

SEL • GRADES 2–4

Gratitude Journal

A daily five-minute practice

Why gratitude?

Studies show that people who write down a few things they're grateful for each day feel happier, sleep better, and find it easier to bounce back from difficult days. It's one of the simplest, free, science-backed ways to feel better. Try it for 14 days and see.

Today's date

Three things I'm grateful for today

Could be small (the smell of toast) or big (my best friend). Try not to repeat from yesterday.



Someone who was kind to me today

What did they do? Could you do the same for someone tomorrow?

Something I did well today

Big or small. We notice mistakes too easily and forget the things we got right.

One thing I'm looking forward to

Tomorrow, this week, this month, this year. Anything.

