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Giving Thanks



A Gratitude Journal for Kids

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Tell about a pet or animal you are grateful for. Why do you like this animal?

Tell about a time you got to play with a toy that belongs to someone else.

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Tell about a time you were grateful for playing with someone.

Tell about your favorite place outside.

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Who is someone you have a hard time getting along with? Think of at least 3 positive things to say about that person.

What is a talent you have that you are thankful for? Tell me why you are thankful for that talent.

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Who is someone who lives far a way that you are grateful for?

What is one food you are grateful for?

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What is one thing you love about your sibling? (Or pet or best friend?)

What is your favorite book? What do you love about it?

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What is your favorite season? Why are you grateful for it?

Find something in your house that smells really good. What is it and why are you grateful for the sense of smell?

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What do you like about your town, state, or country? Why are you grateful to live there?

What do you love about your parent(s)? Tell them how thankful you are to have them.

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What is your favorite sound? Why are you grateful for the sense of hearing?

What technology are you thankful to have in your home?

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Name something in your room that you are grateful for. Where did it come from?

What is your favorite family tradition or activity? Why are you thankful for this tradition?

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Tell about a time someone helped you find something that was lost.

What is your favorite activity to do?

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What is something unique about your family that you're grateful for?

Talk about all the ways you are healthy.

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What is your least favorite kind of weather? Think of 3 things about it to be grateful for.

What is a song that you enjoy (and why do you like it)?

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Who made you smile in the past 24 hours and why?

List 5 items that you take for granted, which might not be available to people in other parts of the world (i.e. Clean water, electricity, etc.)

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What hobbies (or activities) would you miss if you could no longer do them?

Name something that makes you laugh? Why is it so funny?

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What body part or organ are you most grateful for today? (e.g., your eyes because you got to see it and read a new book)

Who can you count on whenever you need someone to talk to and why?
