LOOK FOR THE GOOD®
PROJECT.ORG

SAMPLE

MY GRATITUDE JOURNAL

For K - 1st Grade

CREATED BY:
Anne Kubitsky, Kari Yacawych & Amy Yost

Check out our free online programming for families.

Visit lookforthegoodproject.org

This book was self-published by Anne Kubitsky for the Look for the Good Project.
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Let's Practice Looking for the Good for the Next Two Weeks!

Yes, life is challenging right now. The pandemic has changed our whole world and added a great deal of stress. This is why we made this book for you. It will help you practice gratitude. Gratitude is a thankful mindset which empowers you to express appreciation for people, places, things, experiences, and even ideas. When you practice gratitude, your mood improves, you feel better, and it's easier to deal with problems. It also energizes you, inspires you, and helps you become kind - even when you are personally dealing with stress (a wonderful skill to have right now!).

If you are participating in Look for the Good Project's school-wide Gratitude Campaign program, your teacher will walk you through the 10 days of activities. If you stumbled upon this journal on your own, go through the journal at your own pace.

Since we know gratitude is hard to find right now, we also put together a free online program for families called "Look for the Good School" which will help you move through your uncomfortable emotions. To learn more, please visit lookforthegoodproject.org.

Thank you so much for participating in our program and enjoy this workbook! It was developed by two incredible educators - Kari Yacawych and Amy Yost - who have been running a version of this gratitude program at Sunnyside Elementary School for four years now. We are thrilled to share this new, pandemic-informed version with you!

Anne Kulpitsky, CEO & Founder
Look for the Good Project

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FIRST, HOW ARE YOU FEELING RIGHT NOW?

Are You Feeling Mad?

Are You Feeling Glad?

Are You Feeling Sad?

Are You Feeling Afraid?

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It's Okay If You're Feeling Crabby

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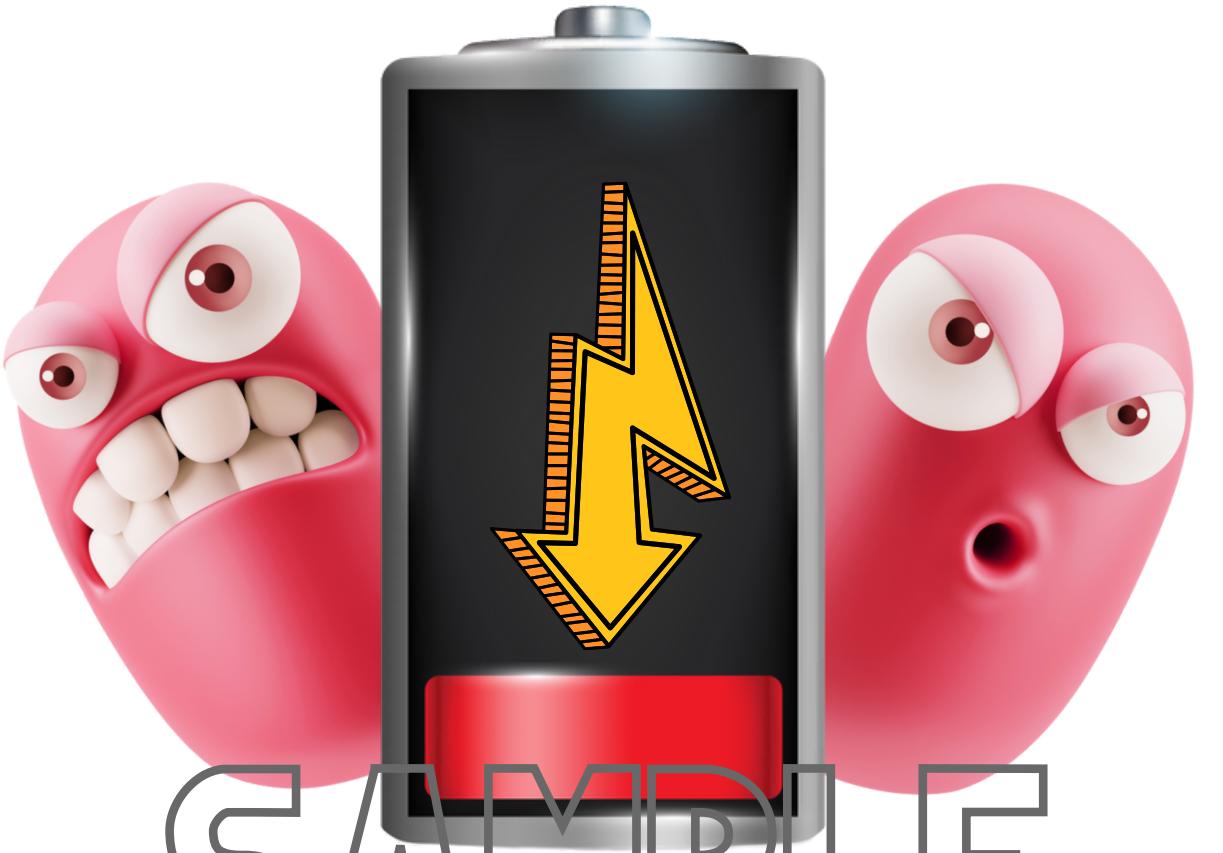
When Our Batteries are Low, We Get Crabby



