

THE fulfilled CLASSROOM CATALOGUE



creating happier
classrooms through
the little things



Nicole Thomson is an upgrading professor at Confederation College. In her 15+ years in the education field, she has taught a wide range from Kindergarten to college level, has been involved in action research projects in Math and Literacy, and has developed and implemented 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.

Social-Emotional Learning Resources Author Visits



• SEL • Gratitude • Mindfulness

Why gratitude & mindfulness?

Transform your school environment with our gratitude resources, designed to **foster a positive school climate**, **improve mental health**, and **enhance academic performance**.

By integrating gratitude and mindfulness practices into the classroom, you'll create a more supportive and connected community where students and teachers thrive.

The benefits are far-reaching—students experience reduced stress and increased happiness, which directly contribute to better focus, higher engagement, and academic success. Teachers also find greater satisfaction and resilience in their work, leading to a more motivated and energized classroom.

Our resources are designed to foster a happier, healthier, and more fulfilling school year.



Author Visits

Virtual & In Person

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



The Little Things

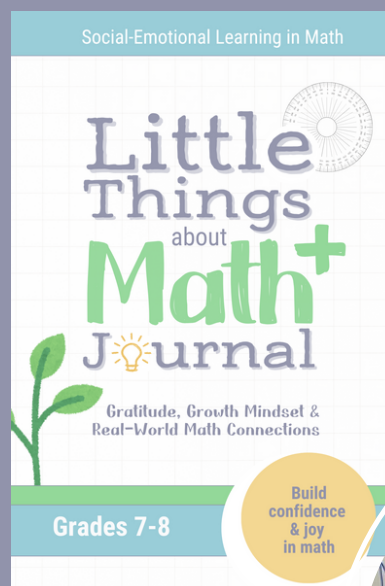
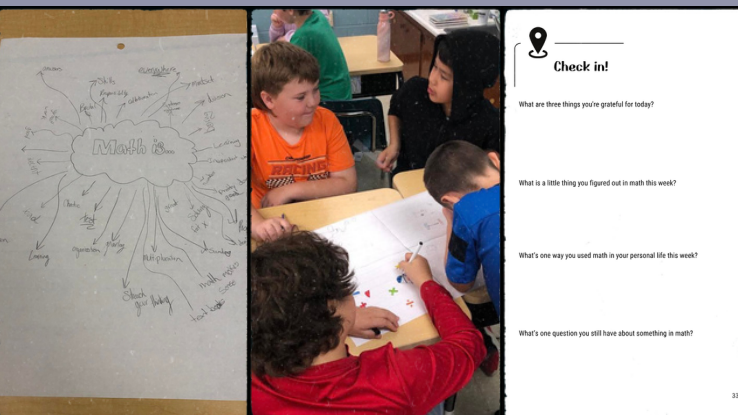
- Reading of The Little Things storybook
- Q&A period
- Hands on activity
- Discussion & activities vary depending on grade level



"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

Little Things About Math

- Introduction to the journal
- Engaging math discussion and lesson
- Grades K-8



[More Info](#)

The Little Things Journals

Inspirational gratitude journals for tots, kids, and teens, and even teachers & educators. Every day is different with new prompts, inspiring quotes, and teachings.



Features

- Create a consistent, positive classroom routine
- Age appropriate unique writing prompts
- Positive affirmations
- Inspirational quotes
- Mini-lessons in gratitude, mindfulness, healthy habits, & more!
- New prompts on every page
- For tots, for kids, & for teens



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

Little Things About Math

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



Features

- Unique writing prompts
- Discussion points
- Emotional check-ins
- Calming strategies
- Mini-lessons



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

[More Info](#)

Discounts on bulk Orders

The Little Things Project

for the

Classroom

Features

- Video lessons
- Writing prompts
- Student journal
- Daily quotes
- Member portal
- Cross-curricular activities
- Teacher's manual with lessons & rubrics
- SEL report card comments

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 Project is a comprehensive, done-for-you program designed to make your life easier while bringing meaningful, positive experiences to your Junior classroom.

This 21-part series features 3-to-5 minute mini-lessons available in both written and video formats, allowing you to **simply press play** and engage your students without the need for extensive preparation or utilizing precious class time. Choose to complete one lesson a day for a month and really zone in on the project, or space it out throughout the year and complete one lesson each week or so.

With all the planning done for you, these lessons can be seamlessly integrated into your daily routine. Daily lessons also come with optional cross-curricular activities with detailed lesson plans and rubrics, offering additional opportunities to reinforce key concepts across subjects.

Included in the project is a PDF student journal filled with daily writing prompts and inspirational quotes, perfect for sparking class discussions and encouraging student reflection.

Everything you need—lessons, activities, and resources—is conveniently housed in our membership portal, making it easy to access and implement.

The Little Things Project will empower your students to appreciate the small moments, foster a positive classroom culture, and enhance overall well-being. Join us in making every day in the classroom a celebration of the little things that matter most!

Contact Me!

Activities perfect for:

- Back-to-School
- Int'l Literacy Day (Sept 8)
- World Gratitude Day (Sept 21)
- Thanksgiving/Gratitude Month (Oct)
- World Smile Day (Oct 4)
- World Teacher Appreciation Day (Oct 5)
- World Mental Health Day (Oct 10)
- Author's Day (Nov 1)
- I Read Canadian Day (Nov 6)
- World Kindness Day (Nov 13)
- Universal Children's Day (Nov 20)
- Christmas Season (Dec)
- New Year/Setting Intentions (Jan)
- Family Literacy Day (Jan 27)
- Valentine's/Kindness/Love (Feb)
- Random Acts of Kindness Day (Feb 17)
- Int'l Day of Happiness (Mar 20)
- Pink Shirt Day Events
- Int'l Children's Book Day (Apr 2)
- Canada Book Week/World Book Day (Apr 23)
- Education Week (May)
- Mental Health Week (May 6-12)

I'd be thrilled to collaborate with you to further enhance the positivity, mindfulness, and meaningful learning in your school. Let's explore how 'The Little Things' can be customized to complement your school's unique strengths and goals. I'd love to connect with you to discuss how we can make an even bigger impact together!

Nicole



1 (807) 276-1902



www.thefulfilledclassroom.com



nthomson@thefulfilledclassroom.com



[@thefulfilledclassroom](https://www.instagram.com/thefulfilledclassroom)



[@thefulfilledclassroom](https://www.facebook.com/thefulfilledclassroom)



The Fulfilled Classroom



Nicole Thomson
MEd, HBComm, OCT
Children's Author

1. Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Personality and Individual Differences*, 36(6), 1251-1262.

2. Bono, G., & McCullough, M. E. (2006). Gratitude in education: A review of the literature. *Journal of Educational Psychology*, 98(4), 752-764.

3. Krause, N., & Hayward, R. D. (2015). Gratitude, cortisol, and health outcomes in late life. *Journal of Psychosomatic Research*, 78(3), 219-226



Positive Affirmations

IMPLEMENTING

gratitude

IN THE CLASSROOM



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



www.thefulfilledclassroom.com



Other Resources

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

Find them here.



GRATITUDE

ACTIVITY PACK

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

