

Gratitude Journals

Crafts



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WHAT MAKES IT MEANINGFUL

Gratitude journals encourage participants to reflect on positive experiences, relationships, and personal achievements. This activity promotes self-awareness, emotional regulation, and mindfulness while supporting literacy and fine motor skills through writing, drawing, or decorating. Sharing entries (if participants choose) fosters social connection and empathy. Keeping a journal creates a lasting record of positive moments, helping participants build a habit of recognizing and appreciating the good in their lives.

TIME

- 20–45 minutes per session (can be ongoing daily, weekly, or as desired)

MATERIALS

- Notebooks, journals, or blank paper
- Pens, pencils, or markers
- Stickers, stamps, or decorative materials (optional)
- Prompts or worksheets for guidance (optional)



Activity Title

INSTRUCTIONS

1. Provide journals and materials at individual stations.
2. Introduce the purpose: to record things they are thankful for or positive experiences.
3. Encourage participants to:
 - Write or draw one or more things they are grateful for
 - Decorate pages with stickers, drawings, or colours
 - Reflect on why each item is meaningful
 - Share entries with the group if they feel comfortable

RESOURCES

- <https://dayoneapp.com/blog/gratitude-journal/>

Activity Title

SUPPORTS NEEDED

- Assistance with writing or drawing for participants with fine motor or literacy challenges
- Prompts or guided questions to inspire reflection
- Encouragement and positive reinforcement to express thoughts
- Visual cues for sequencing (e.g., “First, write; then, decorate”)
- Help with organizing or storing pages if needed

OTHER THINGS TO NOTE

- Can be adapted for individual reflection or group sharing.
- Works well as a daily or weekly routine to build consistency.
- Participants can focus on big or small things, from family and friends to experiences or personal achievements.
- Flexibility is key: some participants may prefer writing, others drawing or using stickers.
- Completed journals create a meaningful keepsake that participants can revisit anytime.