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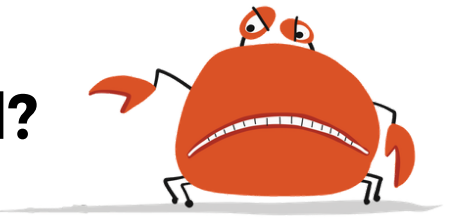
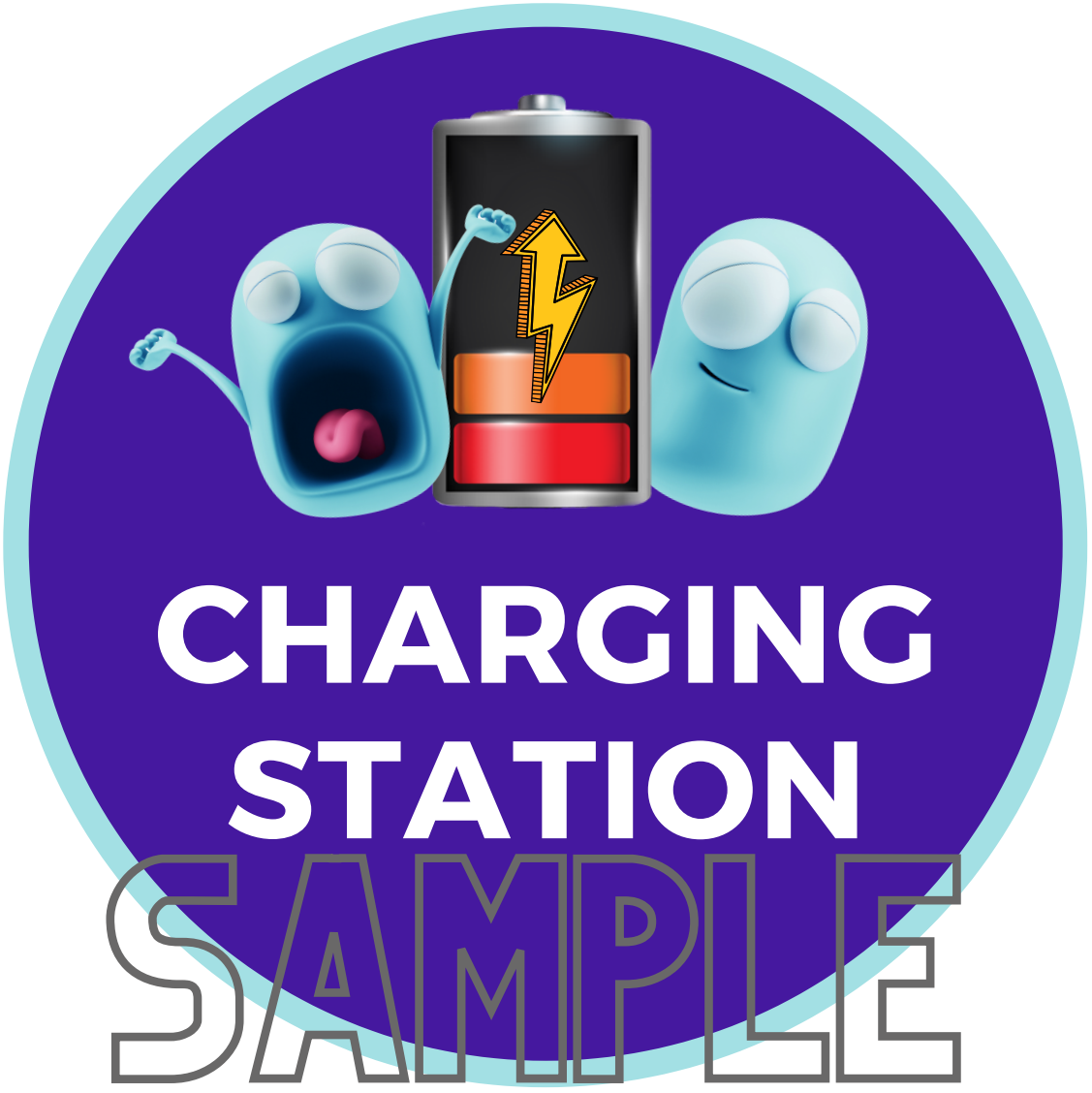
Is YOUR Battery Zapped?



