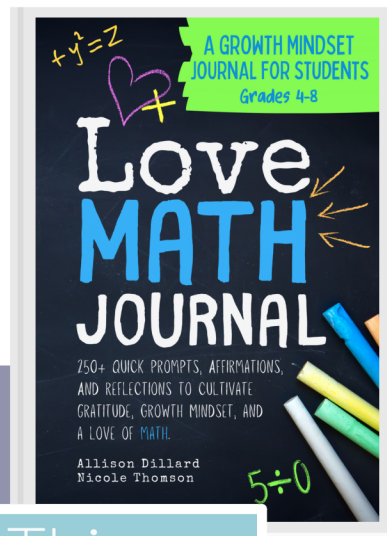
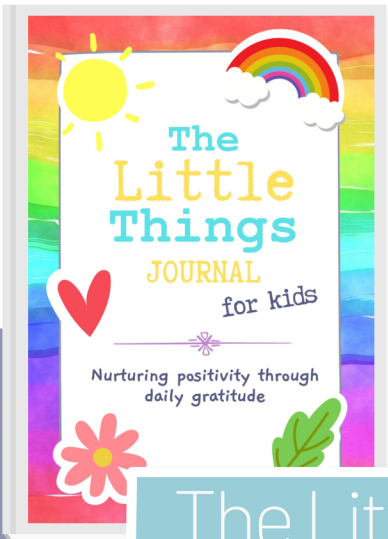


THE fulfilled CLASSROOM CATALOGUE



**Social-Emotional
Learning
Resources**

*creating happier
classrooms & homes
through
the little things*

• SEL • Gratitude • Mindfulness

The Little Things

Classroom

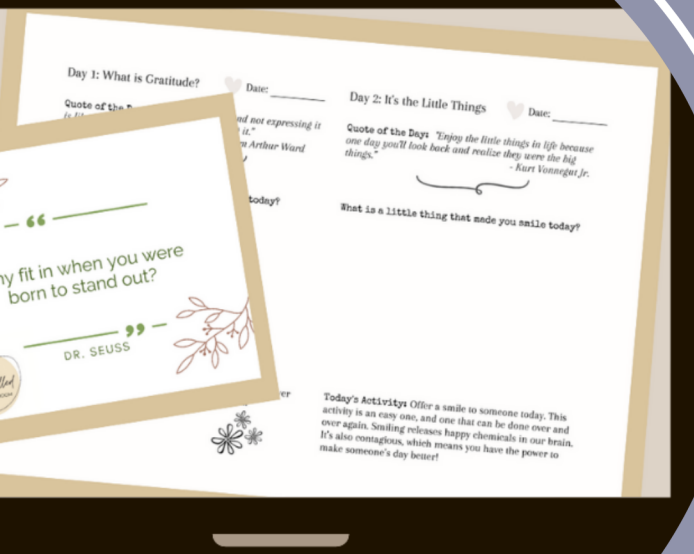
Gratitude Challenge

Learn More

Features

- Audio lessons
- Writing prompts
- Student journal
- Daily quotes
- Member portal
- Cross-curricular activities

21 days
to a happier
classroom



"The daily audio sessions were very practical and simplified planning. My students couldn't wait for this time each day!" Emilie, teacher

The Little Things

Family

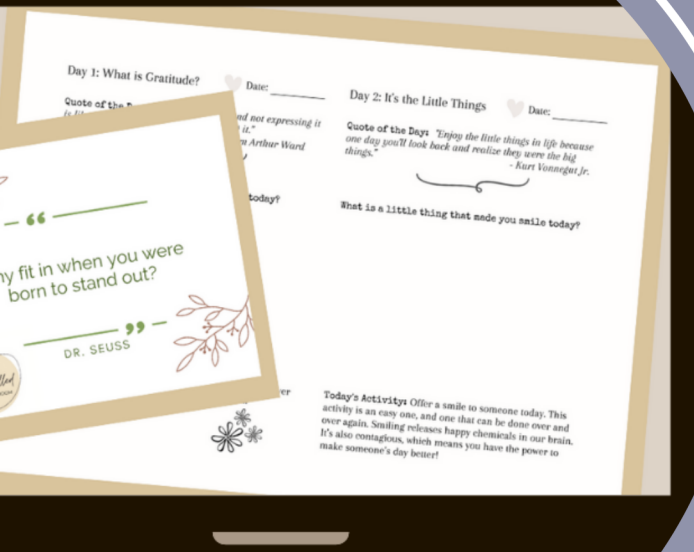
Gratitude Challenge

Learn More

Features

- Audio lessons
- Writing prompts
- Journal
- Daily quotes
- Member portal
- Family activities

15 days
to a happier
home



"This challenge focuses on the good that is in us, around us, and everything we have to be thankful for. A great skill our kids need to learn!" - Jennifer, teacher & mom

A GROWTH MINDSET
JOURNAL FOR STUDENTS
Grades 4-8

Love MATH JOURNAL

250+ QUICK PROMPTS, AFFIRMATIONS,
AND REFLECTIONS TO CULTIVATE
GRATITUDE, GROWTH MINDSET, AND
A LOVE OF MATH.

