

**USE WITH:**

Individual students, small group, or whole class

**GRADE LEVEL:**

Upper elementary, middle school, or high school

**CONTEXT:**

Remote friendly

CLASSROOM ACTIVITY

Create a Gratitude Journal

Reduce stress by expressing gratitude.

Created by [Therapist Aid](#)

Description:

This activity invites students to keep a gratitude journal and includes prompts to help guide them. The practice of recognizing gratitude for the people, places, and things in our lives can reduce stress and increase happiness and self-esteem.

Prep time needed:

10 minutes

Est. time to complete:

10 minutes

Steps:

1. Define gratitude for your students. Gratitude is feeling thankful or grateful toward the world or another person. We often feel grateful when others are kind or when we appreciate something good in our lives. Share your own gratitude and ask for volunteers to share as well.
2. Provide students with a copy of the [Gratitude Journal resource](#).
3. Share with students that keeping a gratitude journal is a way to notice the positive things in life and has been shown to increase overall well-being.
4. Give students 10 minutes of uninterrupted time to write about what they're grateful for. Ask them to describe what they're grateful for and why.
5. Tell students that they might not be familiar with some of the things other students are grateful for. Share that this is because there is diversity among students. Share

that it is a special experience to learn what others are grateful for that they may not have considered.

6. Invite students to voluntarily share entries from their gratitude journals.

Tips for Educators:

- Consider providing three additional 10-minute writing sessions for students to continue writing in the Gratitude Journal resource throughout the month or school year.
- Think about making gratitude journaling a consistent part of your classroom routine.
- To increase accessibility, consider allowing students to type, draw, or voice dictate as needed.



Inspired by:

1. Wood, A. M., Froh, J. J., & Geraghty, A. W. (2010). Gratitude and well-being: A review and theoretical integration. *Clinical Psychology Review, 30*(7), 890-905.

Related Materials:

Gratitude Journal
<https://www.therapistaid.com/worksheets/gratitude-journal.pdf>