

# THANKS FOR YOUR SUPPORT!

At Elevation Arts, our content is carefully crafted to inspire reflective thinking and promote adult engagement. We are dedicated to cultivating mindfulness, gratitude, and kindness through our offerings. Explore our collection of fun and interactive lesson plans, engaging art activities, art tutorials, and delightful crafts.

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## ABOUT THE SELLER:

Hi, I'm Ivy! Art teacher, author, and illustrator. I dedicate myself to creating engaging tutorials, comprehensive lessons, and a variety of creative resources that encompass both the realms of art and mindfulness. Help yourself to FREE DOWNLOADS and other resources at <https://www.ElevationArts.com>.

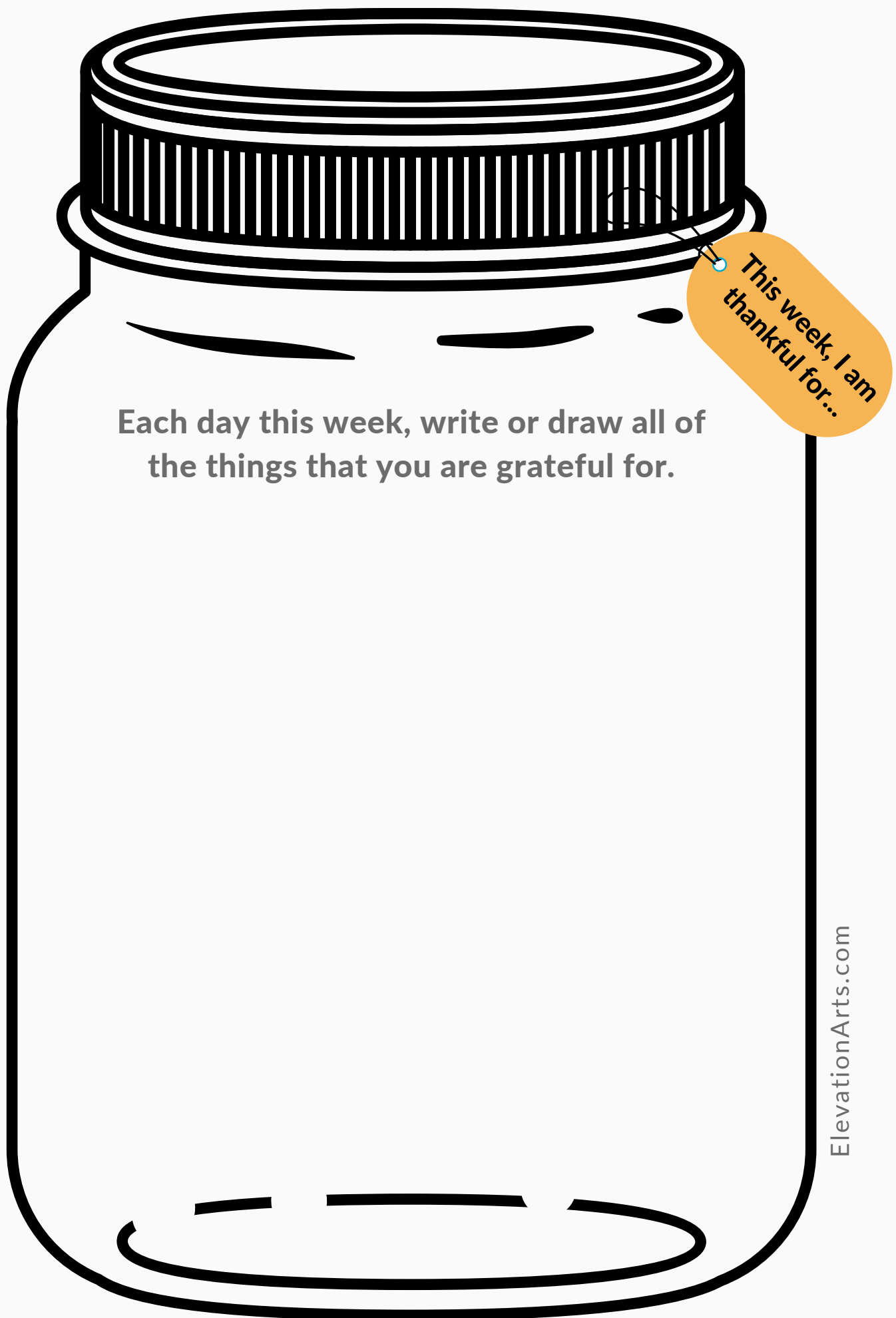
Ivy Baker @GetLiftedWithEA

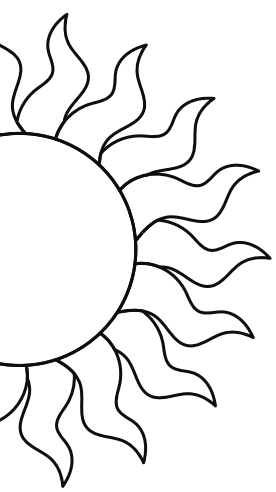




