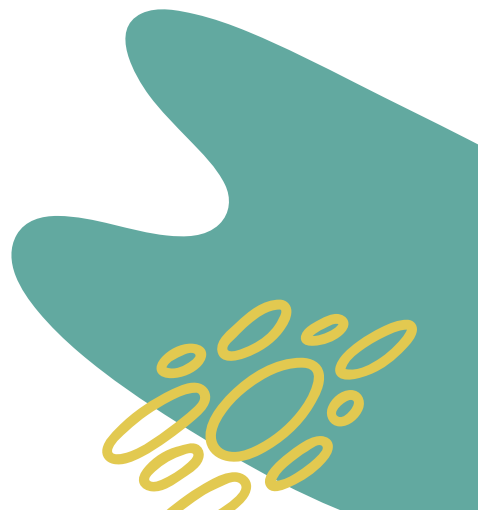




GRATITUDE JOURNAL

THIS JOURNAL BELONGS TO:



HEY YOGI-FRIENDS!

Nanda Yoga's Gratitude Journal is a guide to cultivate an attitude of gratitude for children. It is a self-exploration journal designed to focus on being thankful for what we have, the big things in life, as well as the simple joys.

HOW TO INTRODUCE GRATITUDE TO YOUR CHILD:

Gratitude goes beyond good manners; it is a mindset and a lifestyle. Simply put, gratitude is about focusing on what is good in our lives and being thankful for the things we have. Starting a gratitude practice encourages us to pause, notice and appreciate the things in life that we often take for granted.

As parents, we can help kids notice and seek out the positive things happening around them. This practice can become a habit that will hopefully follow them throughout their lives.

ACCOMPANY YOUR GRATITUDE CONVERSATION WITH A STORY:

"Thank you, Mr. Panda" By: Steve Antony

"Last Stop on Market Street" By: Matt de la Pena

"Bear Says Thanks" By: Karma Wilson

"The Thank you Book" By: Mo Willems

"Otis Gives Thanks" By: Loren Long

HERE ARE A FEW PROMPTS TO HELP KIDS PHRASE THEIR THOUGHTS:

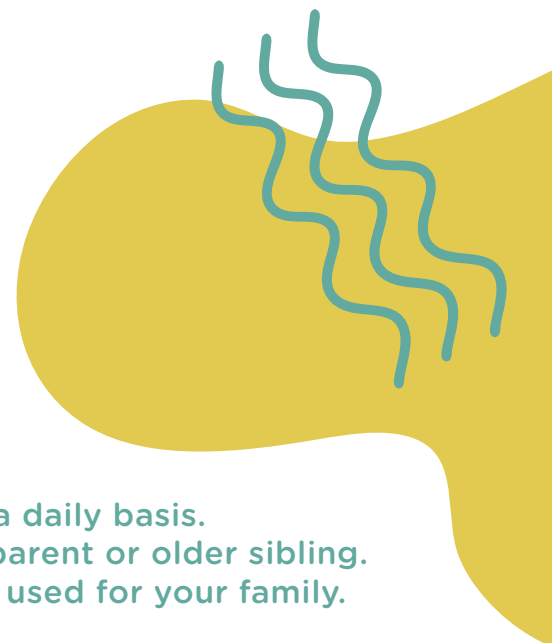
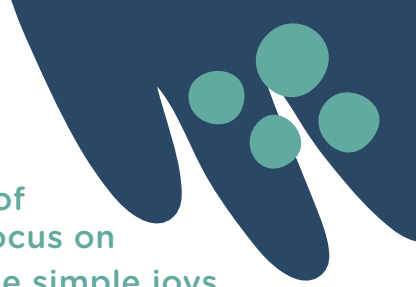
- I'm thankful for...
- I'm thankful I can...
- I appreciate...
- I'm grateful for...
- I'm grateful to me because...
- Thank you for...
- What do you love about...
- Name 3 _____ that you are thankful for.

EXAMPLES OF ACTS OF KINDNESS:

- Call someone you love to say hello
- Write a thank you letter
- Give someone a compliment
- Help a sibling or a parent with a chore
- Tell someone a joke to make them laugh

HOW TO USE YOUR JOURNAL:

Children can draw and write what they are grateful for on a daily basis. Younger children may need to dictate their thoughts to a parent or older sibling. The journal can be used for an individual child or it can be used for your family.



WHAT CAN YOU DO AS A PARENT:

1. NOTICE-THINK-FEEL

- Model your own experiences of gratitude. Talk to your child about “the gift behind the gift”
- Ex: “I love the scarf that Auntie sent me, but what is really special to me is that I know she was thinking of me when she bought it. She got this from my favorite store. It just reminds me that she loves me enough to go the extra mile to find something that I really love.”

2. TALK ABOUT WHEN IT'S THERE

- Talk with your child about a time when they showed gratitude. It is important to reminisce with a child about positive events. It helps the child notice their thoughts and feelings at the time.

3. TALK ABOUT WHEN IT'S NOT THERE

- You know that moment that we feel as parents when our child totally missed an opportunity to be grateful for something? These moments can be embarrassing and frustrating. Take a moment to pause. I always tell parents to parent themselves before they parent. Find out what happened in that moment. Was there something distracting going on that trumped the present exchange? Have they yet to develop the skill to see the situation from someone else's perspective? By understanding the root cause of these situations, we can help children catch future opportunities of gratitude.

4. REPEAT IT OFTEN

- Gratitude can be a challenging concept for children. Like any other skill, it takes practice, reflection, and time. Showing gratitude uses multiple developmental skills like empathy and perspective taking. Learning to connect thoughts, feelings, and behaviors is a lifelong skill that we all constantly re-work over time.

Please keep in mind that these are just suggestions. We raise our children one moment at a time, so start slow. Pick one thing to work on and once that becomes a habit choose something new and continue to build from there.

BENEFITS:

- Journaling is an authentic writing opportunity that helps children academically with handwriting, spelling, and sentence structure.
- Individuals who practice gratitude live happier, more satisfied lives and enjoy increased levels of self-esteem, hope, empathy and optimism.

“GRATITUDE TURNS WHAT
WE HAVE INTO ENOUGH.”

-AESOP

TODAY I'M THANKFUL FOR:



ACT OF KINDESS:



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