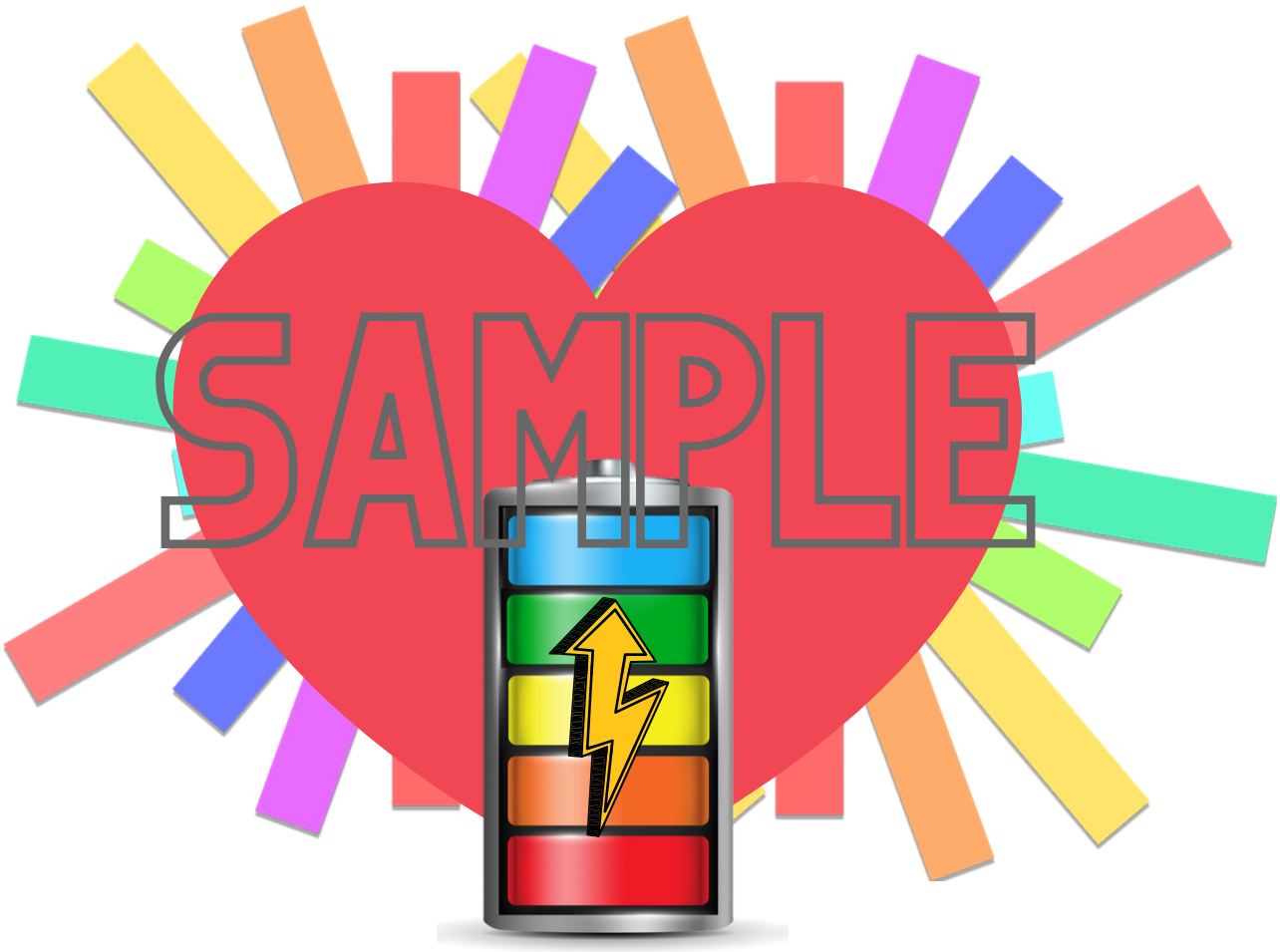
Create a Charging Station!



