

# The Little Things



## THE LITTLE THINGS GRATITUDE CHALLENGE

The power of gratitude is infinite, and research has shown a strong correlation between gratitude and our happiness, health, and even success. When we are grateful for something, we attract more of that into our lives, giving us even more to be grateful for.

As teachers, we recognize the urgent need for children to learn strategies for developing a positive mindset and feelings of gratitude. Our world bombards our students with messages of needing to be, do, and want more. We can help combat these messages by teaching our students how to focus on the good in their lives, develop a positive mindset, and appreciate the little things.

If you haven't grabbed your copy of "The Little Things: Finding Gratitude in Life's Simple Moments", you can grab it at [www.thefulfilledclassroom.com/shop](http://www.thefulfilledclassroom.com/shop) and use the code TheLittleThings to get 15% off your purchase. This is the book that started the entire concept of "The Fulfilled Classroom" and is a great read aloud to introduce the concept of gratitude and appreciating the little things.

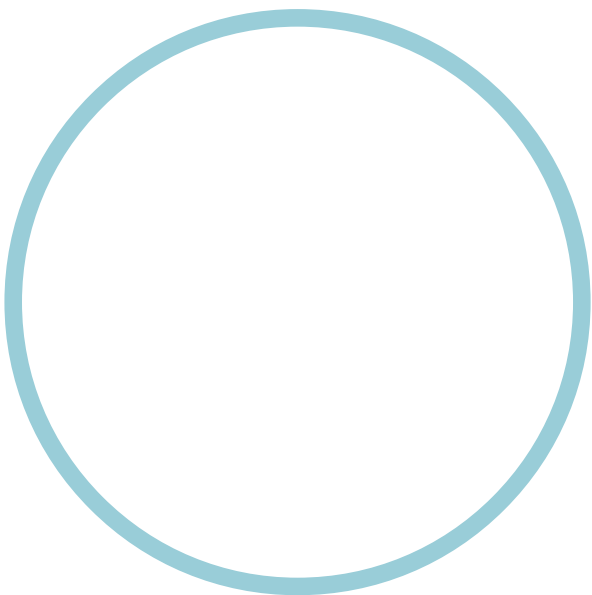
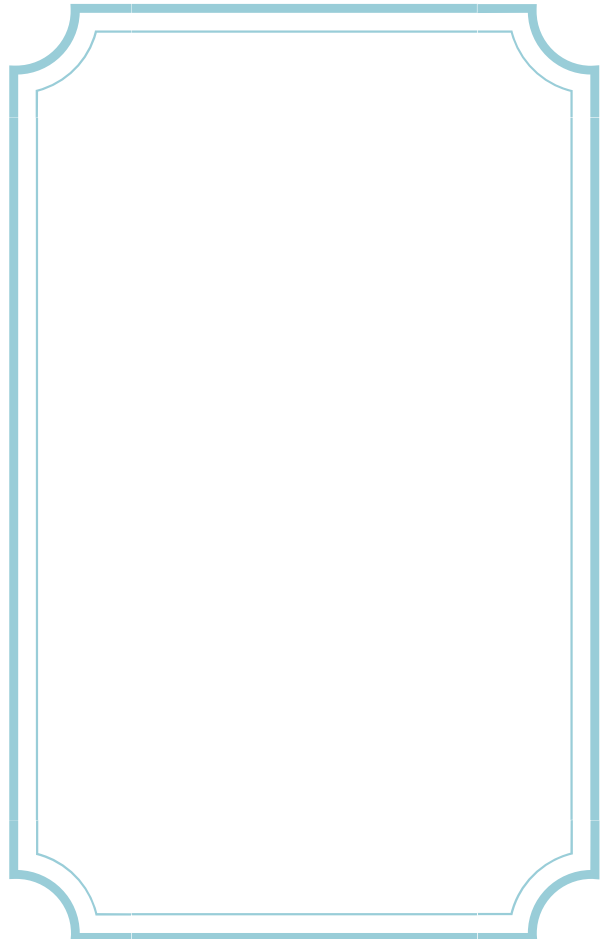
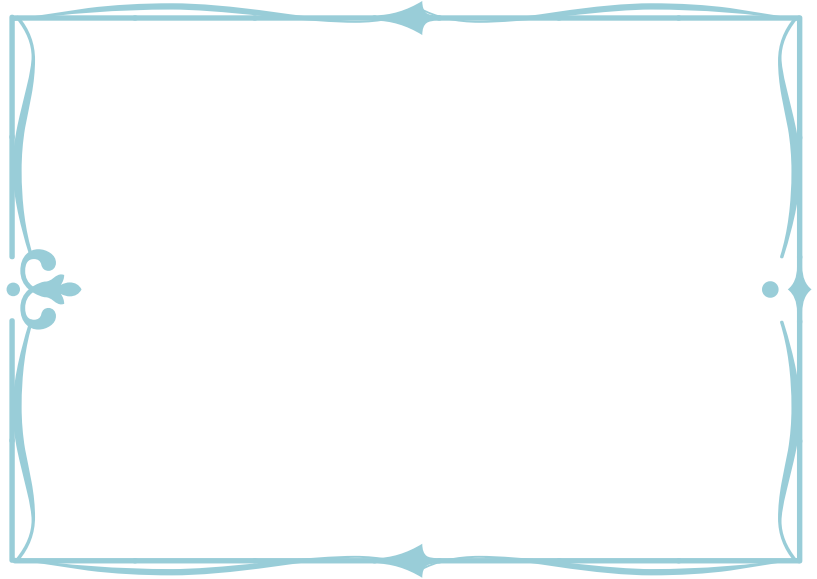
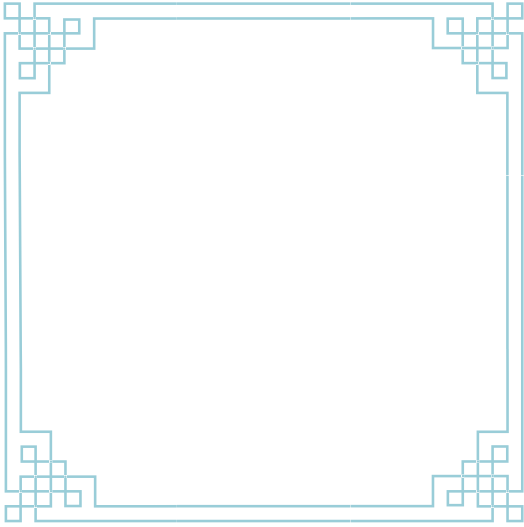


With just a couple of minutes a day, this practice will inspire you and your students to begin each day from a place of gratitude, positivity and intention. My hope is that this will become a routine in your classroom and you will see the benefits of a more positive, productive, and happy classroom. There are a number of different journal page templates for you to choose from.

Happy journaling!  
xo, Nicole

The  
Little  
Things

The little things  
I am grateful for



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The  
Little  
Things

The little things  
I am grateful for

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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The  
Little  
Things

The little things  
I am grateful for

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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The  
Little  
Things

The little things  
I am grateful for

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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# The Little Things

The little things  
I am grateful for

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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