Allison
Nicole



Love Math Journal

An SEL in Math resource like no other. This growth-mindset resource is like a gratitude journal - for math class!

See More

Get a Quote for
Bulk Discounts

Available
in
French!

Features

- Unique writing prompts
- Discussion points
- Affirmations
- Inspirational quotes
- Mini-lessons



"The kids LOVE it! It's adorable and fun - not something I'd typically say about a math book!" - DD, teacher

Pour
L'AMOUR
des
MATHS



The Little Things Journals

Fun, colorful gratitude journals for tots, kids, and teens. Every day is different with new prompts, inspiring quotes, and teachings.

Buy Now

Features

- Age appropriate unique writing prompts
- Positive affirmations
- Inspirational quotes
- Mini-lessons in gratitude, mindfulness, healthy habits, & more!
- Place for parents note (in tots journal)
- New prompts on every page
- For tots, for kids, & for teens

Get a Quote for Bulk Discounts

Discover the life changing value of gratitude



"This should be a part of school curriculum...or at least come included with parenting manuals!"
- Amazon customer

Children's Book

The Little Things: Finding Gratitude in Life's Simple Moments

Parents and teachers understand the importance gratitude plays in our overall mental health. Now, they have a tool to teach children, at an early age, how they can be intentional about finding all kinds of things to be grateful for in their own lives.

Available anywhere
books are sold online



Free
Accompanying
Gratitude
Lesson

Gratitude
Lesson

Free Signed Copy With
Every Author Visit



"This book is an excellent tool for all teachers! I love the discussions we have in class when we talk about GRATITUDE and this book will only make the exchanges even more enjoyable." - Amazon customer



Author Visits

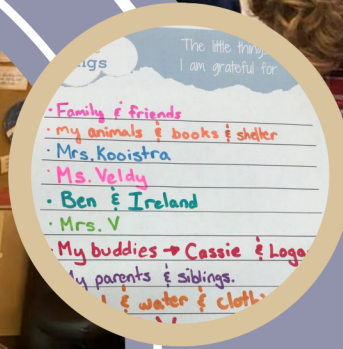
Virtual & In Person

Learn More

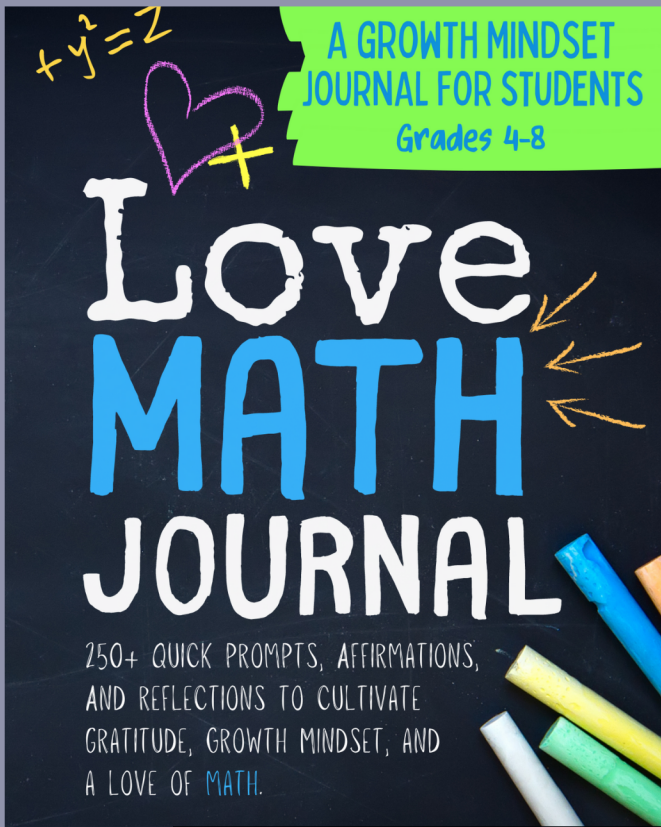
Features

- Reading of The Little Things storybook
- Q&A period
- Hands on activity
- Discussion & activities vary depending on grade level

From
30 min
to **FULL DAY**
school
visits



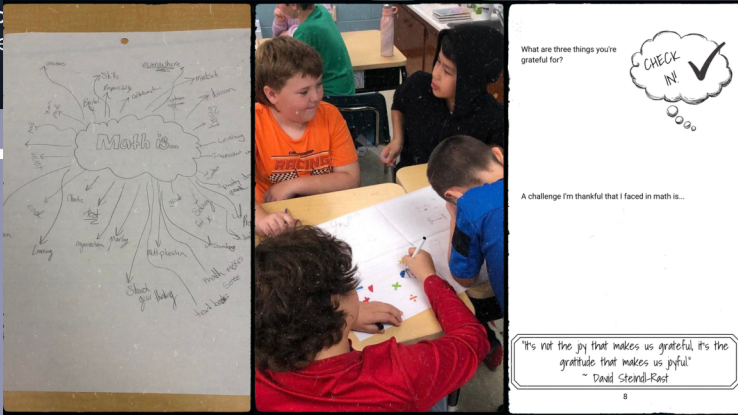
"Thanks for your visit! It was truly meaningful and impacted my students in a positive way, inspiring them to become their own story tellers and authors."
- Lucas, Grade 3-5 teacher



