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 ...