

MY BIG LIFE

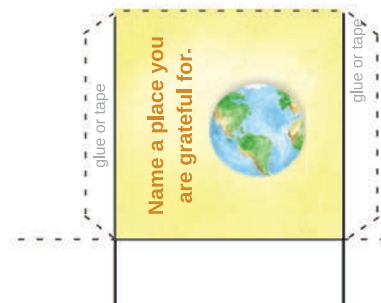
GRATITUDE CUBE



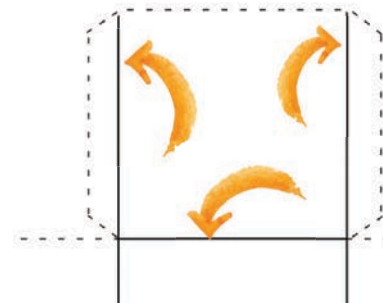
Follow the instructions below to make a gratitude cube. Take turns to toss the cube with your friends or family when someone needs a positivity or gratitude boost!



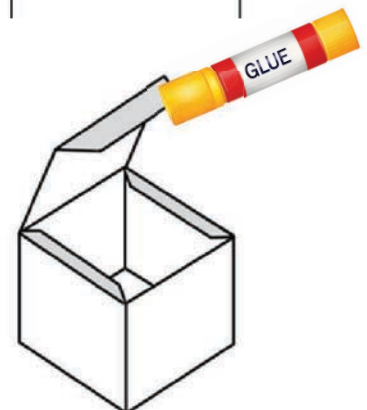
Print page 2 for a pre-made cube or page 3 to make your own. Cut on the dotted lines.



Fold on the solid black lines to make a crease.



Assemble into a cube by gluing or taping the sides together along the tabs.



glue or tape

Tell about a time when someone helped you.



What is something you are grateful to have learned?



Name a person you are grateful for and why.



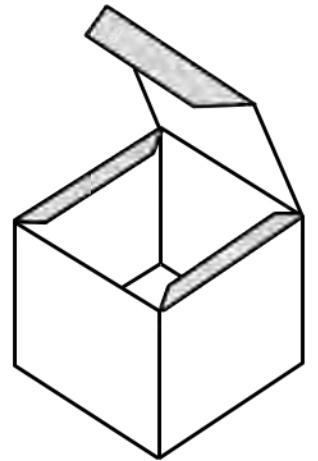
Tell someone what you like about them.

