Teacher Genie

CALM CLASSROOMS. ♥ CONNECTED KIDS. ♥ CONFIDENT TEACHERS.

Today I'm THANKFUL FOR...



A LITTLE GRATITUDE GOES A LONG WAY!



Gratitude means noticing the good things in our lives—big or small! When we focus on what we have, we feel happier, more connected, and ready to be our best!

WHAT IS GRATITUDE?

Gratitude is saying "thank you" in our hearts for the good things we have each day.



WHY PRACTICE GRATITUDE?

- It helps us feel happy and positive.
- It helps us be kind and build strong friendships.
- It helps our brains focus on the good, not the stress.
- It helps us grow and become our best selves!

LET'S REFLECT!

Think about today or any day this week.
Write or draw three things you are thankful for.

1

2

3

THINK. FEEL. GROW!

How do you feel when you think about these things?

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GRATITUDE REFLECTION JOURNAL

SOMEONE WHO MADE MY DAY BETTER

Think about someone who helped you, made you smile, or was kind to you.

Who was it and what did they do?

DRAW A PICTURE!

Draw a picture of you and this person or something kind they did for you!



THE LITTLE THINGS I APPRECIATE

Write or draw three small things that made you happy today!

1

This made me feel: ☺ _____

2

This made me feel: ☺ _____

3

This made me feel: ☺ _____

THANKFUL FOR TODAY

Circle how your day was:

Amazing 🤩	Good 😊	Fun 🎉	Peaceful 🧘
Kind ❤️	Busy 🏃	Exciting ⭐	Calm ☁️
Happy 😊	Challenging 🤔	Special 🎁	Tiring 😓

Other words: _____

GRATITUDE AFFIRMATION

Read it. Believe it. Live it.

I choose to focus on the good things in my life.

GRATITUDE REFLECTION JOURNAL

A KIND THING I DID

Think about a time YOU were kind. What did you do and how did it make you or someone else feel?



GRATITUDE MAKES ME FEEL...

Color or circle how gratitude makes you feel.

Happy	Calm	Loved
Hopeful	Proud	Thankful



I APPRECIATE MY CLASSROOM BECAUSE...

Write or draw three things you appreciate about our classroom!



1

2

3



A LETTER OF THANKS

Write a short thank-you note to someone special. You can give it to them or keep it!



MY GRATITUDE GOAL

What is one way you want to practice more gratitude this week?

This week, I will...



TODAY I'M PROUD OF...

What is one thing you did today that you are proud of?

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GRATITUDE SCAVENGER HUNT!

Look around your classroom or home.
Find 5 things you are grateful for.
Write or draw them in the stars.

1 2 3 4 5

GRATITUDE HELPS EVERYONE!

Think about how showing gratitude can help others.
Draw or write about one way it can make someone's day better.



GROWING MY GRATITUDE

Gratitude is like a muscle—the more we practice, the stronger it gets!
Color in one step you will try this week.

- Say "thank you" more often.
- Notice the good things.
- Give a kind compliment.
- Write in my gratitude journal.
- Help someone in need.

FAVORITE MEMORIES

What is one happy memory you are grateful for?
Draw it below!



FINAL THOUGHTS

Finish this sentence:

When I focus on what I am grateful for,
I feel...



Gratitude turns what we have into enough, and more into joy.

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MY GRATITUDE ACTION PLAN!

Gratitude is powerful when we practice it every day!
Choose one way to show more gratitude and make it happen.

MY GOAL

What is one thing you want to do more of?

I WILL DO IT BY...

When or how will you do it?

THIS WILL HELP ME...

How will it help you or someone else?

GRATITUDE CHALLENGE!

Try this 7-day gratitude challenge.
Check a box each day when you complete it!



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Say "thank you" to someone.	Give someone a compliment.	Help someone without being asked.	Write a kind note or draw a thank-you picture.	Share something you are grateful for.	Do something kind for a friend.	Celebrate your gratitude!
☐	☐	☐	☐	☐	☐	☐

LOOK HOW FAR I'VE COME!

Color in the stars as you grow your gratitude!

I am just getting started! → I am learning! → I am practicing! → I am growing! → I am a gratitude superstar!

MY HEART CHECK

Color the heart that shows how you feel about practicing gratitude.

I LOVE IT! | I LIKE IT! | IT'S OKAY | IT'S HARD | I NEED HELP



Thank you for taking time to reflect on the good things in your life!
Keep practicing gratitude every day—
you make the world a better place! ♥