us!

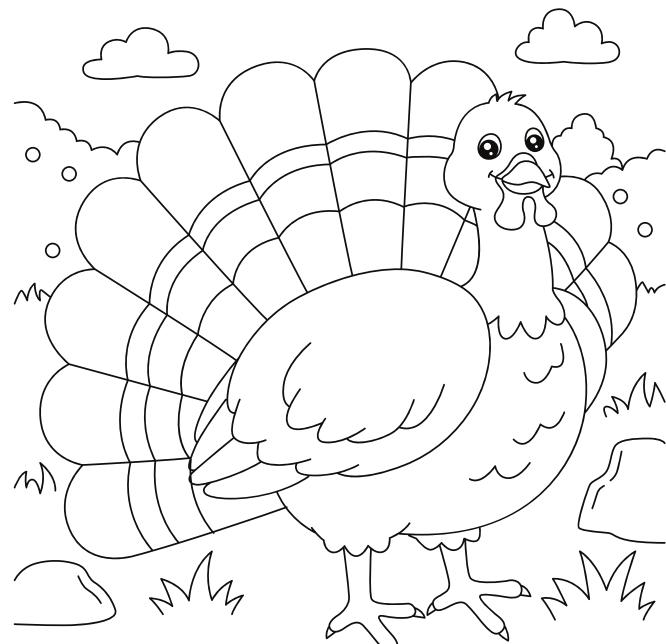


WHAT I AM THANKFUL FOR

Today I am thankful for:

One nice thing someone did for me today:

A cool thing I saw in nature:



WHAT I AM THANKFUL FOR

One thing I learned today:

My favorite moment of the day:

Draw something that made you happy today!

GRATITUDE SCAVENGER HUNT

Find and write down:

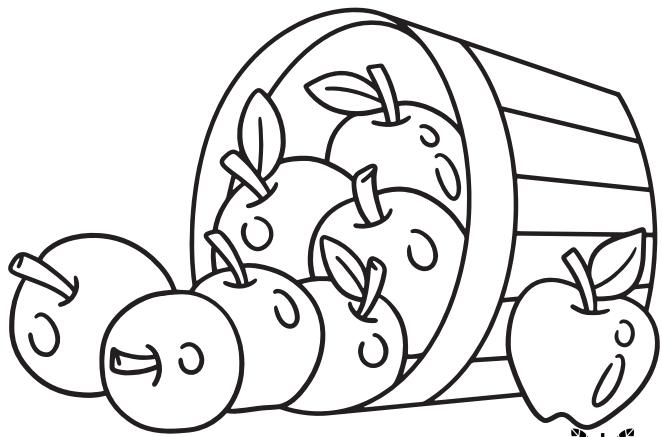
Something that smells good

Something that feels soft

Something that makes a sound you like

Something that makes you laugh

A person you love spending time with



GRATITUDE COLOURING PAGE

Fill the leaves with all the things you're grateful for!



GRATITUDE WORDSEARCH

FAMILYNKJOYSM
IHFSMILEAONKI
NATURELDLOVEN
RLKPEACETHLAN
IKLFFAMILYIHND
EIOTGHFRIENDS
NPOOENILDSETS
DETPHSNAJOYSE
SHAPPYEAOIEMU
TNPEACELOVETF



POSITIVE AFFIRMATIONS

Affirmations are like magic words that help you believe in yourself and feel good inside!

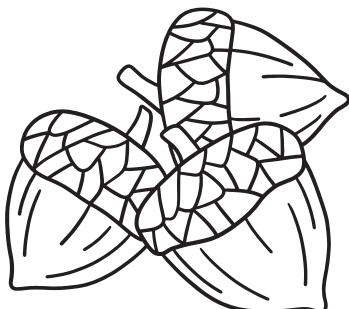
"I am strong."

"I am kind."

"I make the world brighter."

"I can do great things."

Write some of yours down here that you love to say!



KINDNESS CHALLENGE

A kindness challenge is fun because it helps you make others happy while feeling good about yourself too!

- "Do something kind for a friend."
- "Give a compliment to someone."
- "Help someone without being asked."

I spread kindness by...



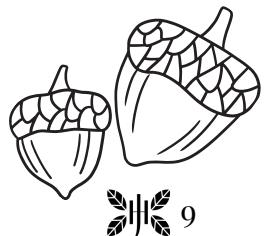
MONTHLY REFLECTION

What were the three best things that happened this month?

Who made me feel special this month?