Cut this image out and tape it to your floor to create a "Charging Station" in your house. Pick a quiet corner where family members can go when they are feeling stressed. Include calming toys, coloring books, noise canceling headphones, and other things that help you calm down. When you need to use this spot to recharge, just say **"I need to recharge now!"**

This Workbook Will Help You Charge Your Battery

Gratitude recharges your battery. When you feel grateful, you feel thankful for the people and things that help you. Gratitude makes your heart feel like it's full of sunshine.



How does YOUR heart feel right now?

This Journal Will Help You Practice Gratitude

Gratitude is not easy sometimes. But the more you practice, the easier it gets. This is why this journal will help you practice gratitude for two whole weeks of school. The first week will be about using gratitude to recharge your battery, and the second week will be about using gratitude to share your love and kindness with others. Are you ready to get started?

"Gratitude turns what we have into enough, and more."

- Melody Beattie

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TWO WEEKS OF GRATITUDE

	Week 1: Charge My Battery	Week 2: Let My Light Shine!
MONDAY	Grateful for the things that make me comfortable.	Identify a safe person who fills my heart with sunshine.
TUESDAY	Grateful for the things that keep me safe.	Write a letter of appreciation for my "sunshine person."
WEDNESDAY	Grateful for my community.	Read my letter out loud to my sunshine person.
THURSDAY	Grateful for my ability to learn.	Share appreciation with other people who fill my heart with sunshine.
FRIDAY	Grateful for myself!	Start a daily habit of kindness to let my heart shine everyday!

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FOR BAD DAYS...

Use Our Recharging Toolbox on Page 45.

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DAY 1

COMFORT & WELLNESS

Circle the things that make you comfortable:

How are you feeling today?

I can try a strategy from the toolbox on page 45.

I am ready to work!

