

### Gratitude Journal For Kids: Daily Prompts And Questions

Did you know? When your kids write good things down, their happiness goes up! Daily 3 Minute Gratitude Journal is a guide to cultivate an attitude of gratitude for your kids and children. If your kids know how to keep happy things in mind, they'll be happier people. This daily gratitude journal for kids is a space for them to write those things down. Why Should You Consider This: There's a new blank entry every day, so kids always have a chance to write down something positive. Well designed and kid-friendly daily spread contains space to list out three things. Kids will answer writing questions like "What was the best part about your day?" Friendly design that will make them want to keep on writing. Extra Spaces where they can just draw something beautiful. It will help to grow physical, mental and spiritual. Thankful Thoughts will help your child develop a gratitude practice that you both can look forward to each day! Add To Cart Now! It's Guaranteed To Love. Do you know someone who would enjoy this book? Buy them a copy and make a surprise gift. We promise they will love it.

Daily Gratitude Journal For Kids: 100 Days Of Gratitude for a Super Awesome and Amazing Life  
This awesome journal is great for kids of all ages! It's a simple, fun activity which helps children to be more positive, happy and grateful. Plus writing and drawing in this daily journal reduces stress and encourages reflection. Each page contains a space to list a thankful things (I'm Thankful For...), a person who brought you happiness and how you felt about your day, things you did well. Space enough to draw...This is a Journal to Teach Children to Practice Gratitude and Mindfulness Specifications: Cover Finish: Matte Dimensions: 8.5" x 11" (21.6 x 27.9 cm) Interior: Blank, White Paper, Unlined Pages: 100  
This cool Gratitude Journal is great for kids of all ages! It's a simple, fun activity which helps children to be more positive, happy and grateful. Gratitude thoughts is a self-exploration gratitude and mindfulness journal for kids that will help inspire your child to appreciate the little things, connect with their feelings and be happy every day. Gratitude Journal for Kids Details: Size 6x9 in Pages Number 100+ pages of decorative lined paper that include the prompts: "Today I am thankful for...", and "My Mood" Scale for your child to record his/her feelings each day. Design Quality Cover Design Cover Soft and Glossy Goals Perfect for personal use, or as birthday gifts for kids of all ages  
Daily Activity Book For Young Boys and Girls  
Daily Gratitude Journal for Kids  
Thankful Thoughts - Gratitude Journal for Kids  
Christian Gratitude Journal for Kids  
1-Minute Gratitude Journal  
Girl Unicorn 90 Days Daily Writing Today I Am Grateful For... Children Happiness Notebook  
3 Minutes Gratitude Journal for Kids, Daily Journal to Help Kids Start and End the Day with Gratitude, Positive Thinking & Mindfulness  
Do you want to teach your child to be grateful and mindful of little blessings? This Gratitude Journal Will Be The Best. 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. Pages: 100 Size: 6"9 Cover: Matte Perfect For: Kids  
Daily Gratitude Writing with prompts! Perfect Gift for Your Kids Help inspire your child the way to learn about thankfulness and gratitude Gratitude for Kids Features: 110 pages of Gratitude Journal with area for write Today I am grateful for, Something awesome that happened today,8 level of Happiness to choose Premium matte cover design Perfectly Large sized at 8.5" x 11" Paperback Family & Children's activity book Notebooks and journals make a great gift for any occasion Get a Copy for your kids Today.  
What a great habit to learn while young! This 3 Minute 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. Each well designed and kid-friendly daily spread contains space to list out three things you are thankful for, a person who brought you joy and how you felt about your day. If you start each day by writing down three things you are thankful for - a family, a favorite teacher, starting a good book - you begin each day on the right note. Do it daily and make it a habit to focus on the blessings you have been given! Grab a copy for a friend and share the journey together! BOOST HAPPINESS - Research shows that journaling about what you are grateful for can increase your long-term happiness. INCREASE YOUR SELF-ESTEEM - Gratitude can help your child feel better about their circumstances which can lead them to feeling better about themselves. IMPROVE YOUR OVERALL HEALTH - Research shows a more grateful person is the more likely to take care of themselves.  
Daily Gratitude Writing / Gratitude Journal for Kids Help inspire your child and way to teach thankfulness and gratitude Details: Pages of Gratitude Journal has area for write Today I am grateful for, Something awesome that happened today,My level of Happiness Family & Children's activity book It's a perfect gift for your kids 8.5 inches By 11 Inches Paperback Cover Gratitude is appreciation for every moment in your life. It is a feeling of thankfulness for the blessings we have received. You can learn all about the wonders of gratitude with this Journal, Gratitude Journal for Kids: Daily Prompts and Questions. Divided into sections, each with a date, the book encourages writing about gratitude,Invite a little more gratitude into your life. Get start Gratitude Journal for Kids today!  
