

Gratitude Journal For Boys Gratitude Journal Notebook Diary Record For Children Boys Girls With Daily Prompts To Writing And Practicing For Volume 3 Planner Diary Notebook Happiness

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Christian Gratitude Journal for Kids -

Kids_for_christ 2019-12-27

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 record: Three things 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!

1-Minute Gratitude Journal - Tommy Tommy

Nelson 2021-05-04

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.

Gratitude Journal for Kids - Charlie Wright

2019-10-14

Do you want to teach your child to be grateful and mindful of little blessings? Does your child struggle with overwhelming emotions and have difficulty expressing them? Do you want to find an effective way to help your child come to terms with their feelings without judgment? If you answered yes to any of the questions above, then this workbook might be what you're looking for. It is widely known that gratitude has powerfully positive effects on the human psyche such as reducing anxiety, increasing happiness and life satisfaction, improving mental well-being and tons of other benefits that make life worth living. This happiness notebook and

gratitude journal will instill the positive growth mindset in your children and help them harness the power of their own minds to overcome challenges and learn from setbacks. With well-designed, visually appealing and kid-friendly pages that contain spaces to write out three things your child is grateful for today, how they feel about their day as well as listing three wonderful things that will happen tomorrow, this journal will help inspire your kids to appreciate the little things and cultivate the habit of self-reflection. Ready to take your child on a journey of self-discovery? Scroll up and click the "add to cart" button to buy now!

Gratitude Journal for Kids - Nisclaroo

2019-11-07

Gratitude Journal is a guide to cultivate an attitude of gratitude for children. This gratitude Journal is a tool to help your children become happier and more certain about themselves by learning to express gratitude on a regular basis. 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! Kws: gratitude journal, happiness journal, positivity journal, gratitude journals, gratitude book, kids writing journal, daily gratitude journal, journal kids, journal books, diary for kids, childrens journal, mindfulness kids, daily gratitude, journal diary, gratitude diaries, the gratitude diaries, gratitude journal for girls, kids diaries, the gratitude journal, diary journals, diaries and journals, gratitude journal for kids, journals for kids, journal for kids, kids

gratitude journal, journal gratitude, kids writing journals, gratitude journal kids

The Simple Gratitude Journal - Shalana Frisby 2018-05-26

Do you have 10 minutes free a day? Then make gratitude a good habit in your life! Write down what you are grateful for daily and find more joy. This gratitude journal for men and boys provides 2 pages per week (1 page front/back) with organized boxes to write in. It won't overwhelm you with details, but it will help you focus on what matters most.

Kids Gratitude Journal - Brenda Nathan 2020-08-25

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.

Gratitude Journal: Daily Practices I Am Grateful / Boost Gratitude Attitude / Grow

Up Happiness Writing Notebook for Kids - Gratitude Journal 2018-08-26

p>Gratitude Journal for Boys With Daily Writing Prompts Are you looking for a way to help your child learn and express gratitude? Now with this simply designed gratitude journal for kids with daily writing prompts has 84 day(12 Week) Today, I Am Grateful for

Today Is Great! - Vicky Perreault 2019-10
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 - Michelia

Creations 2017-12-05

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!

More Than Gratitude - Korie Herold 2021-08-24 Count your blessings and enrich your walk with the Lord in just 5 minutes a day, using this elegant 100-day Christian gratitude journal. How you experience the world is based on so many factors: where you live, how you spend your time, the people you surround yourself with, and the things that happen to you along the way. With so many things demanding your attention, it can be easy to fall victim to the hardships of the world. But when faced with those hardships, you always have the option to choose hope over fear, positivity over pessimism, and abundance over scarcity. This beautiful 100-day Christian gratitude journal provides a page a day for simple reflections that help you see the good in your life. Guided prompts encourage you to practice gratitude, spread kindness. Entries are short and sweet, making them easy to complete at the end of each day as a form of self-care and

thanksgiving. Consider this journal to be a beautiful place to meditate on your days and be intentional about your time and heart. By the end of 100 days, you will be able to look back on what you've written and contemplate the ways you've grown during your time of using this journal. More Than Gratitude includes space for daily journaling about: Gratitude Kindness Forgiveness/Letting Go Growth Prayers Daily Highlights Special features include: Beautifully designed journaling pages accented with hand-drawn artwork Elegant cloth cover with white foil and deboss Acid-free and archival paper Layflat design so you can easily write in your journal

Gratitude Journal for Kids - Michelia Creations
2017-12-05

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!