# Gratitude Journal







# Mornings of Appreciation

## THIS MORNING I FEEL...

- ☐ Calm      ☐ Rested      ☐ Sad  
☐ Happy      ☐ Anxious      ☐ \_\_\_\_\_

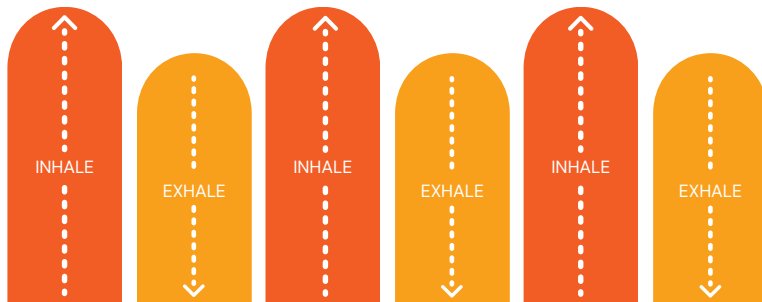
## TODAY, I CAN SPREAD KINDNESS BY...

- ☐ Giving compliments      ☐ Holding the door for others      ☐ Picking up trash

## MY AFFIRMATION(S) FOR TODAY:

- |                       |                      |                           |
|-----------------------|----------------------|---------------------------|
| I love myself.        | I am enough.         | I am kind.                |
| I am special.         | I am smart & strong. | Challenges help me grow.  |
| I am creative.        | I believe in myself. | I have great ideas.       |
| I can do hard things. | I am loved.          | I can choose my attitude. |

Trace a finger up and down the arrows as you slowly inhale and exhale.



Top 3 things you are grateful for this morning:

1

2

3

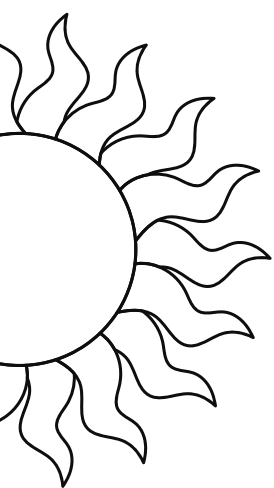


# Grateful Moments Before Bed

3 SMALL THINGS I'M  
GRATEFUL FOR TODAY

3 GOOD THINGS  
HAPPENED TODAY

DRAW, DOODLE OR WRITE YOUR FEELINGS IN THE SPACE BELOW



# Mornings of Appreciation

## THIS MORNING I FEEL...

- ☐ Cold      ☐ Upset      ☐ Relaxed  
☐ Glad      ☐ Sleepy      ☐ \_\_\_\_\_

## TODAY, I CAN SPREAD KINDNESS BY...

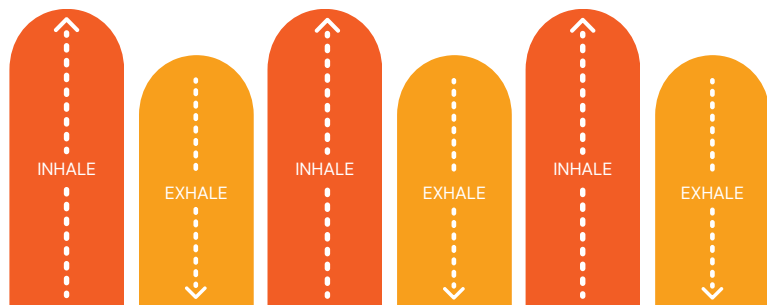
- ☐ Smiling      ☐ Writing a thank you note      ☐ Letting someone else go first

## MY AFFIRMATION(S) FOR TODAY:

- I love myself.      I am brave.      I am loved.  
I am awesome.      I get better every day.      I am confident.  
I have great friends.      I am a grateful person.      I am talented.  
I am unique.      I am kind.      I can choose my attitude.

Trace a finger up and down the arrows as you slowly inhale and exhale.

Top 3 things you are grateful for this morning:



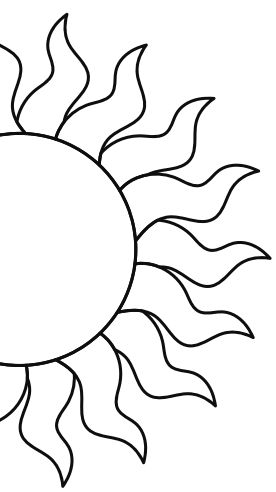


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# Mornings of Appreciation

## THIS MORNING I FEEL...

- ☐ Frustrated ☐ Loved ☐ Nervous  
☐ Proud ☐ Happy ☐ \_\_\_\_\_

## TODAY, I CAN SPREAD KINDNESS BY...

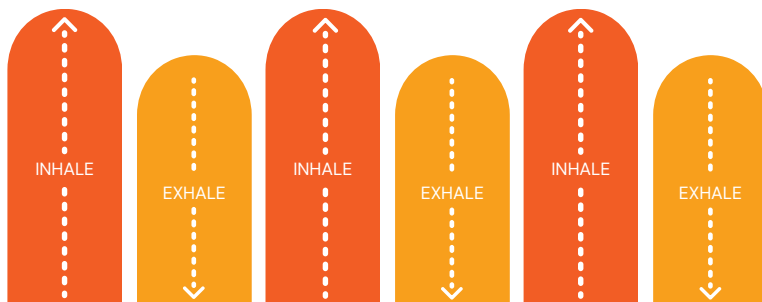
- ☐ Listening to a friend ☐ Saying "hi" to someone ☐ Being helpful

## MY AFFIRMATION(S) FOR TODAY:

- |                          |                     |                            |
|--------------------------|---------------------|----------------------------|
| I respect myself.        | I choose happiness. | Failure is okay.           |
| I never give up.         | I'm a good leader.  | I have everything I need.  |
| I think positive things. | I'm strong.         | I am important.            |
| I'm a good friend.       | I am worthy.        | I try my best in all I do. |

Trace a finger up and down the arrows as you slowly inhale and exhale.