Panda Today I Am Grateful For? Daily Prompts for Writing and Blank Pages for Drawing. Interactive Children Happiness Notebook  
A Daily Journal to Help Kids Celebrate the Best Part of Their Day with Gratitude, Kindness, Happiness and Love  
A Daily Journal with Prompts for Kids & Children to Practice Gratitude and Mindfulness  
Gratitude Journal For Kids  
365 Daily Prompts  
A Kid's Guide to Finding the Good in Every Day  
Thankful Thoughts: Gratitude Journal for Kids  
**5 Minute Gratitude Journal For Kids 3 Sections: Today I learned, 3 Things I am grateful for, & Favorite part of the day. Size: 6" x 9" 148 pages Teach young children the art of gratitude while they are young and they will embrace the mindset of gratefulness all their life. Instill this wonderful habit into your child now. Sit with them and work share what you are grateful for as well. Your child will have room to write and draw in this cute journal. At the end of the week review all the amazing things that happened throughout your child's life. This journal also makes a great gift for parents with young children.**  
**With unique prompts for each day, the 1-Minute Gratitude Journal helps kids develop a habit of thankfulness, discover the amazing health and attitude benefits of practicing gratitude, and have a lot of fun along the way.**  
**On sale for a limited time! \$9.99 Just \$6.96 for a limited time Help your little one practice being thankful by writing a quick daily gratitude! This beautifully designed gratitude journal for kids is ideal for kids of all ages to start being grateful. Not only will this help your child be thankful, but it will also help them to find peace and happiness! Features 70+ easy pages of daily gratitude prompts Happiness scale to record feelings for the day Paperback notebook with soft cover Large 8.5 x 11 inch pages**  
**This gratitude journal will easily guide girls in 5 minutes of reflecting on their day, feelings, and positive thoughts. With 100 days of unique kindness challenges, memory-making challenges, inspirational quotes, and reflective journal prompts, this journal will help form habits for a lifetime of thankful and happy hearts!**  
**The Gratitude Journal for Kids**  
**My Gratitude Journal**  
**100 Day Gratitude Journal for Girls with Daily Journal Prompts, Fun Challenges, and Inspirational Quotes (Unicorn Design for Kids Ages 5-10)**  
**A Year of Gratitude Journal for Kids**  
**Daily 3 Minute Gratitude Journal for Kids**  
**5 Minute Girls Gratitude Journal**  
**Boy Space Theme 90 Days Daily Writing Today I Am Grateful For... Children Happiness Notebook**

*? THE BEST BOOK YOU CAN GIVE TO A CHILD ?*  
*Gratitude Journal for Kids 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. Each well designed and kid-friendly daily spread contains space to list out three things you are thankful for, a person who brought you joy and how you felt about your day. If you start each day by writing down three things you are thankful for a family, a favorite teacher, starting a good book - you begin each day on the right note. Do it daily and make it a habit to focus on the blessings you have been given!*  
*Daily Gratitude Writing / Gratitude Journal for Kids Help inspire your child and way to teach thankfulness and gratitude Details: Pages of Gratitude Journal has area for write Today I am grateful for, Something awesome that happened today,My level of Happiness Family & Children's activity book It's a perfect gift for your kids 8.5 inches By 11 Inches Matte Cover Paperback Cover Gratitude is appreciation for every moment in your life. It is a feeling of thankfulness for the blessings we have received. You can learn all about the wonders of gratitude with this Journal, Gratitude Journal for Kids: Daily Prompts and Questions. Divided into sections, each with a date, the book encourages writing about gratitude,Invite a little more gratitude into your life. Get start Gratitude Journal for Kids today!*  
*Book Description: Positive thinking is very important. It is one of kids' habits that we should really focus on. With optimistic point of views, our kids will be able to move forward with strong steps. In other words, the kids will try to find opportunities in the problems they are facing on. This is why it would be great for the kids to practice to gradually be optimistic and finally obtain this positive thinking skill as a habit. This gratitude journal notebook will help your kids understand being thankful, love and caring the others by jotting down the good things everyday. By learning gratitude like this, it will benefit your child more grateful to others and become the optimism and a happy person. This gratitude journal can also be a great gift for boys or girls in any occasion. Detail List: Help kids to practice positive thinking Size: 6 x 9 inches, 110 pages Matted Cover Cute image layout on the pages Paperback Made-in USA Great gift for boys or girls*  
