

Gratitude Journal

Here are some journal prompts for children to help them notice and feel gratitude daily.

When we feel gratitude in our lives we can truly appreciate and feel happy in ourselves.

Showing kindness to ourselves is just as important as showing it to others, in fact we need to show it to ourselves in order for us to know how to show it to others. Support your child with these daily acts of kindness.

Journal prompts:

Download and print our [PDF template](https://www.barnardos.ie/media/10410/gratitude-journal-mind.pdf) <https://www.barnardos.ie/media/10410/gratitude-journal-mind.pdf> or read below (Tip: print in black and white to save on your ink).

Monday

- **Journal prompt** - What is your favourite thing to do with your family? Why are you grateful for them?
- **Act of kindness** - Give each member of your family a hug and remind them how much you love them.

Tuesday

- **Journal prompt** - What talent do you have that you are grateful for?
- **Act of kindness** - Tell someone today what they are good at.

Wednesday

- **Journal prompt** - What is one thing you love about yourself?
- **Acts of kindness** - Say the thing you love about yourself out loud, or into a mirror three times.

Thursday

- **Journal prompt** - Think about a time someone helped you. Send gratitude to that person.
- **Acts of kindness** - Choose 3 people to say thank you to today.

Friday

- **Journal prompt** - What's your favourite Season? Why are you grateful for it?
- **Acts of kindness** - Think of a gift you received for Christmas that really made you smile, write a thank you note to the person for the gift and tell them why it made you smile.

Saturday

- **Journal prompt** - How do you cheer yourself up when you are feeling bad?
- **Acts of kindness** - Take 5 slow deep breaths.

Sunday

- **Journal prompt** - Think about one moment in 2020 that you are grateful for.
- **Acts of kindness** - Smile to yourself.