WATKINS THERAPY GROUP | ürspace

A SPACE TO PAUSE AND GROW

# Gratitude & Reflection Journal

AGES 6–10

Notice the good. Name your feelings.
Keep growing, one small step at a time.



DRAW • WRITE • NOTICE • GROW

*Big feelings are welcome here.*

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LET'S BEGIN

# Welcome to Your Journal

You can draw, write or ask a trusted grown-up to help.

## This journal belongs to ...

Your name (or a nickname you like).

## One thing I hope to learn about myself ...

There are no wrong answers.

## A few things to remember

- All feelings are okay, even the tricky ones.
- You can leave a page blank or try again later.
- A picture counts as an answer.
- Ask a trusted grown-up if you want help.

For grown-ups: this PDF does not send answers to WTG or UrSpace.

01 • GRATITUDE

# Three Good Things



Small happy moments count, too.

## One good thing that happened ...

## Another good thing ...

## One more good thing ...

02 • FEELINGS

# My Feelings Today

You can feel more than one feeling at once.

## How am I feeling today?


Happy ☐


Calm ☐


Okay ☐


Worried ☐


Upset ☐

## Something that happened today ...

Write or draw what comes to mind.

## Something that might help me ...

Rest, play, talking, moving or something else.

03 • BODY AWARENESS

# My Body Gives Me Clues

Our bodies can show us how we feel.

## When I feel happy, my body ...

Draw or write where you notice the feeling.

## When I feel worried, my body ...

Maybe your tummy, hands, shoulders or breath.

## Something I can do to feel settled ...

04 • THOUGHTS

# A Thought I Can Question

Not everything our brain says is a fact.

## What happened?

## What did my brain tell me?

## What is another kind or fair thought?

Try this: "Could there be another way to see it?"

05 • CONNECTION

# Someone Who Helps Me

Think of someone you can talk to or ask for help.

## Someone who makes me feel safe ...

## How they help me ...

## Something I would like to say to them ...

06 • REFLECTION

# A Happy Memory



Remember a moment that made you smile.

## Draw or write your happy moment ...

What happened? Who was there?

## What made this moment special?

07 • CONFIDENCE

# The Things I Like About Me



You have strengths that are all your own.

## Something I am good at ...

## Something kind I have done ...

## Something I am learning ...

08 • SMALL STEPS

# My Brave Goal

Being brave can mean trying one small thing.

## One thing I want to try ...

## My first little step ...

## Who could help me?

09 • HABITS

# My Star Tracker



Tick each day you try. Trying matters!

## My small goal for this week ...

## My small step this week

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

## What did I notice or learn?

10 • CARE

# A Little Kindness



Kindness can be for others and for you.

## Something kind I did for someone ...

## Something kind someone did for me ...

## Something kind I can say to myself ...

11 • FEELING SAFE

# My Worry Toolkit



Everyone worries sometimes. What helps you?

## When I worry, I notice ...

## Things I can try to feel calmer ...

## A trusted person I can talk to ...

12 • IMAGINATION

# My Calm Place

Think of a real or pretend place where you feel okay.

## Draw or describe your calm place ...

What colours, sounds or things would be there?

## How can I remember this place when I need it?

13 • BELONGING

# People & Places I Love



What helps you feel connected?

## People who matter to me ...

## A place I enjoy being ...

## Something we like doing together ...

14 • IMAGINE

# My Really Good Day

What would a lovely, realistic day look like?



## In the morning, I would ...

## In the afternoon, I would ...

## In the evening, I would ...

15 • GROWTH

# Things I Feel Proud Of



Small wins deserve to be noticed.

## Something I tried, even if it was tricky ...

## Something I learnt ...

## Something I want to celebrate ...

16 • REFLECTION

# My Week in Review



You can have good days, hard days and everything between.

## My favourite part of the week ...

## Something that felt hard ...

## One thing I might try next week ...

17 • CREATE

# My Own Space

Write, draw, doodle or record something important.

This page is for whatever is on my mind ...