*A 90 Day Gratitude Journal with Daily Writing Prompts to Help Kids Practice Gratitude and Mindfulness in Under 3 to 5 Minutes a Day*  
*Daily Gratitude Journal for Kids Ages 10-15 to Teach Children to Practice Gratitude and Mindfulness*  
*Purfectly Thankful! Daily Gratitude Journal for Kids (AS - 5.8 X 8.3 Inch)*  
*A Daily Gratitude Journal for Kids to Practice Gratitude and Mindfulness*  
*Grateful Together*  
*A Gratitude Journal for Kids and Their Parents*

*My First Gratitude Journal*  
*Thankful Thoughts: Gratitude Journal for Kids*  
*When your kids write good things down, their happiness goes up! This Daily Gratitude Journal is a guide to cultivate an attitude of gratitude for your kids and children. If your kids know how to keep happy things in mind, they'll be happier people. This daily gratitude journal for kids is a space for them to write those things down. Why Should You Consider This: There's a new blank entry every day, so kids always have a chance to write down something positive. Well designed and kid-friendly daily spread contains space to list out three things. Kids will answer writing questions like "What was the best part about your day?" Friendly design that will make them want to keep on writing. Extra Spaces where they can just draw something beautiful. It will help to grow physical, mental and spiritual. Thankful Thoughts will help your child develop a gratitude practice that you both can look forward to each day! Add To Cart Now! It's Guaranteed To Love. Do you know someone who would enjoy this book? Buy them a copy and make a surprise gift. We promise they will love it.*

Writing together brings you closer together. It isn't always easy for kids and parents to talk. This shared, back-and-forth journal inspires communication and gratitude, doing surprising and wonderful things to strengthen the bond between any child and their loved one. The Grateful Together Journal is a guide to cultivate an attitude of gratitude for children. It is a self discovery journal designed to focus on being thankful for what we have, the big things in life, as well as the simple ones. Each page contains a space to list out six things you are thankful for, what would make today great, quote of the day, .some amazing things that happened today, what could I have done to make today better. If you start each day by writing down at least three things you are thankful for - a family, a home - you begin each day on the right emotions. Do it daily and make it a habit to focus on the blessings you have been given! Grab a copy for a friend and share the journey together! Order Now!  
The Five Minute Journal for Kids A Journal to Share Memories - With a simple structured format that takes just 5 minutes, The Five Minute Journal for Kids is simple, quick, and meaningful to share with your young one. This journal is great for recording your thoughts, making your to-do lists and organizing your day. Designed with 120 pages of sketched pages, this notebook is perfect for sketching, journaling, taking notes or just having fun and getting creative. This notebook is printed on high-quality paper and is perfectly sized at (6"x9"), so it's easy for kids to carry or to keep in a purse or bag. The Five Minute journal focuses your attention on the good in your life. Improve your mental well-being and feel better every day.  
Gratitude Journal for Kids: Grateful kids are happy kids! Expressing gratitude increases happiness, improves self-esteem, and lowers levels of stress--and this easy-to-use gratitude journal for kids helps children tap into that extraordinary power for the first time. Through writing and drawing, kids will learn to give daily thanks for the good in their lives. Every ten days they'll respond to more in-depth prompts that ask them to think about gratitude on a broader scale. Best of all, they'll develop a healthy habit for the rest of their lives. My First Gratitude Journal features: \* Easy to use pages. Simple daily prompts make the journal easy to use and thought-provoking at the same time. \* Writing and drawing. Each daily page is split into halves--the top half for writing and the bottom half for drawing. Kids can be as creative as they want to make the journal their own. \* The benefits of gratitude. Slowing down to appreciate the good in their lives teaches kids how to be both mindful and grateful. \* A charming keepsake. Parents and children will enjoy reading this journal years down the road to see what the children were grateful for earlier in their lives.  
