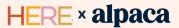
ACTIVITY

JOY IN THE EVERYDAY: A TEACHER'S JOURNAL

A reflective journal designed to help teachers capture and celebrate the everyday joys, wonders, and wins that make their classrooms extraordinary.

Brought to you by your pals at





WELCOME TO YOUR JOURNAL OF CLASSROOM WONDERS & WINS

Even the smallest spark of joy can light up your whole classroom. Use these pages to capture the sweet moments and student wonders from your day, whether it's a quiet breakthrough, a creative masterpiece, a moment of kindness, or something laugh- out-loud hilarious a student said.

Let these reflections fill your journal and allow the wonder and wins to grow with each entry. Each day includes space for notes, highlights, and drawings. Use the framed pages to doodle, decorate with stickers, or add something special from the day. At the end of the week, take a moment to **celebrate** these sparks with your class.

Ideas to try:

- Read a few joyful highlights aloud or share your drawings
- Let students guess which moment was theirs
- Create a "Weekly Wins" wall with shared moments
- Invite students to reflect on their own favorite part of the week

ADDITIONAL WAYS TO CELEBRATE JOY IN THE CLASSROOM

Alongside using your own journal, you can invite students to notice and celebrate joyful moments together too. These simple activities help build a classroom where every voice matters and everyday wins are seen, shared and **celebrated**.

Circle Time Reflections

To create a space for shared joy and listening, take a few minutes during circle time or at the end of the day to ask:

- "What made you smile today?"
- "What's something kind someone did this week?"

Classroom Joy Jar

Keep a jar where students can drop in little notes about fun, kind, or surprising moments during the week. On Fridays, read a few out loud and celebrate them together.

Peer Shout-Outs

Encourage students to recognize each other by writing short notes or giving compliments like "Thank you for helping me" or "I liked your idea." Share a few each week to strengthen classroom connection.

Mini Daily Joy Journals

Offer students small journals or a section of their notebooks where they can draw or write about something that made them feel happy, proud, or seen each day.

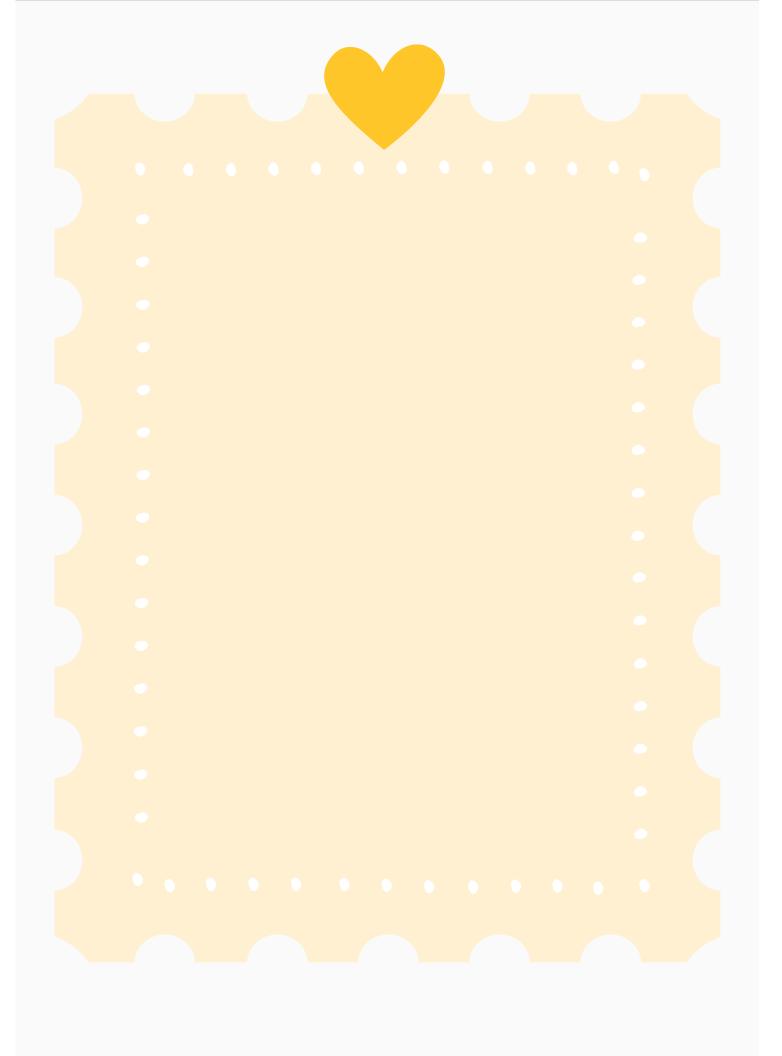
Friday Celebration Time

End the week with a quiet group moment. Turn on a flameless LED-candle, play soft music, and reflect on everything you have noticed. You could even do a short mindfulness activity or simply say thank you to the class for showing up and trying their best.



