|  |  |
| --- | --- |
| My little jar of gratitudeName \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Each day add a note to your jar by answering one of the following questions:What’s made you smile/laugh today?How have you helped someone today?What has been the best bit of today? What are you proud of doing today?Write ‘I’m happy to be me because \_\_\_\_\_\_\_’What did you enjoy at school today?What did you enjoy at home today?What did you enjoy about nature today?What have you enjoyed with family/friends today?What are you grateful for today?I am thankful I have learnt… | My little journal of gratitudeName \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Each day add a note to your jar by answering one of the following questions:What’s made you smile/laugh today?How have you helped someone today?What has been the best bit of today? What are you proud of doing today?Write ‘I’m happy to be me because \_\_\_\_\_\_\_’What did you enjoy at school today?What did you enjoy at home today?What did you enjoy about nature today?What have you enjoyed with family/friends today?What are you grateful for today?I am thankful I have learnt… |
| My little online note of gratitudeName \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Each day add a note to your jar by answering one of the following questions:What’s made you smile/laugh today?How have you helped someone today?What has been the best bit of today? What are you proud of doing today?Write ‘I’m happy to be me because \_\_\_\_\_\_\_’What did you enjoy at school today?What did you enjoy at home today?What did you enjoy about nature today?What have you enjoyed with family/friends today?What are you grateful for today?I am thankful I have learnt… | My wow wall record of gratitudeName \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Each day add a note to your jar by answering one of the following questions:What’s made you smile/laugh today?How have you helped someone today?What has been the best bit of today? What are you proud of doing today?Write ‘I’m happy to be me because \_\_\_\_\_\_\_’What did you enjoy at school today?What did you enjoy at home today?What did you enjoy about nature today?What have you enjoyed with family/friends today?What are you grateful for today?I am thankful I have learnt… |