Top 3 things you are grateful for this morning:





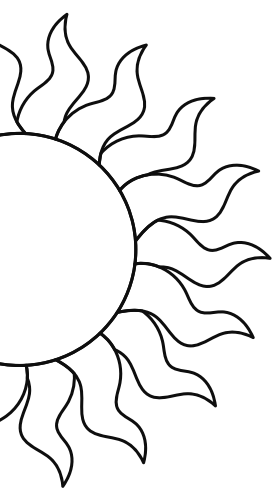


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# Mornings of Appreciation

## THIS MORNING I FEEL...

- ☐ Shy      ☐ Bored      ☐ Afraid  
☐ Giddy      ☐ Calm      ☐ \_\_\_\_\_

## TODAY, I CAN SPREAD KINDNESS BY...

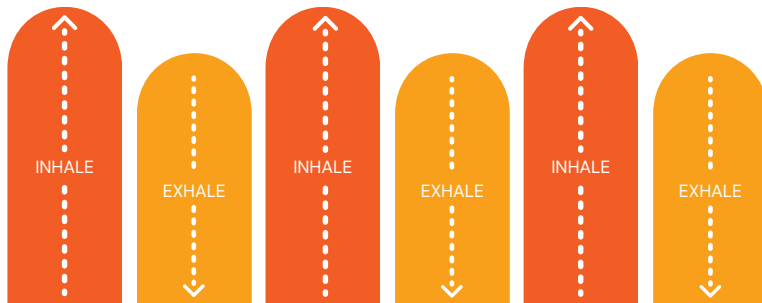
- ☐ Smiling at others      ☐ Help clean your classroom      ☐ Spend time with family

## MY AFFIRMATION(S) FOR TODAY:

- I can and I will.      I love trying new things      I think positive thoughts.  
I am helpful.      I am honest.      I am confident.  
I am calm like a river. I am mindful.      I love myself.  
I go with the flow.      I pay attention.      My words have power.

Trace a finger up and down the arrows as you slowly inhale and exhale.

Top 3 things you are grateful for this morning:



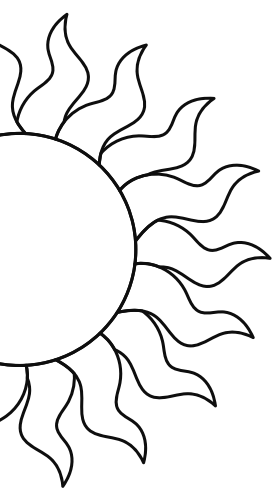


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# Mornings of Appreciation

## THIS MORNING I FEEL...

- ☐ Talkative   ☐ Confused   ☐ Disappointed  
☐ Confident   ☐ Grateful   ☐ \_\_\_\_\_

## TODAY, I CAN SPREAD KINDNESS BY...

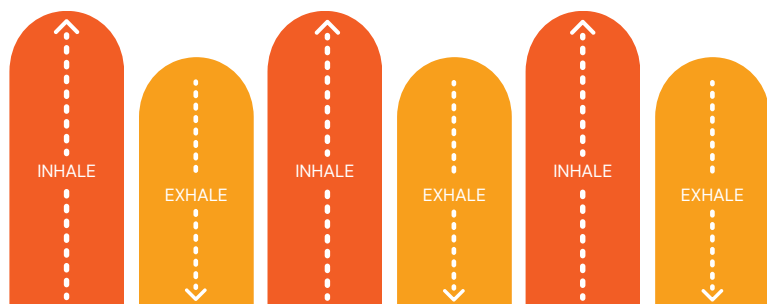
- ☐ Forgive someone for a mistake.   ☐ Say "thank you" to someone.   ☐ Only say nice things about others

## MY AFFIRMATION(S) FOR TODAY:

- |                       |                       |                         |
|-----------------------|-----------------------|-------------------------|
| I love myself.        | I am loved.           | I am brave.             |
| I am special.         | I am confident.       | I get better every day. |
| I am creative.        | I am talented.        | I am a grateful person. |
| I can do hard things. | I choose my attitude. | I am kind.              |

Trace a finger up and down the arrows as you slowly inhale and exhale.