Date:			

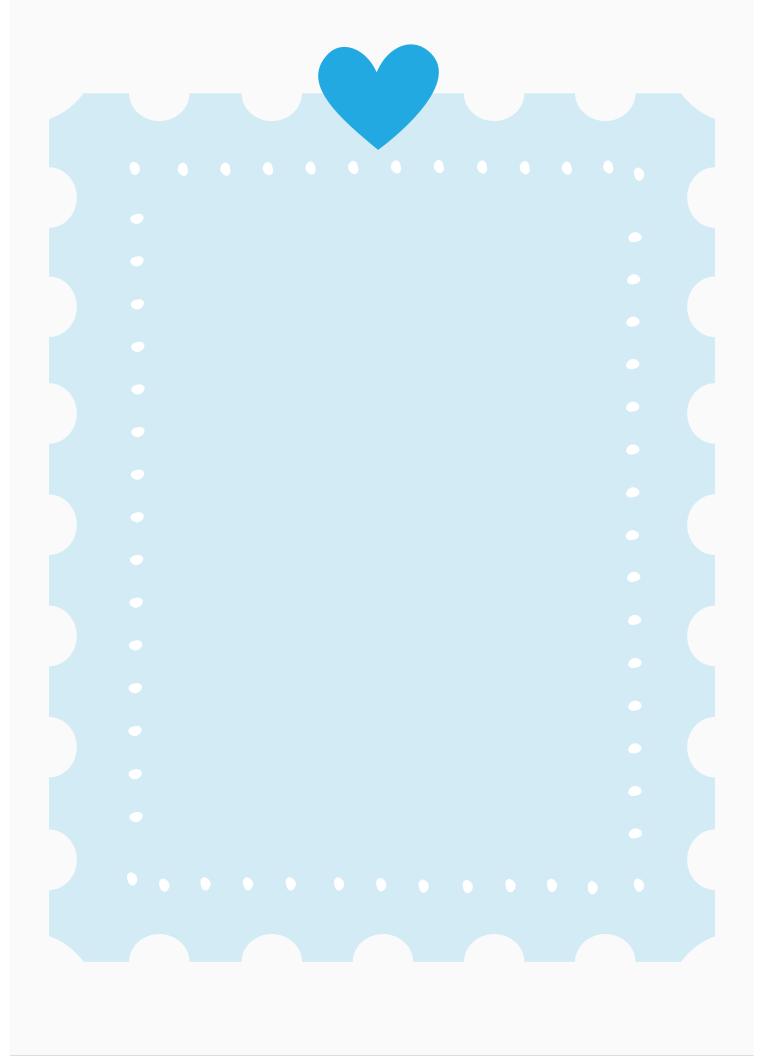
THERE'S BRILLIANCE IN YOUR CLASSROOM—AND YOU'RE THE ONE WHO LIT THE SPARK.





Date:			

