



A Thankful Heart Is a Happy Heart: A Gratitude Journal for Kids

Crystal Paine

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Being thankful doesn't always come easy... even for children. Having an attitude of gratitude can change their outlook on life and bring happiness to their hearts.

This gratitude journal for kids is inspired by the popular *Choose Gratitude* journal for women. Children are encouraged to think about one thing they are thankful for each day, and then write about it or draw a picture of it in the space provided. Watch their faces light up with smiles as they focus their hearts and minds on things that are good.

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable if anything is excellent or praiseworthy think about such things. Philippians 4:8 NIV

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