A Daily Journal with Prompts for Kids & Children to Practice Gratitude, Positive Thinking and Mindfulness  
You Matter : Gratitude Journal for Kids  
Gratitude Journal for Kids: Thankful Notebook Diary with 5 Minute Daily Writing Prompts Cute Inspirational Quote Design  
: Fun Robots And Monsters Design | Guided Journal For Kids - Daily Journal To Teach Kids About Gratitude, Mindfulness And Hapiness  
Gratitude Journal for Kids Ages 5-10  
Gratitude Journal for Kids Children Happiness Notebook  
Daily Gratitude Journal with Prompts 3 Minutes to Practice Gratitude and Mindfulness  
Gratitude and More for Unicorn Lovers! Thankful Thoughts is a unicorn/rainbow-themed self-exploration gratitude journal for kids that will help inspire your child to appreciate the little things, connect with their feelings and reflect on each day. Do you want to teach your child to be mindful and grateful? Does your child become overwhelmed with big feelings? Does your child struggle to express their thoughts and feelings? Do you want to help your child acknowledge and understand their feelings without judgment? The journal includes 90 daily black & white pages to record what you are grateful for today, today's highs, and today's lows. The last question changes each day. Examples include: What mistake did you make today? If you could go anywhere in the world where would it be? What do you struggle with? How did you solve a problem today? Practicing mindfulness has been shown to reduce stress, improve attention, and increase one's ability to regulate emotions, show empathy, and feel compassion. Research suggests that grateful young adolescents are happier, more energetic, have better social support, and are more satisfied with their school, community, friends, and most importantly, themselves. Thankful Thoughts will help your child develop a gratitude practice that you both can look forward to each day!  
Gratitude is to appreciate the good things in our day to day life and feel thankful. By spending a quick 3 to 5 minutes each day, this journal is designed to help develop and reinforce a daily writing habit for kids to be thankful, joyful and be more positive and happy. The 90 days of daily prompts will guide the kids to focus on celebrating the amazing moments of the day and begin forming a habit to thank that special someone - perhaps a teacher, parent, friend who was instrumental in making the day great. Helping kids practice mindfulness has been known to increase their ability to regulate emotions, reduce stress, improve attention, show empathy and feel compassion. Buy a copy today to get your kid started. This journal would make a great gift for a friend or a loved one to share the joyful journey.  
This Kids Gratitude Journal is a great activity book for kids to practice gratitude and mindfulness. It is a fun book with prompts and pictures to encourage kids to write down their gratitude and notes of appreciation. Studies have shown that gratitude for kids has lot of benefits to physical and mental health. A gratitude practice of writing down your gratitude and giving thanks to someone in your life can have a lot of positive effects in a child's life. This book has several prompts for daily gratitude practice - today's note to myself, things I am grateful for, someone to show appreciation and amazing thing that happened today. It has fun pictures and drawings to make it a fun activity to do. There are also sections in the book to draw something. Drawing something encourages creativity and a feeling of amazement. Gratitude is a feeling of appreciation and a daily practice of writing down things you are grateful for can make a positive difference to one's life. Gratitude doesn't have to be about the big things. It can also be for small everyday events. It is all about appreciating the things around you rather than taking them all for granted.The size of the book is 8.5 inches x 11 inches. This is a great book for kids to practice writing their gratitude.  
The 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. Each well designed and kid-friendly daily spread contains space to list out three things you are thankful for, a person who brought you joy and how you felt about your day. If you start each day by writing down three things you are thankful for - a family, a favorite teacher, starting a good book - you begin each day on the right note. Do it daily and make it a habit to focus on the blessings you have been given! Grab a copy for a friend and share the journey together!Encourage kids to spend a few minutes daily to practice gratitude to lead a fantastic life.Each evening, kids focus for a few minutes on: Today, I am grateful for ...Awesome moments of the day ... Write their thoughts in response to daily prompt  
Daily Gratitude and Happiness Notebook with Prompts and Questions for Kids Ages 5-10 and Up: Boys, Girls, and Children of All Ages

100 Days of Gratitude for a Super Awesome and Amazing Life  
Gratitude Journal for Kids Boy: Daily Writing with Prompts, Questions and Quotes: Today I Am Grateful for and Something Awesome That Happened Today Vi  
Daily Journal with Bible Verses and Writing Prompts (Bible Gratitude Journal for Boys & Girls)  
Daily Gratitude Journal for Boys  
Gratitude Journal for Kids  
Gratitude Journal for Kids: Daily Writing Today I Am Grateful For, Children Happiness Notebook, Daily Prompts and Questions, Diary Record for Children Boys Fir, (Planner Diary Notebook Happiness)  
90 Days Daily Gratitude Writing / Gratitude Journal for Kids Help inspire your child and way to teach thankfulness and gratitude Details 90 pages of Gratitude Journal has area for write Today I am grateful for, Something awesome that happened today,My level of Happiness Family & Children's activity book It's a perfect gift for your kids 7 inches By 10 Inches Matte Cover Paperback Cover Get start Gratitude Journal for Kids today!  