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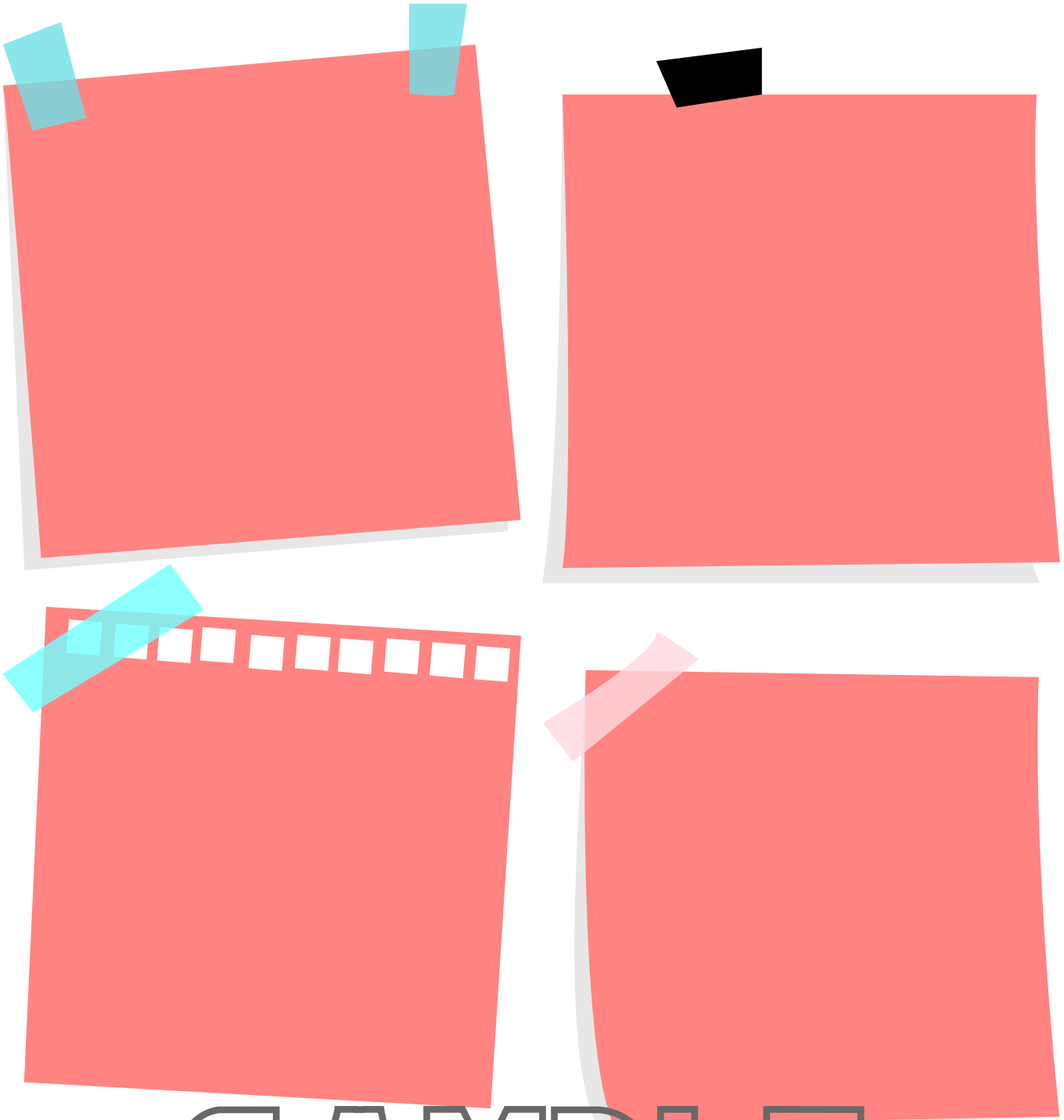
Draw a picture of the things that make you happy and comfortable:



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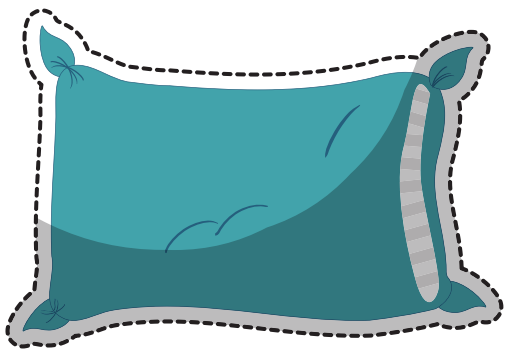
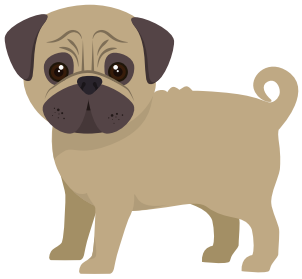
Here are some ideas:





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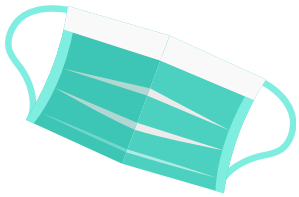
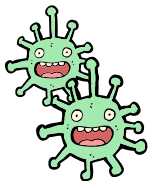
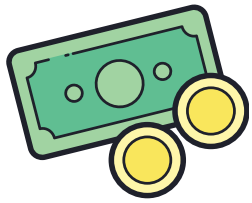
DAY 2

SAFETY

Circle the things that make you feel safe and write why you are grateful for them on the next page.







