

Reflection Activities

School-Wide Gratitude Journal

Purpose: To highlight gratitude in one's life and within the school through a gratitude journal that is shared amongst the school.

Preparation:

You will need:

- A journal
- Writing utensils
- Gratitude!

Instructions:

1. Explain this activity to all teachers at a staff meeting. As a school staff, determine the following:
 - a. The schedule for the Gratitude Journal - Where will it start? How many days will each class have it? How will it be passed on from one class to another?
 - b. The time line for the project, for example will all the entries happen during Random Acts of Kindness Week or during the month of February?
 - c. Format of the book, for example will each participant (students and staff) have a whole page, half page, or use as much space as needed? Will pages be shared between students? Can students choose any page or will classes keep their entries in a certain number of pages?
2. Highlight the project over the announcements or have a class create posters to remind students the value of gratitude.
3. When it is your class's turn to have the book, brainstorm what gratitude is and how it can be recorded in the Gratitude Journal. Have each student write at least one thing that they are grateful for in the journal.
4. Once the journal has travelled to all the classes in the school, have a volunteer student or teacher create a wordle or collage containing the articles that the school is grateful for. Post this wordle or collage in the hallway as a reminder of the importance of being grateful.