

# GRATITUDE JOURNAL

We challenge you to fill out this gratitude journal every day for a week!

## Why practice gratitude?

People who make a habit of practicing gratitude are often happier, kinder, sleep better and even have higher immune systems!


Focusing on all the positives in your life and sharing a daily family gratitude practice is something we can do to feel happier, calmer and more compassionate as we deal with the uncertainty and disruption caused by the coronavirus.

## How to use this journal:

Every day, each member of your family should write down something they are grateful for. This could be anything from the big things like having roof over your head and food on the table, to small things - like an interesting leaf you found on your walk, or a funny joke your friend told you.

## SPREAD THE GOOD VIBES!

Tell us on social media what you are grateful for using #bzgratitude

 BeeZee Bodies

 beezee\_bodies

 @beezeebodies



## EXAMPLES

I am grateful for my home, where I am safe and warm and cosy with my family.

I am grateful for the funny TikTok video I watched because it make me laugh.

I am grateful for cuddles with my cat.

Monday

Handwriting practice lines for Monday, consisting of eight horizontal dashed blue lines.



Tuesday

Handwriting practice lines for Tuesday, consisting of eight horizontal dashed blue lines.

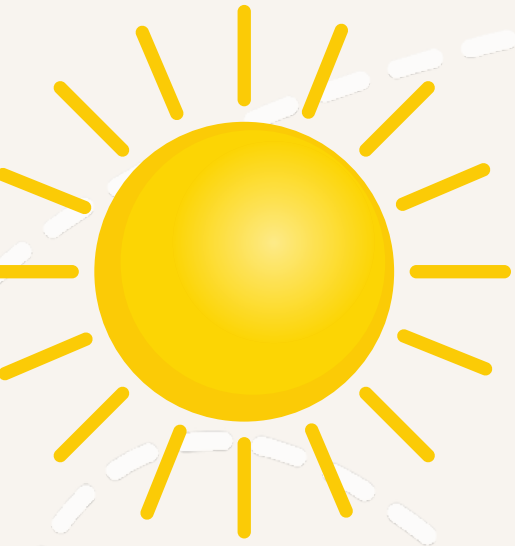
Wednesday

Handwriting practice lines for Wednesday, consisting of eight horizontal dashed blue lines.

Thursday

Handwriting practice lines for Thursday, consisting of eight horizontal dashed blue lines.





Friday

Handwriting practice area for Friday, consisting of ten horizontal dashed lines within a cloud-shaped border.

Saturday

Handwriting practice area for Saturday, consisting of ten horizontal dashed lines within a cloud-shaped border.

Sunday

Handwriting practice area for Sunday, consisting of ten horizontal dashed lines within a cloud-shaped border.

