

My Gratitude Diary

It is healthy to focus on what we have, rather than what we don't have. Each day over the week, write something for which you are thankful. It could be a person you are lucky to have in your life, a toy you are grateful for or an experience you feel thankful for having. At the end of the week, look back at your gratitude diary...how does it make you feel?

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).