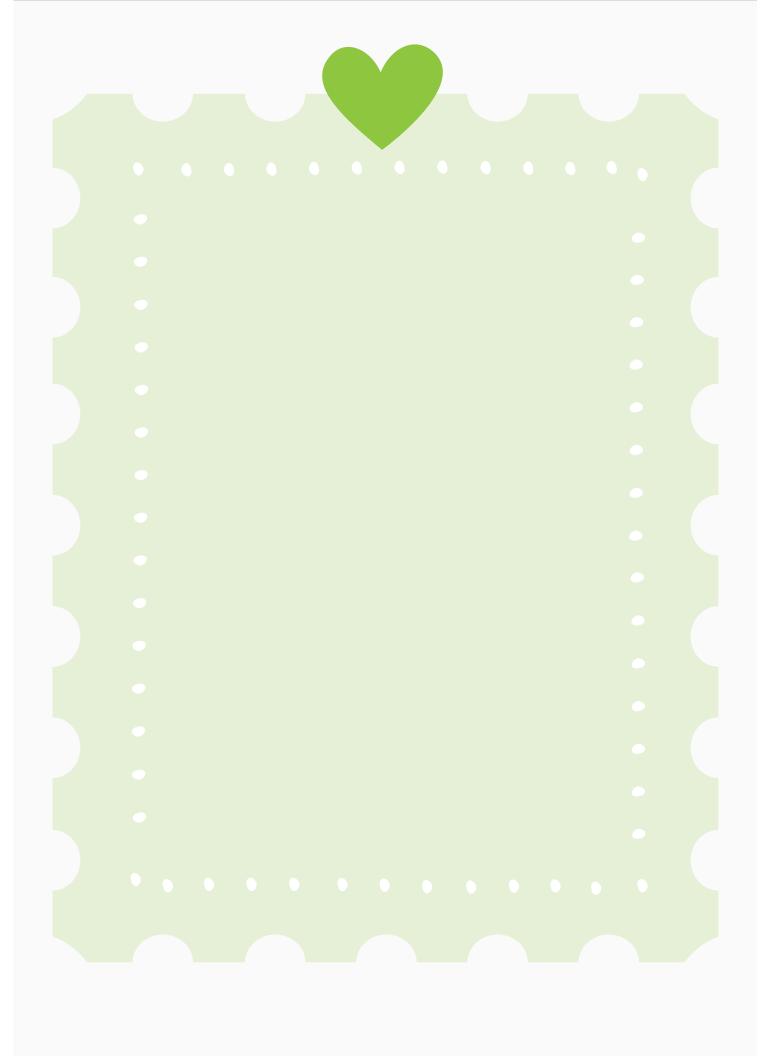
EVEN ON THE TOUGH DAYS, YOU ARE SOMEONE'S **SAFE** SPACE.





Date:		
_		

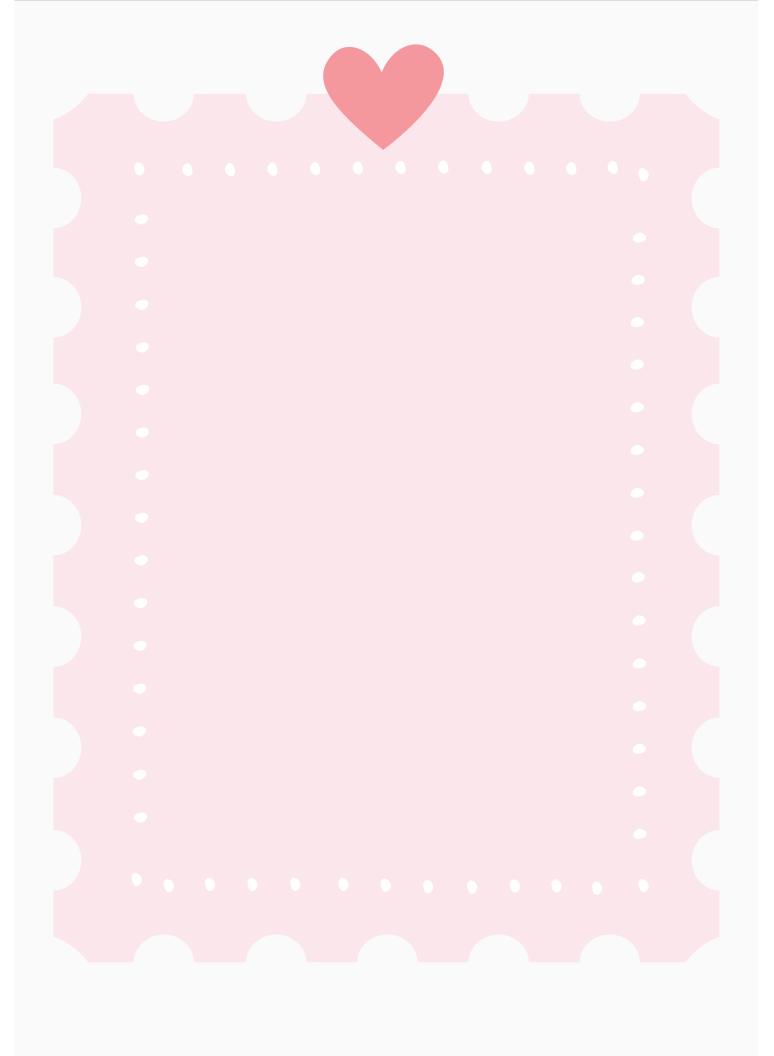
THAT LITTLE LOOK OF UNDERSTANDING? THAT WAS YOU.





