



# A DAILY JOURNAL FOR TEACHERS AND STUDENTS



The power of gratitude is infinite, and research has shown the strong correlation between gratitude and happiness, as well as success. When we are grateful for something, we will 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 children 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 set their own goals.

Being a teacher, I understand the feelings of exhaustion, frustration and burnout all too well. When I began focusing more on the good parts of the day and the "little wins", I found it easier to notice these moments each day. It's important that we include bright spots in our day - those little things that we love to teach. Maybe that's a read aloud, or an art lesson, or perhaps a math centre you love teaching. Whatever that might be, ensure that these little sparks of joy are a daily occurrence. You will notice in the teacher journal page there is a place to write down the bright spot(s) each day.

This 5-minute daily 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.

Remember, sometimes what your students need most from you, right now, has nothing to do with what's on your lesson plan.




# MAKE TODAY GREAT

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

*"I am not a teacher, but an awakener."*

- Robert Frost

I am grateful for



The bright spot in my day will be

Reflecting back on today...the little wins were

one thing I can make better tomorrow

*"They may forget what you said, but they will never forget how you made them feel."*

- Carl W. Buechner



# A DAILY JOURNAL FOR KIDS

date: \_\_\_\_\_

The little things I am grateful for

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things I'm most excited about today

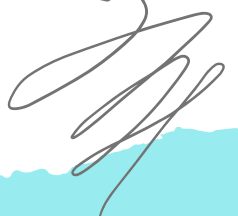
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My goals for today