Professional Development Sessions

Sessions for:

- *Social-Emotional Learning in Math*
- *Using the Love Math Journal*
- *Changing Classroom Culture Through a Gratitude Practice*



Learn More

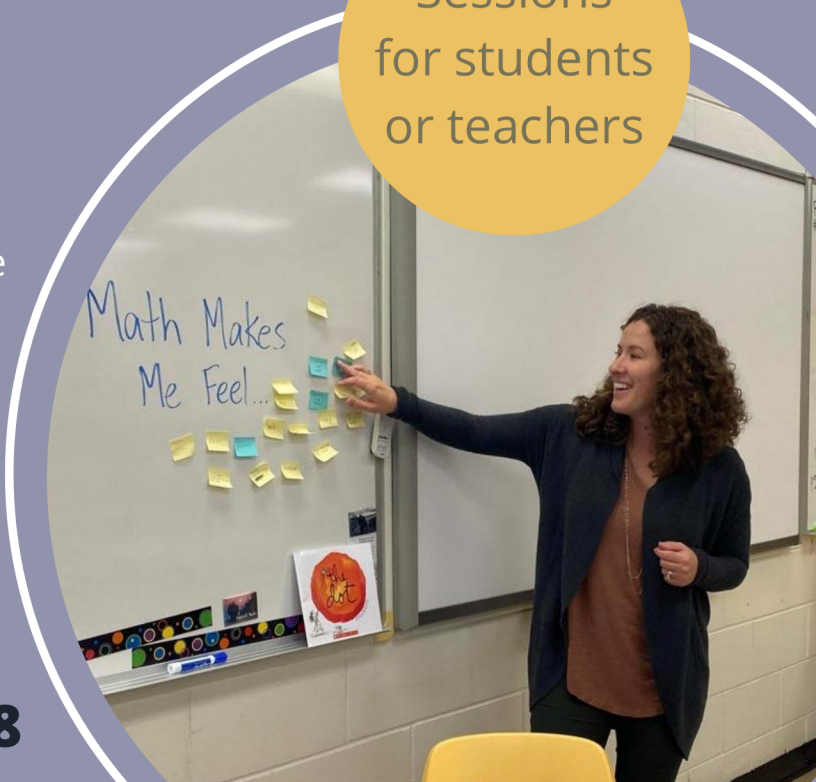
Sessions for students or teachers

Features

- PD sessions for teachers
- Classroom visits for students
- Tailored to age group and group size
- 30 min to Full Day sessions

"In the hour that that she was given, she managed to inspire and enlighten the participants. That is no small feat when your audience is teachers at the end of the school day! Nicole Thomson is an excellent choice to further teachers' professional development."

- Maria Casasola, Chair of NWOAME





Positive Affirmations

Other Resources

- Affirmations video
- Implementing Gratitude in the classroom eBook
- Gratitude Activity Pack
- Gratitude Lessons
- Holiday activities
- Games & More!

IMPLEMENTING

gratitude

IN THE CLASSROOM

- Research and benefits of gratitude
- Implementation ideas
- Lesson plan
- Journal prompts and pages
- Classroom posters

www.thefulfilledclassroom.com

See Them All Here

Gratitude lesson

The Little Things
Finding Gratitude in Life's Simple Moments

Written by **NICOLE THOMSON**
Illustrated by **ARIELLE SHIRA**

THE fulfilled CLASSROOM

GRATITUDE

ACTIVITY PACK

Activities to do at home or in the classroom to cultivate an attitude of gratitude in our children

GRATITUDE WORD SEARCH

GRATITUDE TIC TAC TOE

GRATITUDE DICE GAME

GRATITUDE ABCS

GRATITUDE SCAVENGER HUNT BINGO

GRATITUDE 30 DAY CHALLENGE

Valentine's Day Scavenger Hunt

- Find something red and pink
- Spot something heart shaped
- Create something that begins with the letter V

Valentine's Day Coloring

Valentine's Day Writing

A memory where I felt loved or showed someone love is _____

Valentine's Day Valentine

Create your own valentine

Valentine's Day Journal

Something that I look forward to is _____

Notebooks

160 pages, soft cover, perfect bound,
lined notebook journal

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GIFT
IDEA!**



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Nicole Thomson is a coordinator and professor at Confederation College. She has over a decade of experience in the elementary classroom where she was involved in action research projects in Math and Literacy. She has over five years experience developing and implementing PD sessions for teachers.

Nicole created The Fulfilled Classroom because she saw a need to bring more joy and fulfillment to teachers, students, and homes. She creates resources to help teach our children the importance of gratitude, mindfulness, and social-emotional learning skills.



Nicole Thomson
MEd, HBComm, OCT
Children's Author

[Learn More](#)