Purrrfectly Thankful! Daily Gratitude Journal for Kids is an inspirational guide to creating a positive approach to life. The act of writing down three simple gratitudes each day establishes a state of mindfulness that supports and reinforces the Law of Attraction. Concentrating on simple gratitudes helps establish change in the way one thinks.  
A Life-Changing Positive Journal that Brings Kids Closer to God - Features a New Bible Verse Every Day,Christian Gratitude Journal for Kids is the innovative new journal to help children cultivate gratitude, change how they feel and build a lasting and heartfelt dialogue with God. In just five minutes a day it has been shown to: [] Boost happiness [] Teach positive Christian values [] Elevate mood throughout the day [] Form a meaningful connection with God [] Cultivate gratitude and optimism It's also a fun journal to share memories with simple, quick and engaging writing and drawing prompts. Each day you thank the Lord for "Today I will strive to be ..." (write down your positive intentions for the day) Bible verse of the day - a NEW passage each day - especially selected for kids Writing space for "Blessings the day brought me" -describe what was great about your day A "Doodle of the Day" space to draw events, thoughts and feelings Christian Gratitude Journal for Kids draws children closer to God and is designed to change their mental state to one of spiritual gratitude, positivity and empowerment, which will make itself felt in every aspect of their life. It makes the perfect gift. 8.5" x 11" - Large size provides plenty of room for writing inside 100 pages - far more than other kids gratitude journals Proudly made in the USA Scroll up and hit 'Add to Cart' to get your copy now - and let's lift up a life!  
Inspire kids ages 5 to 7 to tap into the power of gratitude The simple, purposeful act of putting pen (or crayon) to paper to express gratitude can help children build positivity, optimism, and self-esteem. This guided kids gratitude journal provides fun prompts and exercises that will get little ones excited about sharing what makes them happy every day for a year--because they're never too young to start practicing gratitude. What sets A Year of Gratitude Journal for Kids apart: Gratitude 101--Kids will learn what gratitude is and that they can feel grateful for big things, like when someone helps them, or small things, like a really yummy smell. 365 playful prompts--They'll make gratitude a habit by writing or drawing what they most love about being outside, something brave they did, what makes them laugh, and much more. Grow together--Find fresh ways to connect and bond with your child as you learn what brings them joy and appreciation for life. Support your child's emotional learning and help them celebrate the best parts of their day with A Year of Gratitude Journal for Kids.  
Children Happiness Notebook (Stocking Stuffer Gift Ideas)  
Journal for Kids to Practice Gratitude and Mindfulness  
Develop Positive Thinking

Daily Activity Book for Young Boys and Girls (Size 6x9)  
I Am Grateful Daily Gratitude Notebook for Children with Quick and Easy Daily Prompts for Writing What You Are Thankful for Today  
Gratitude Journal for Girls

**Childhood is a tough road with plenty of social pressure, and now bullying can happen 24/7 online. Daily gratitude can help lay down an emotional foundation of a positive attitude and self-confidence to help our kids survive and thrive in all social situations. With a positive outlook and more self-esteem; our children will have an awesome life!**  
**Teach young children the art of gratitude while they are young and they will embrace the mindset of gratefulness all their life. Instill this wonderful habit into your child now. Sit with them and work share what you are grateful for as well. Your child will have room to write and draw in this cute journal. At the end of the week review all the amazing things that happened throughout your child's life. This journal also makes a great gift for parents with young children.**  
**When kids write good things down, their happiness goes up Here's the secret: if kids know how to keep happy things in mind, they'll be happier people. This gratitude journal for kids is a space for them to write those things down and practice being positive and appreciative. Even tiny acts of gratitude can totally change the way kids think and feel. Let them learn what these acts look like, with a gratitude journal for kids that includes daily writing space and funny illustrated characters on every page that will make them want to keep on writing. Today is Great! is a daily gratitude journal for kids that offers: A fresh start--There's a new blank entry every day, so kids always have a chance to write down something positive. Are you up to the challenge?--This gratitude journal for kids includes built-in challenges, like writing a thank-you note to someone who helped them. Questions and quotes--Kids will answer writing questions like "What's a special talent you have?" and read quotes about gratitude from famous figures. The path to more gratitude and happier feelings can start with this gratitude journal for kids.**  
**\* Gratitude Journal for Kids \*** If you want to encourage a positive mindset and cultivate an attitude of gratitude for your child, this book will make a difference. The Gratitude Journal is about focusing on the good and being thankful for the things they have, both big things, as well as simple joys. If children spend a few minutes each day by writing down three things they are thankful for - a family, a favorite teacher, starting a good book - they will begin to feel more joyful, happy, and self-confident. By doing it daily, kids will develop the habit to focus on the good things and they will achieve a positive state of mind and overall well-being. This journal makes the perfect gift for children and their parents. ✓Details: Color Interior 6'x9'(16x23cm) 110 pages Glossy cover finish Printed on white quality paper Get this Fun Gratitude Journal for your kid today and start feeling awesome!  