Date:		
_		

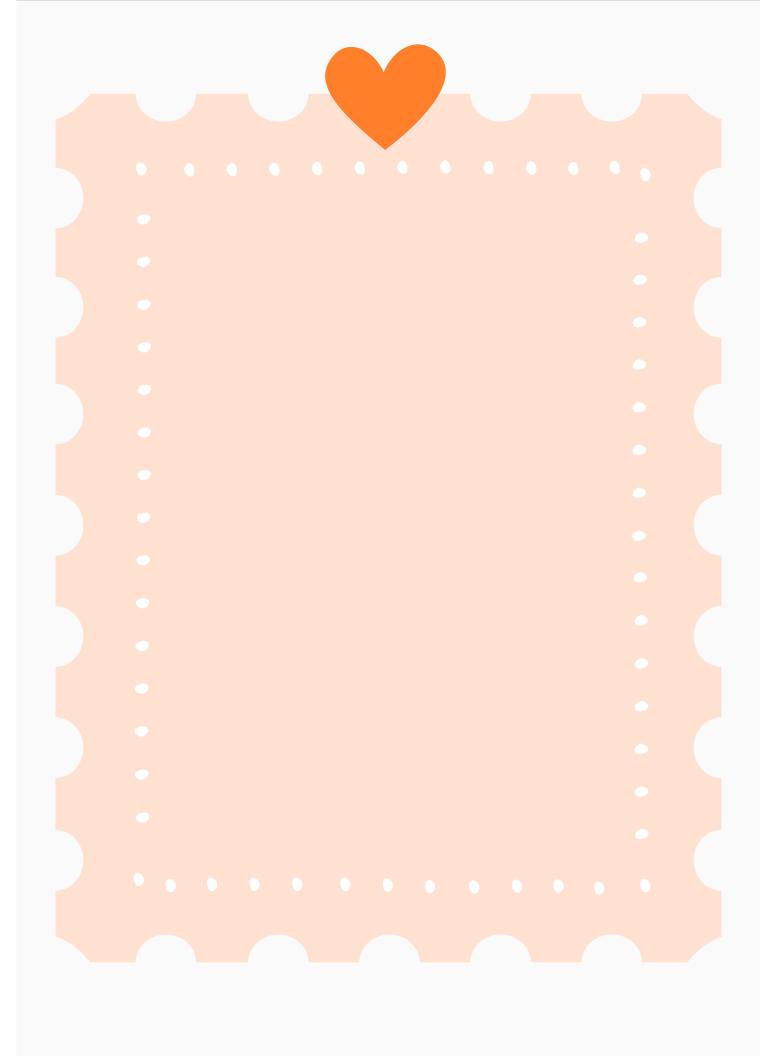
YOU'RE NOT JUST TEACHING. YOU'RE **IGNITING** CONFIDENCE, COURAGE, AND CURIOSITY.





Date:			

BREATHE IN. LOOK UP. THE CLASSROOM STILL HOLDS WONDER, EVEN WHEN THE MARKERS ARE DRY.



BECAUSE EVERY LITTLE MOMENT MATTERS

Celebrating the little things helps your students see how much they matter. It reminds them that the classroom is a place where joy is noticed, shared, and celebrated. You are making a difference every single day.

We hope this journal reminds you how deeply valued you are, in the bright moments and the hard ones too. **We are here for you, for them.**

HERE × alpaca

This resource was created in collaboration with **Alpaca** and **HERE**, alongside passionate educators and school leaders who shared their insights, experiences, and ideas. Together, we're building tools that support the people who make schools extraordinary—because we're here for you, for them.

HERE × alpaca

This resource was created in collaboration with **Alpaca and HERE**, alongside passionate educators and school leaders who shared their insights, experiences, and ideas.

Together, we're building tools that support the people who make schools extraordinary—because we're here for you, for them.

HERE is a mindfulness and early-intervention wellness organization dedicated to supporting children, teens, educators, behavioral-health providers, and families. They offer evidence-informed tools—such as activity packs, yoga, breathing exercises, journaling, creative projects, and interactive mindfulness hubs—to nurture resilience, calm, balance, and belonging for youth and their caregivers. Learn more at https://hereforyouforthem.com.