How are you feeling today?

I can try a strategy from the toolbox on page 45.

I am ready to work!

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Draw a picture of the things that make you feel safe:

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Here are some ideas:

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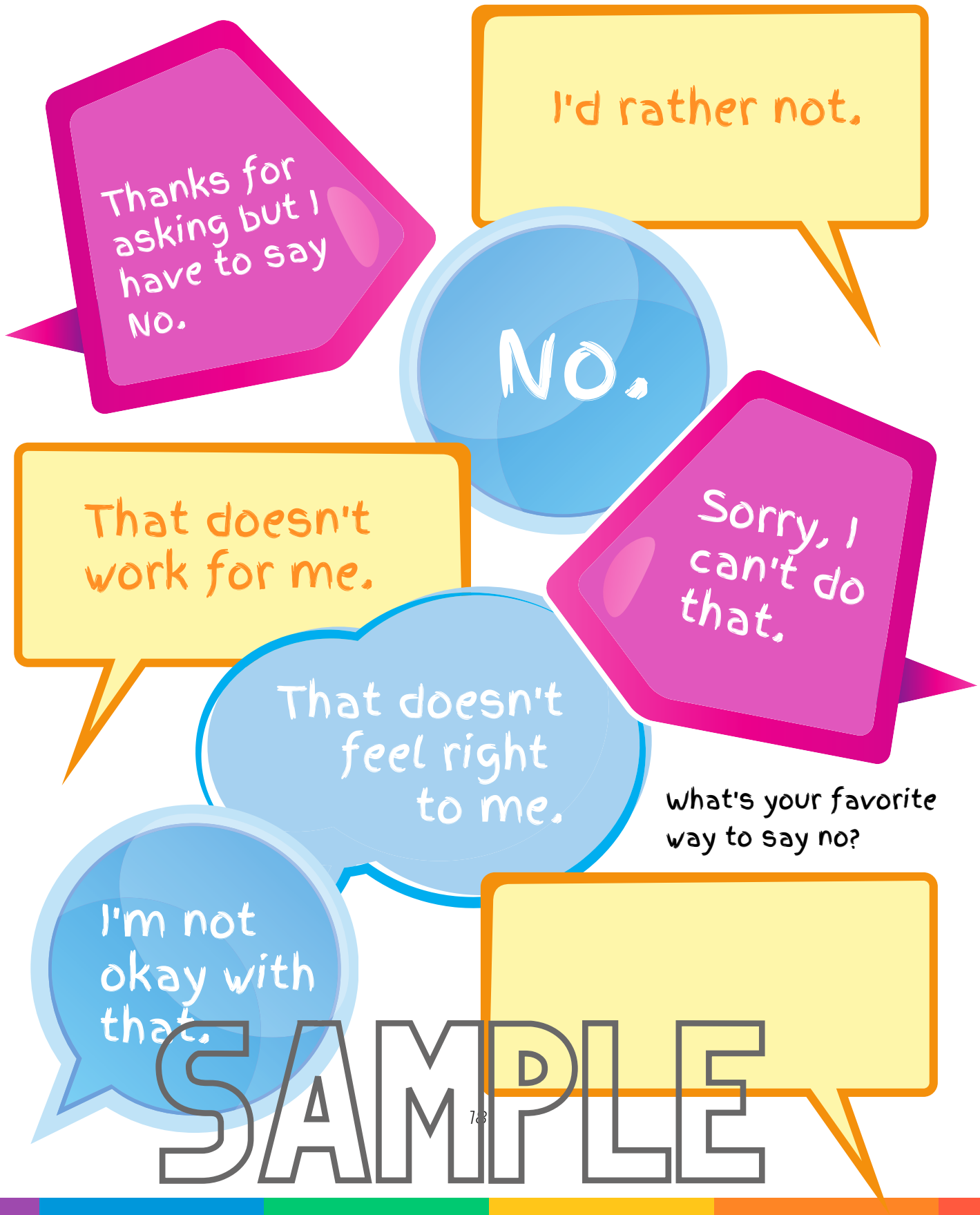
You are allowed to say, "No."