1. \_\_\_\_\_
2. \_\_\_\_\_



*"We carry within us the wonders we seek around us."*



Discover



the little things

The little things I am grateful for

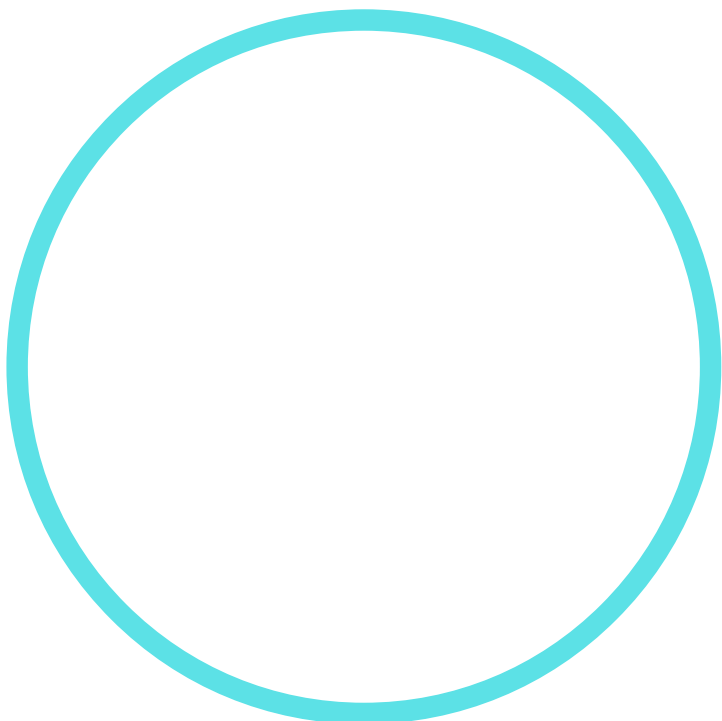
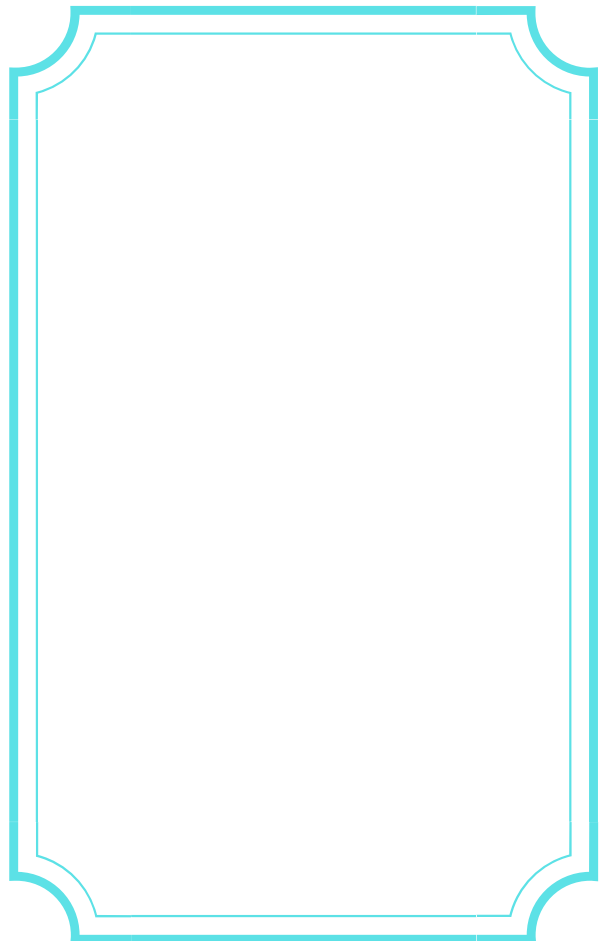
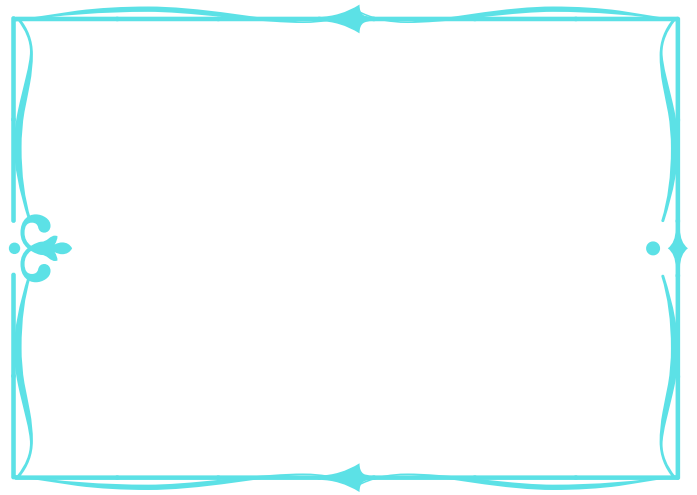
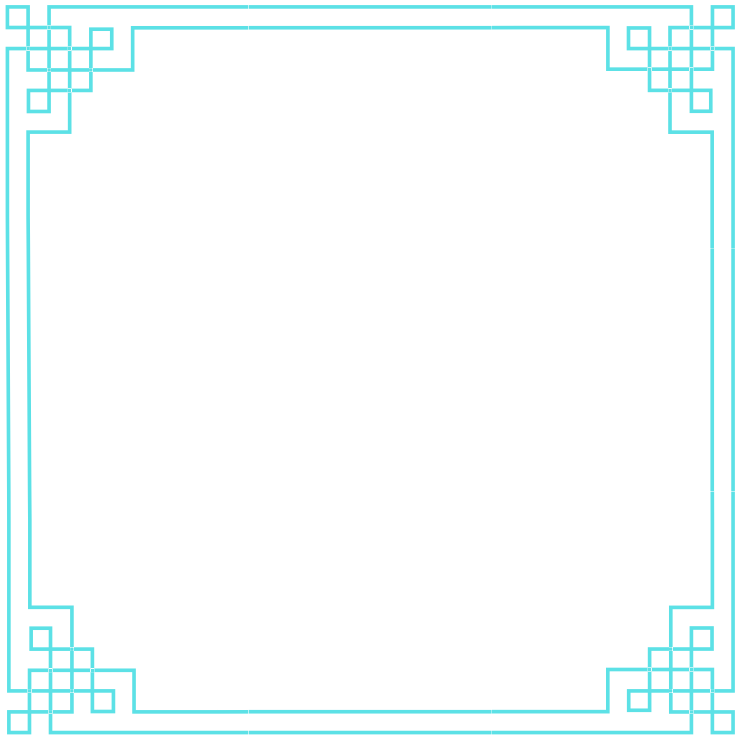


Discover



the little things

The little things I am grateful for



Discover



the little things

The little things I am grateful for



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Discover



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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