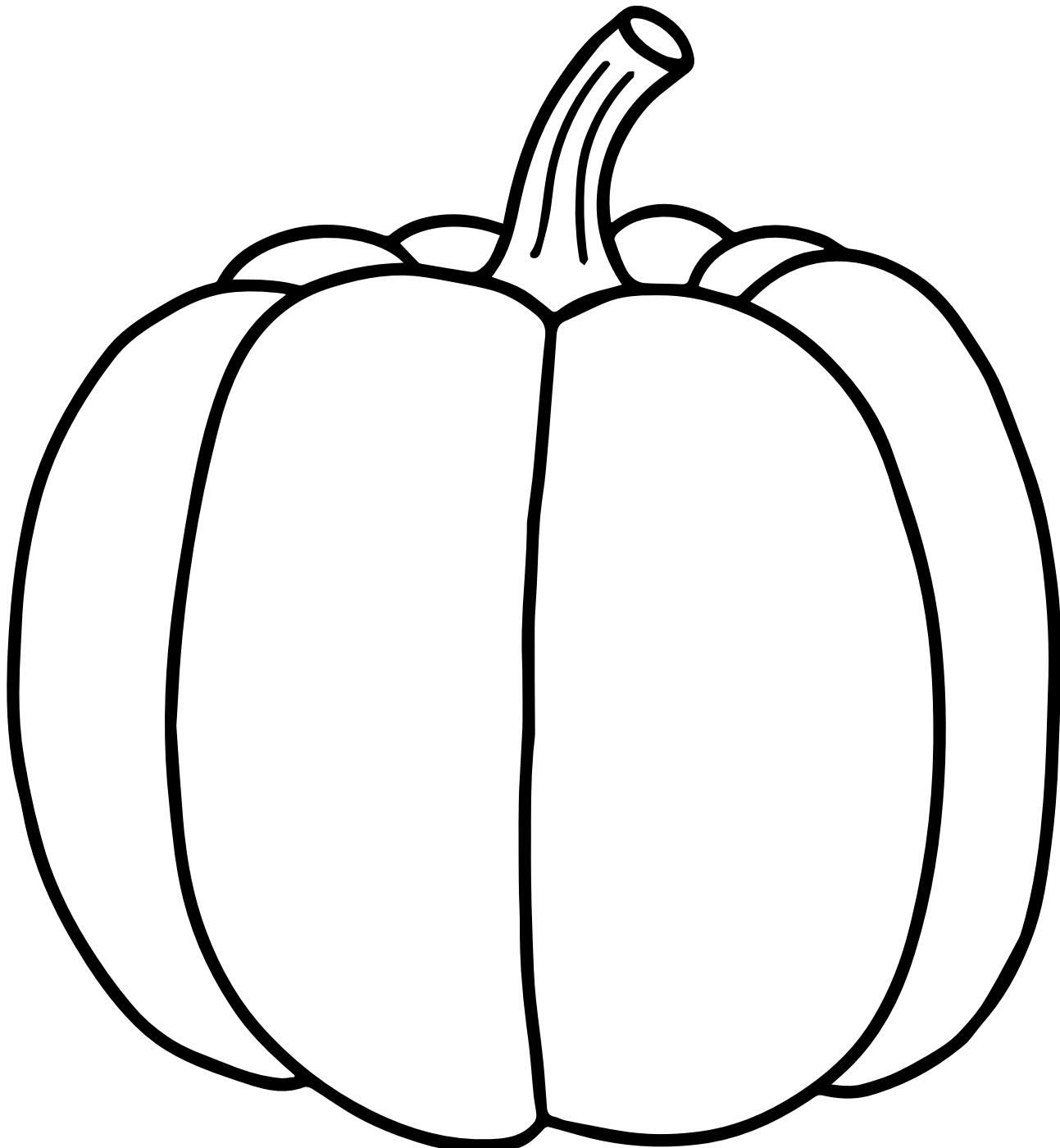
What am I most grateful for right now?

Draw your happiest moment of the month!



GRATITUDE PUMPKIN

What were the three best things that happened this month?



GRATITUDE PUMPKIN

Thank You for Completing Your Gratitude Journey!

You did an amazing job practicing gratitude and kindness! Always remember that when you take time to be thankful, you make the world a brighter and happier place. Keep looking for things that make you smile and share kindness wherever you go. You are a special part of the Journey Haven family, and we are so proud of you!

What's one thing you're grateful for right now?
(Write or draw it here!)

Until next time, keep shining!
Visit us at www.journeyhaven.ca