90 Days Gratitude Journal for Kids - Kidstime
PK 2020-03-22

90 Days Daily Gratitude Writing / Gratitude Journal for Kids Ages 5-10 Help inspire your child and way to teach thankfulness and gratitude This gratitude journal is a tool to help your children become happier and more certain about themselves by learning to express gratitude on a regular basis. This gratitude journal detail : 90 pages of Gratitude Journal has an area for write Today I am thankful for something awesome that happened today and my level of Happiness Family & Children's activity book It's a perfect gift for your kids Size 7 x 10 Inches, 94 Pages Matte Cover

Do Your Best - Koven Machine 2020-05-22
Grateful kids are happy kids! Practicing gratitude

increases happiness, improves self-esteem, and lowers levels of stress-and this easy-to-use journal is sure to help kids tap into that extraordinary power for the first time. Through writing and drawing, children 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 they were grateful for in their childhood

Gratitude Journal - Janice Walker 2018-10-15

This beautiful moon and stars gratitude llama journal is great for kids of all ages! It

Gratitude Journal for Kids - gratitude journal 2019-12-14

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!

[My First Gratitude Journal](#) - Creative Journals

for Kids 2019-12-17

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.

Daily Gratitude Journal for Kids - Gratitude Daily 2020-03-06

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!

Grateful Together - Daily Gratitude 2019-12-25
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!

Gratitude Journal for Boys - Sophie Owen
2018-09-19

Gratitude Journal for Boys This Gratitude Journal for Boys has been designed to promote feelings of gratitude, thankfulness and positive thinking. Boys will find positive prompts that will get them thinking about and writing down what they have

to be grateful and happy about in their life. This creates a mindset where positive thinking is predominant. With Prompts to Encourage Boys to really Think about what they are Grateful for Including Lined Pages for Additional Thoughts or Diary Entries Blank Pages for Drawing, Doodles, or Pasting Photos 102 Pages Large Size - 8.5 x 11 inch Top Quality Paper Stylish Design Cover with Glossy Finish Give a copy of the Gratitude Journal for Boys to your son / grandson etc.. and help to promote feelings of gratitude, happiness and being content.

Gratitude Journal for Kids Ages 5-10 - Lily's Journals 2019-11-23

Teach kids mindfulness and positive thinking, by bringing it into their daily routine! This 5 minute daily gratitude journal is a brilliant way to encourage children to practice gratitude, mindfulness and positive thinking - by incorporating it into their daily routine! This would be a great activity to do at bedtime and shouldn't take more than 5-10 minutes - making

it something that is manageable to do every day. Each day has a new sheet to fill in with... The date at the top. A section to write three things you're thankful for that day. A section to share a memorable part of your day... by drawing, using stickers, sticking in something from the day, (for example; a ticket or a photograph) or simply by briefly writing it down. A circle space to draw your very own emoji! A separate page on the right, to write about the best part of that day. Plus a different prompt for each day of the week. For example; "today, I was most proud of...." This journal has 120 pages and is 6 x 9 inches. It has a soft matte cover and quality black and white interior pages. While there is a good amount of space to write and draw in each day, your child can use as much or as little of the space as they like. As each page has a blank date, there is no pressure to write in it every day, but when they can fit it into their routine. Not only is it a great notebook to look back on and remember what positive things have

happened on a given day, it's also a great way to log and take notice of the little things, that we so often forget about. Going to bed for the day with positive thoughts in our mind, is a great way to complete the day. Learning this habit early on in life, can help children manage their feelings later on, to feel more grateful for what they have and to practice self-reflection. Whether you want to get this for your own child, students, or relatives - it would make a thoughtful gift!

Gratitude Journal for Kids - Kidza Thankful
2019-09-29

Daily 90 Days 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 7.0 inches By 10.0 Inches Matte Cover Paperback Cover Get start Gratitude Journal for Kids today!

5 Minute Girls Gratitude Journal - Gratitude Daily 2020-04-06

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!

Gratitude Journal for Boys - Kidza Thankful 2019-10-08

Daily 90 Days 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 7.0 inches By 10.0 Inches Matte Cover Paperback Cover Get start Gratitude Journal for Kids today!

Gratitude Journal for Kids - John Publishing 2018-05-23

Gratitude Journal for Kids Girls Boys / Daily Gratitude Writing / Journal Diary Notebook Happiness / I Am Grateful Journal This gratitude journal children happiness is a skill that parents can teach and the relationship between gratitude and happiness is really strong. Gratitude journal for kids is a tool to help your children become happier and more certain about themselves by learning to express gratitude on a regular basis. Book Details Gratitude Journal has area for write Today I am grateful for..., Something awesome that happened today..., My level of Happiness. 60 pages of blank paper that have frame for drawing, sketching, coloring or doodling. Perfect for teaching thankfulness gratitude, gift for your kids. Size 7 x 10 Inches, 120 Pages and even carry it around in their backpacks. Matte Cover Paperback Cover Made in the USA.