What's your favorite way to say no?

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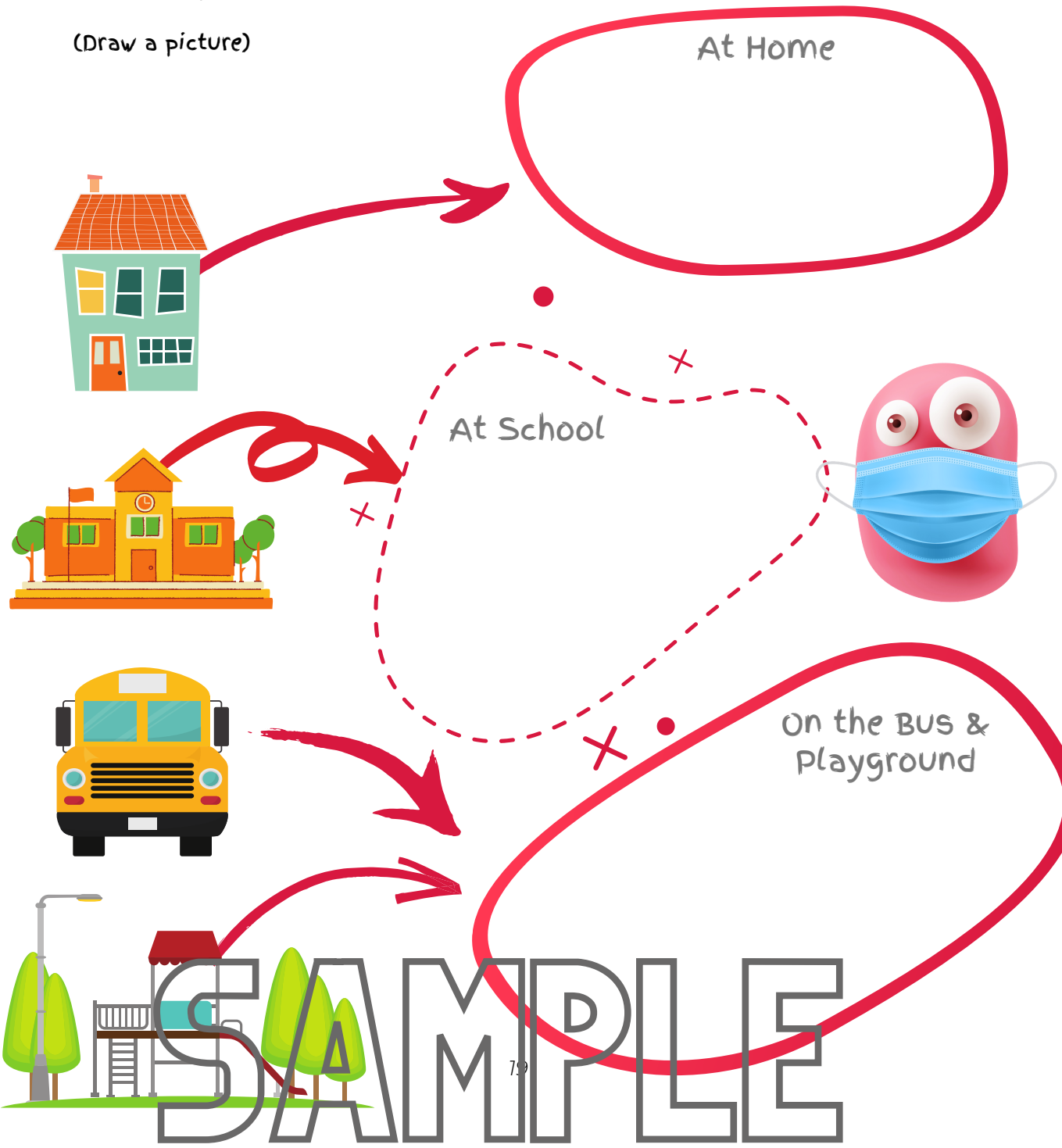
Safety Plan

When you're not feeling safe, you can choose to leave the situation, ask for help, speak up for what you need, or say, "No."

When I feel unsafe,
here's what I can do:

(Draw a picture)



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