

GRATITUDE JOURNAL PROMPTS FOR KIDS



1. What are three activities that you enjoy doing on your own?
2. Name three friends you have made at school. What is your best memory with each of them?
3. Who were the last 5 people you said "Thank You" to? Why did you say it?
4. What is one thing you look forward to with your family or siblings every week and why?
5. Is there a holiday that is your personal favorite? Why are you thankful for this holiday?
6. Name five things you like about your best friend or sibling. What are they?
7. What were the last three nice things done for you by others?
8. What is something your parents do for you regularly that makes you thankful for them?
9. When you think of grateful or gratitude, what does that mean to you?
10. Who is someone you know that is always grateful and thanking others for their kind actions?
11. Do you think that gratitude is important in daily life?
12. Do you have a teacher or school staff member that you are thankful for?
13. How do you feel when others show you gratitude for doing nice things and being kind?
14. What is the last thing you did as a random act of kindness to show someone that you appreciate them?
15. If you wanted to show someone you are grateful for their kindness, how would you show them?
16. How have you been shown appreciation by others lately?
17. What is the one place in your community that you are most grateful for and why?
18. Do you think it takes courage or different life skills to show gratitude and be thankful?
19. Should being thankful for others last more than just the Thanksgiving holiday?
20. Choose a classmate or peer that you may not be very close with. Can you think of a reason why you are grateful for them?