The 3 Minute Gratitude Journal for Kids - Fresh

Breeze 2019-11-09

This is a unique journal for kids and teenagers, allowing them the time to record their feelings each day. It's a guide to cultivate an attitude of gratitude! 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 daily spread contains space to write 3 things you are thankful for each day of the week, and something awesome that happend today. Gratitude tasks have been scientifically proven to promote happiness. The simple act of using the journal is an 'analogue' time in an increasingly digital age. If the child starts each day by writing down three things is is thankful for a family, a favorite teacher, a good book - it begins each day on the right note. Let it do it everyday and make it a habit to focus on the blessings you have been given! Also get a copy for a friend who also has children so they can learn gratitude.

The 3 Minute Gratitude Journal for Kids -

Modern Kid Press 2019-04-23

The 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!

5-Minute Gratitude Journal for Teen Boys - Jane Smith 2021-11-23

Inspire teen boys to find their greatness through gratitude Gratitude is a powerful tool for teens dealing with school stress, friend drama, and the pressures of social media. Taking time to focus

on the good stuff can boost their self-confidence and help them achieve their goals. This gratitude journal provides easy exercises that will help teen boys commit to gratitude and put them in charge of their life and emotions. What sets the 5-Minute Gratitude Journal for Teen Boys apart from 5-minute journal books for teens: Guided goal setting--Does your teenager want to become more confident, change a habit, or create a new one? They'll start by writing down their intentions, which will help them get to where they want to be faster. Empowering exercises--Thought-provoking writing prompts will help them make gratitude a habit. By practicing just 5 minutes a day, boys will begin to see real benefits, from waking up without hitting snooze to staying calm during tests or team try-outs. Words of wisdom--Affirmations and inspirational quotes from icons like Steve Jobs and Dwayne "The Rock" Johnson will empower teen boys to access a new superpower: resilience. Help the teen boy in your life kick-start their gratitude

practice and feel happier and more motivated with the 5-Minute Gratitude Journal for Teen Boys.

Gratitude Journal for Kids: Thankful Notebook Diary with 5 Minute Daily Writing Prompts Cute Inspirational Quote Design - Amy Norah
2018-09-05

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. they will be calm in any unpleasant situations and then automatically look for good thing in such spots. 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

The Simple Gratitude Journal - Shalana Frisby
2018-05-30

Help the kids in your life be more grateful with this adorable notebook for writing down what they are thankful for daily. This simple gratitude journal for boys provides 2 pages per week (1 page front/back) with organized boxes to write in. It won't overwhelm a child with details, but it will help them focus daily on what matters most.

Resilient ME(TM) Gratitude Journal for Kids - Awesome Inc 2019-05-20

The Resilient ME(TM) guided gratitude journal, for ages 5-12, not only teaches kids how to get the most out of practicing gratitude, but also has

heaps of fun activities to help them build resilience and boost happiness, focus on what is important, stay calm when facing challenges and build a positive attitude.

[There Is Always Something](#) - Kids Journals
2017-09-15

Help inspire your child to be grateful, show appreciation and practice mindfulness with this high-quality gratitude diary for kids! 50+ pages of cute colorable paper that include the journaling prompts: "Today I am grateful for...", "The Most Awesome Thing That Happened Today Was..." as well as a "Daily Star Rating Scale" and A Place to Record the "Top 3 Moments" of Each Day. 50+ pages of Decorative paper for "My Thoughts." and "My Doodles" Full-color soft Glossy cover with the quote "There Is Always, Always Something To Be Grateful For" Classic sized 8.5"x11" kids writing journal -- the perfect size to put in backpacks or keep on your child's bedside table Gratitude Notebooks & Journals are perfect for: Kids of all ages Stocking

Stuffers & Gift Baskets Writing Devotionals & Prayers Handwriting Practice Christmas Gifts for Young Girls/Boys Home School Activity or Daily Exercise Camp Journal

A Year of Gratitude Journal for Kids - Melissa Klinker 2021-11-30

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.

Gratitude Journal For Boys - Dubreck World Publishing 2021-07-28

Boost your child's inner confidence, self-esteem and happiness with this easy to use daily gratitude journal where they can complete quick little logs each day and do fun activities aimed at building positivity and lowering stress levels. With daily prompts, and thought provoking ideas, kids can write and draw to express themselves and grow in self-understanding and maturity. A perfect book for encouraging children to practice mindfulness using this fast and fun daily thanks routine to become more self-assured and happy. Parents and children

will definitely enjoy reading the thoughts and memories within this little journal in years to come. This little book is A5 sized, making it ideal to fit in your child's bag. Suitable for ages 5-10.