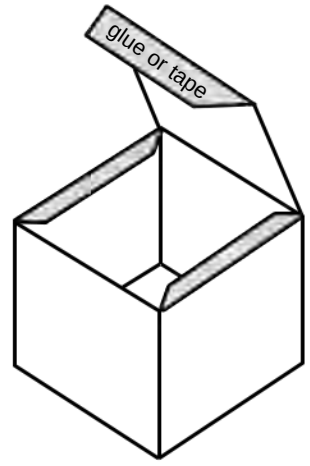
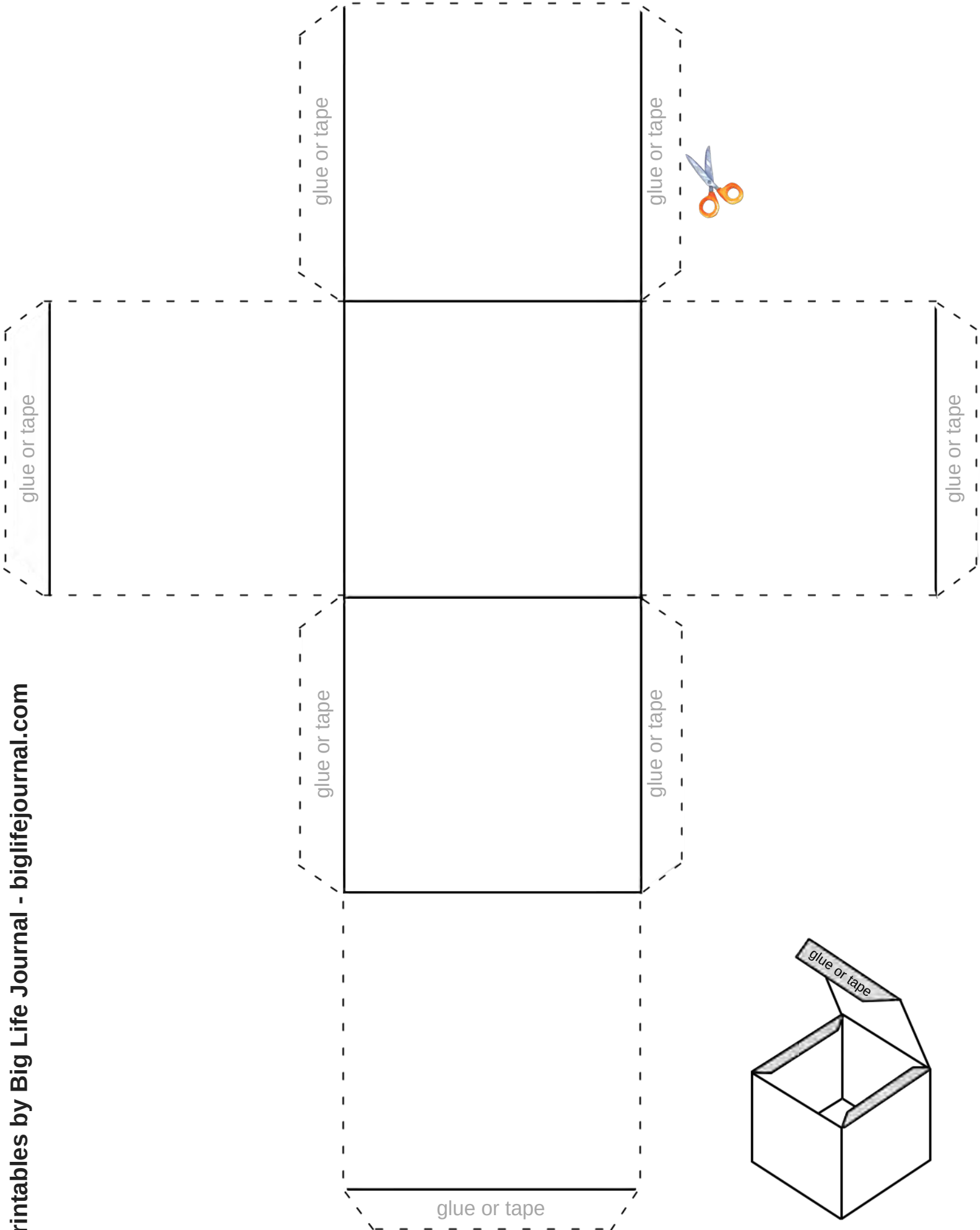


Who was grateful for your help today?



Name a place you are grateful for.





My GRATITUDE JOURNAL

Did you know that regularly writing down what you're grateful for can rewire your brain to become more optimistic? Follow the instructions below to make your own gratitude journal so that you can notice the good things in your life.

1

Print page 2 and fold in half with the title as a cover page.



2

Print page 3 as many times as you like. Fold the pages to fit inside your cover page from Step 1.



3

Staple your book together to secure. Decorate the front and back of your book.



My GRATITUDE JOURNAL

Date _____

Today I feel



Something or someone I am grateful for today.

I was kind to someone today when I....

This was the best part of my day.

(write or draw below)

Something that made me smile or laugh today.

(write or draw below)

3

EFFECTIVE WAYS to raise a GRATEFUL CHILD



Big Life Journal

1 SHARE A GRATITUDE JOURNAL FOR 30 DAYS

- Listing out a few things we are grateful for each day can have a **positive impact** on our mood, attitude, and relationships.
- Each day, **list three to five things** you are grateful for.
- Share with each other or just ask your child once in a while, *“How do you feel after you’ve written what you are grateful for?”*



2 NOTICE AND SAVOR THE SMALL STUFF

We can help our children become **noticers of the good** by...

- **pausing** to notice and “take in” the beauty of a sunset
- **appreciating** a stranger holding the door open for you and your child
- **stopping** to admire a vibrant tree in the park
- **listening** to birds sing early in the morning



3 WRITE A GRATITUDE LETTER

- **Take some time** to sit down with your child and write a gratitude letter to a family member or anyone else.
- **Don’t go for perfection** – go for authenticity.
- You and your child might not only make someone’s day, but make their life.



Big Life Journal

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