Top 3 things you are grateful for this morning:



1

2

3

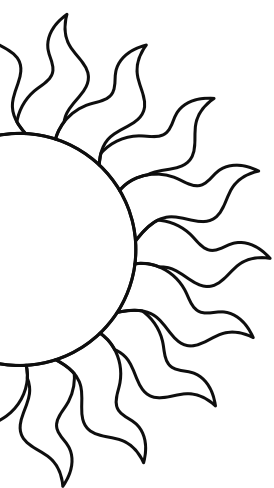


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# Mornings of Appreciation

## THIS MORNING I FEEL...

- ☐ Sad      ☐ Lonely      ☐ Mad  
☐ Happy      ☐ Tired      ☐ \_\_\_\_\_

## TODAY, I CAN SPREAD KINDNESS BY...

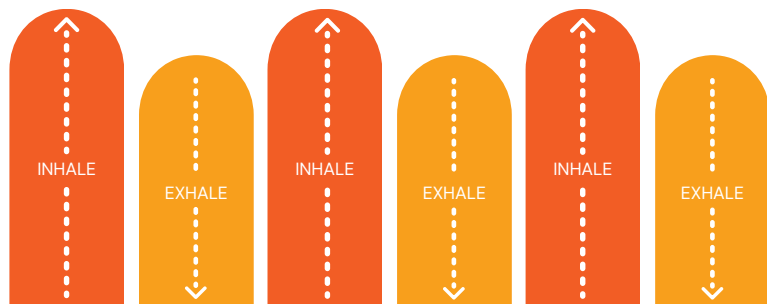
- ☐ Giving someone a high five      ☐ Holding the door for others      ☐ Picking up trash

## MY AFFIRMATION(S) FOR TODAY:

- |                          |                          |                         |
|--------------------------|--------------------------|-------------------------|
| I am mindful.            | My future is bright.     | I can and I will.       |
| I love my family.        | I have lots to live for. | I am helpful.           |
| There is no one like me. | I love to learn.         | I am calm like a river. |
| I am important.          | I can do hard things.    | I go with the flow.     |

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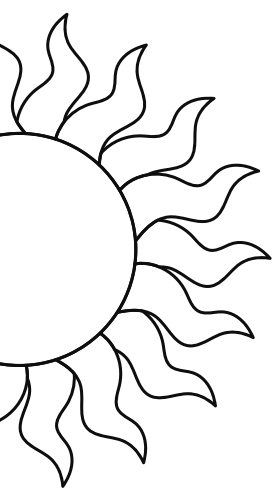


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# Mornings of Appreciation

## THIS MORNING I FEEL...

- ☐ Sick      ☐ Hungry      ☐ Shy  
☐ Worried      ☐ Joyful      ☐ \_\_\_\_\_

## TODAY, I CAN SPREAD KINDNESS BY...

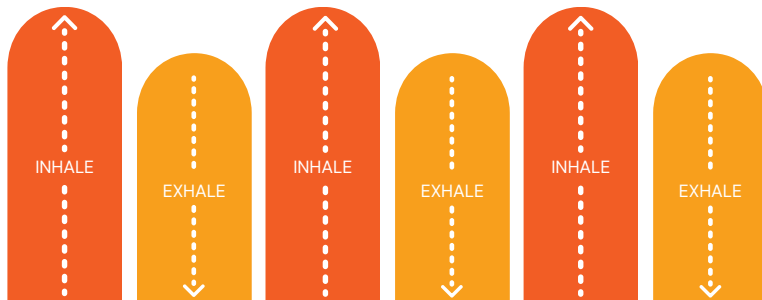
- ☐ Apologize to someone      ☐ Taking up for someone      ☐ Sharing

## MY AFFIRMATION(S) FOR TODAY:

I don't need to fit in.	I am enough.	I think positive thoughts.
I am confident.	I'm a winner.	I love myself.
I am creative.	I learn from mistakes.	I am special.
I can do hard things.	I am loved.	My words have power.

Trace a finger up and down the arrows as you slowly inhale and exhale.

Top 3 things you are grateful for this morning:







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# Doodles & Thoughts