Christmas Cat Daily Prompts for Writing and Blank Pages for Drawing. Today I Am Grateful For, Interactive Children Happiness Notebook

**5 Minute Gratitude Journal For Kids**  
**Daily One Year of Mindfulness And Happiness**  
**Fun and Fast Ways for Kids to Give Daily Thanks**  
**The 2 Minute Gratitude Journal for Kids**  
**The Five Minute Journal for Kids**  
**Gratitude Journal for Kids with Prompts: Daily Writing Today I Am Grateful for Daily Prompts and Questions Back to School Design**  
**This Gratitude Journal is designed to cultivate the attitude of gratitude for kids. Help inspire your child to appreciate the little things in a fun and thoughtful way. What's inside: 100 Different Gratitude Prompts And questions so the kid will never be bored with the repetitiveness Each page contains a new question Designed in a kid-friendly way easy to read and plenty of space for little people with big letters The prompts are short and clear and help the kids think positively Prompts and Questions: Today I'm Thankful for \_\_\_\_\_ Someone who helped me today \_\_\_\_\_ The best part of my day was \_\_\_\_\_ How I feel \_\_\_\_\_ And many more... > A great thing to do with your kids that will make a long term impact. > Best Way to Raise a Grateful Child > It's a great Journal for any age as parents could write while their child talks if they aren't old enough to write yet Features: Perfectly Sized at 6" x 9" Premium matte cover design Printed on high quality Grab a copy for your kids to help them start growing an attitude of gratitude!**  
**This simple journal is the perfect way for children to get familiar with gratitude and mindfulness. This gives the opportunity for parents and children to sit together for a few minutes and spend some quality time on hectic days. This one year journal covers daily: today i am grateful for: up to three things a day mood: rate your mood It makes a perfect gift. Get your copy today.**  
**Gratitude Journal is a self exploration journal designed to focus on being thankful for what we have in life. Gratitude can increase the children's happiness, teach them to be more empathetic and help them to be more thankful for everything they have. Each well designed and kid-friendly daily spread contains space to list out three things you are thankful for persons, animals, books, games, songs, places or etc. which brought you joy and how you felt about your day. If you start each day by writing down three things you are thankful for, what would make today great, quote of the day, .some amazing things that happened today, what could I have done to make today better. If you start each day by writing down at least three things you are thankful for - a family, a home - you begin each day on the right emotions. Do it daily and make it a habit to focus on the blessings you have been given! Grab a copy for a friend and share the journey together!**  
**Help inspire your child and way to teach thankfulness and gratitude.Gratitude is appreciation for every moment in your life. It is a feeling of thankfulness for the blessings we have received. You can learn all about the wonders of gratitude with this Journal, Gratitude Journal for Kids: Daily Prompts and Questions. Divided into sections, each with a date, the book encourages writing about gratitude. Invite a little more gratitude into your life. Start now!Happiness is a skill that parents can teach their children and the relationship between gratitude and happiness is really strong. People who spend more time doing things that express their gratitude tend to be considerably happier than people who don't. Gratitude Journal for Kids builds an anxiety-reducing habit that makes peace, positive and thankfulness the natural state of mind.100 pages of Gratitude Journal has area for write Today I am grateful for, Something awesome that happened today,My level of HappinessFamily & Children's activity bookIt's a perfect gift for your kids7 inches By 10 InchesMatte CoverPaperback Cover**  
**A Daily Gratitude Journal for Kids**  
**Today Is Great!**  
**Kids Gratitude Journal**  
**Gratitude Notebook**  
**Cute Daily Gratitude Journal to Write In - Gratitude and Mindfulness Journal for Children - Diary for Inspiration and Happiness (Fun Diary)**  
**Gratitude Journal with Prompts - Unicorns**  
**The 5 Minute Gratitude Journal for Kids Daily Journal with Prompts for Kids Workbooks Children Happiness Notebook, 100 Days Daily Writing, Grateful Journal to Teach Children to Practice Gratitude and Mindfulness**