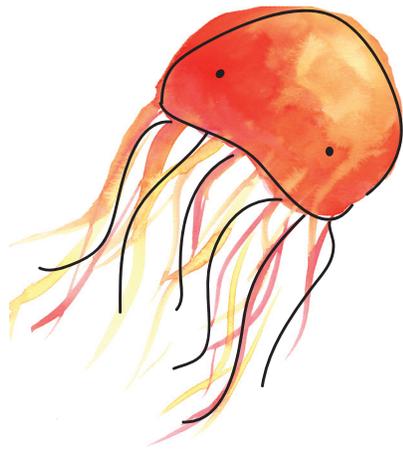


growing
gratitude



Copyright © 2015 Tamara Hackett, Sweet Clover Studios

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means electronic or mechanical without permission.

Published by Sweet Clover Studios

Designed & Illustrated by Tamara Hackett

For more by Sweet Clover Studios please visit:

www.sweetcloverstudios.com or

www.tamarahackett.com

Disclaimer: Upon reading this book/participating in the suggested activity with your children (or for yourself), the creator (Tamara Hackett/Sweet Clover Studios) disclaims liability for the use or interpretation of the information.

This journal belongs to:



Caregiver/Educator/Parent Instructions:

On each of the following pages of the Growing Gratitude journal you will see rectangular boxes with 3 words above each box as well as a space for the date.

First, record the date and then decide (together, if you are with a younger child) if the focus is going to be on being grateful for a person, place or thing. Circle your choice and then begin writing (or drawing) in the box below.

Narrowing your focus at the beginning should help the child relate to specific instances, emotions, people and experiences which will make the activity more impactful and beneficial.

Lastly, I suggest guiding the little ones to take a moment to close their eyes, take a breath and embrace the moment of gratitude. This extra little time to be present should deepen the proven physical, emotional and social benefits of documenting gratitude.

Tips

- * Create a routine around your Growing Gratitude journal. Setting a time (Morning, before snack, after story, before outside etc) can be really helpful in making it easy to manage.
- * Keep it light and always accepting and encouraging.
- * Person: This can be someone in your family, a friend or someone you know - even just casually (like the mailman). It can also be an animal, as I believe they can be a part of the family too.
- * Place: You can think of a physical location such as a playground, a holiday spot or a swimming pool. It can also be somewhere less dependent on location and more focused on a place of feeling such as: Mommy's arms or safe in bed.
- * Thing: This can be material objects, like toys, books or objects that your child enjoys. This is often where children start to understand gratitude because the items are more tangible and easy to recall.
- * Keep it quick. Let conversations unfold naturally and don't force it. The most important thing is for it to remain a positive experience for the child.
- * Model expressing gratitude not only during journaling times but throughout your day. It's a great way to encourage the activity.

Activity Ideas:

Visualization:

Hold up a picture of a beach scene for the child to see.

Describe the scene using all of the senses:

Examples:

What would the sun feel like on your skin?

What would the sand feel like in your toes?

Would there be a breeze or calm skies?

Would you hear the splashing of waves?

What color do you notice the most?

Once you have conversed, give the child time to take a moment to try and imagine what their perfect beach would look and feel like.

Give them an opportunity to express feelings they felt (talking, drawing, writing etc)

Help them connect the experience with how to feel grateful for a person, place or thing in their life.

3 steps to growing gratitude

1. Imagine
(A person, place or thing)

2. Say Thank you
(In your mind or out loud)

3. Feel the good thought in your body
(Breathe it in)

DATE:

person

place

thing

A large, empty rectangular box with a thin black border, occupying most of the page below the labels. It is intended for a drawing or a detailed description related to the categories above.