|  |  |
| --- | --- |
| My little jar of gratitude  Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  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 gratitude  Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  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 gratitude  Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  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 gratitude  Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  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… |