Gratitude Journal for Boys - Lily's Journals

2019-12-17

A wonderful positive life affirming journal for boys - that can help develop mindfulness, positivity, emotional intelligence and overall happiness! - with 120 pages to work with!! A wonderful way for your child to develop gratitude and teach a positive attitude as they grow and develop. It's now been scientifically proven that practicing gratitude regularly and ideally on a daily basis, get help to improve our overall psychology and outlook on life. Using this journal may only take a few minutes per day to complete - longer if your child wants to take more time on it, but there is no pressure to do so. By completing this journal regularly, it can help your child to... □ Improve their overall happiness & well-being. □ Teach a positive

mindset. □ Boost their mood in the long term. □ Develop positive daily habits & rituals. □ Learn the importance and benefit of practicing gratitude. It can also be a great way of saving up all those memories in the long term, a keepsake that they can look back on in years to come. Each journal contains two pages that repeat throughout the book. On the first page you can.... List three things you're grateful for that day. Write about an amazing part of your day - or alternatively draw/doodle/stick! Create your OWN emoji, to express how you feel today! On the second page... There is a sketch page where you're free to draw, write, stick, doodle... Or simply write something positive about the day that you'd like to remember. Each book is 6" x 9" and therefore, is the ideal size to carry in your child's school bag, or to take away on trips and outings. There are also 120 pages in every book, so your child will have plenty of space to write in. This journal would make a lovely gift - your child will love it!

Give Thanks - Naomi Shulman 2021-11-09

"[This book] offers simple ways kids can be aware of the gifts at hand in their lives--and reap the feel-good benefits. The book features 50 simple activity prompts, from starting a gratitude journal and taking a thankfulness walk to playing gratitude games at the dinner table"--

The Daily Gratitude Journal for Men - Dean Bokhari 2021-02-02

Find gratitude with this motivational journal for men Learn how incorporating gratitude into your life can make you the best version of yourself. This gratitude journal for men is a straightforward, thought-provoking collection of prompts designed to help men explore the core components of gratitude--awareness, intention, and action--through short, simple, and insightful prompts. The Daily Gratitude Journal for Men includes: 90 Days of gratitude--Discover the things you are thankful for with two creative writing or art exercises each day, one for the morning and one for the evening. Poignant

quotes--Reflect on the inspiring words and wisdom of men like Eckhart Tolle, Michael Singer, Werner Erhard, and more. Bonus guidance--Go further with other practices that will help you on your gratitude journey, including breathwork and mindfulness. Boost happiness, positivity, and personal growth with this gratitude journal for men.

I Am Grateful: Kids Gratitude Journal/Gratitude Notebook for Children - Cute Notebooks 2017-03-28

Help inspire your child to be grateful, show appreciation and practice mindfulness with this high-quality gratitude diary for kids! This gratitude workbook features: 50+ pages of decorative lined paper that include the prompts: "Today I am grateful for...", "One awesome thing that happened today was..." and a Happiness Scale for your child to record his/her feelings each day. 50+ pages of blank paper for doodling, drawing or coloring Full-color soft matte cover with the quote "I Am Grateful" Custom sized

7"x10" journal -- the perfect size to pack in knapsacks or keep on a bedside table Gratitude Notebooks & Journals are perfect for: Kids of all ages Stocking Stuffers & Gift Baskets Writing Devotionals & Prayers Handwriting Practice Promote gratitude in kids by providing them with a book to write all their reasons for being grateful!

My First Gratitude Journal - Creative Journals for Kids 2019-12-17

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.

Gratitude Journal for Kids Merrick - Grateful Mindset Publishing 2019-07-27

90 Days Daily Gratitude Writing & Gratitude Journal for Kids, Personalized for Merrick Gratitude Journal for Kids builds an anxiety-reducing habit to inspire your child and way to teach thankfulness and gratitude. Grab a copy for a friend and share the journey! Gratitude Journal for Kids Details 110 pages of Gratitude

Journal has an 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 Merrick 7 inches x 10 Inches Matte Cover Paperback Cover

The 3 Minute Gratitude Journal For Kids -
Kiddos Playground 2019-12-02

The 3 Minute Gratitude Journal For Kids A gratitude journal book is a tool to keep track of the good things in life. No matter how your kid can feel that life is difficult and defeating sometimes, there is always something that they can be grateful for. There are many reasons why gratitude is such a positive and great quality that you can teach your children. Study shows that teaching your child to practice simple daily acts of gratitude can have a big impact on their health and happiness. For instance, it can lower

stress levels, help them feel calmer, give them clarity, increase self-esteem, help them to focus on what really matters, help them learn more about themselves...etc. Add To Cart Now One of the best ways to show your child how they can be thankful on a daily basis, is by journaling. Teach them how to write a gratitude journal and this diary is here to help. It only takes three minutes a day, but it can give them a lasting mood boost that can take them from feeling "okay" to feeling "great" on a more regular basis. Also grab a copy for someone that you will want your child to share this journey with. Product Description: 6x9 Inches 111 Pages Unique cover design in Matt Finish Printed on High Quality Paper Flexible Paperback We have other great kids books and journals in our catalog, so be free to check our other listings by clicking on the Kiddos Playground link, just below the title of this book.