

Start a Gratitude Journal



Level:

Beginner—Intermediate, can be adapted for higher levels



Objectives:

The student will be able to learn about the practice of keeping a gratitude journal, learn gratitude vocabulary and practice writing skills.



Timing

5-15 minutes, daily - can be expanded further into a variety of activities



Prep/

Materials:

- List of gratitude prompts for personal reflection; here is a free example: <https://diaryofajournalplanner.com/daily-gratitude-journal-prompts/>
- A blank journal
- A digital location to store a gratitude journal; here is a free resource: <https://gratefulness.org/practice/private-gratitude-journal/>



Breakdown:

1. Introduce the topic of a gratitude journal and discuss the benefits of personal reflection.
2. Potential website to use for resources: <https://www.happify.com/hd/the-science-behind-gratitude/>
3. Provide the student with a list of gratitude prompts and discuss how to incorporate the prompt into a gratitude journal entry
4. Challenge the student to begin a gratitude journal and to prepare a gratitude entry daily, twice a week, or some other frequency that works for them.

Please remember: the content of your student's Gratitude Journal may be quite personal. Let them know you'll check-in on the journal for completeness monthly (or some other frequency) and encourage them to share if they are comfortable doing so. This is an activity to help them build a writing practice into their daily life—it doesn't need to be grammar checked!