

MY

GRATITUDE

JOURNAL

Name: _____

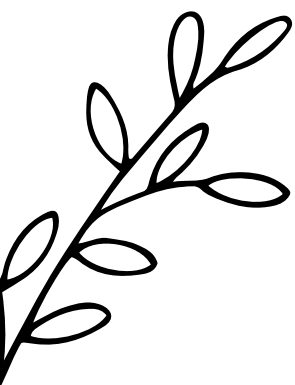




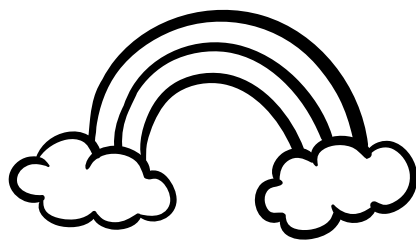
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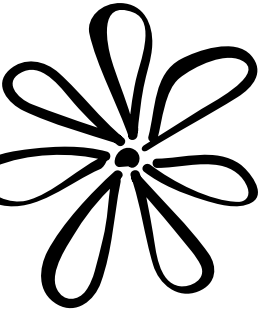
- 1. Heart Colouring Page**
 - 2. Dailly Affirmation**
 - 3. Coping Strategies for Kids**
 - 4. Ocean Colouring page**
 - 5. Winnie the Pooh Quote**
 - 6. Local Outdoor Activity Ideas**
 - 7. Mandala Colouring Page**
 - 8. Xan Oku Quote**
 - 9. Feelings Chart**
 - 10. Ocean Animals Colouring page**
 - 11. Maya Angelou Quote**
 - 12. Zones of Regulation Chart**
 - 13. Mountains Colouring Page**
 - 14. John Green Quote**
 - 15. Gratitude journal**
 - 16. Mental Health Resources for Kids
in Cambridge/ KW**
- 
- 

DO.
Amazing
THINGS!

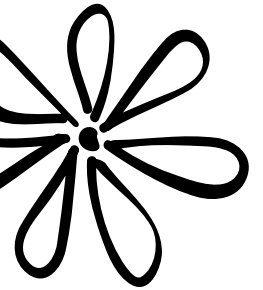
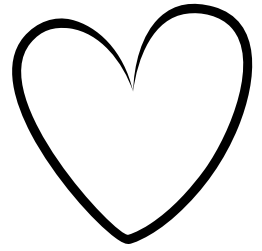




I am brave



I am kind



I am smart

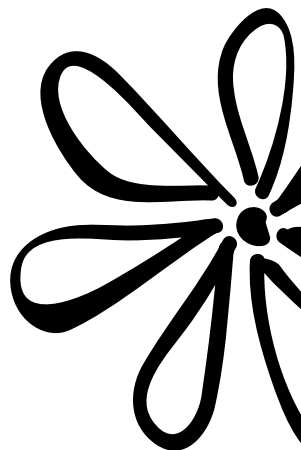
I am strong

I can do hard things

I will succeed



I am loved

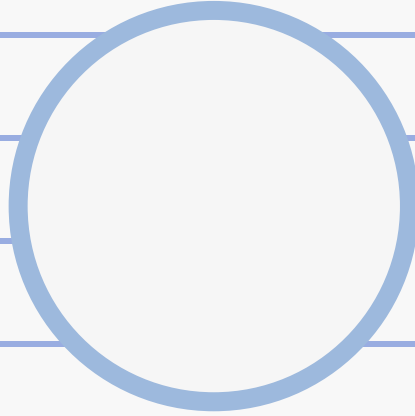


COPING TOOLS: What Helps Me

- | | |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

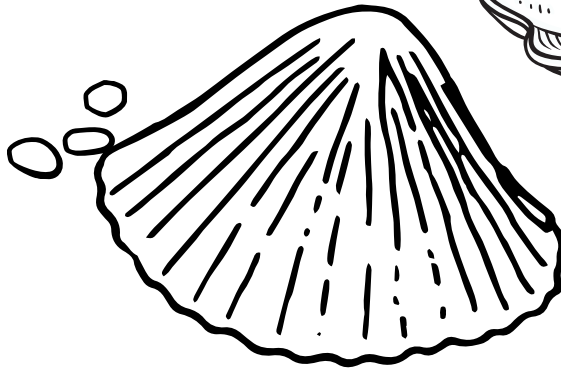
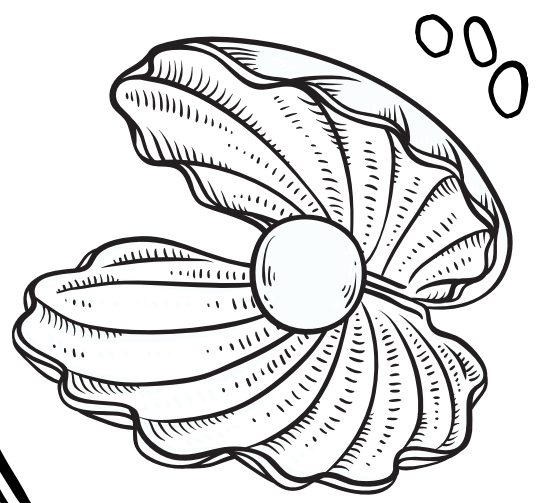
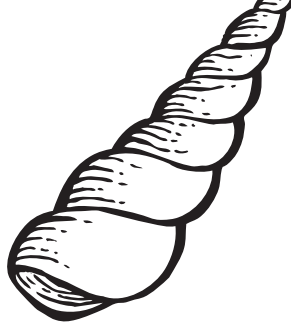
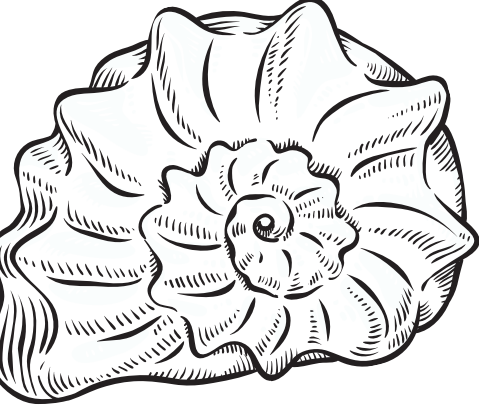
My Gratitude Journal

Today I feel:

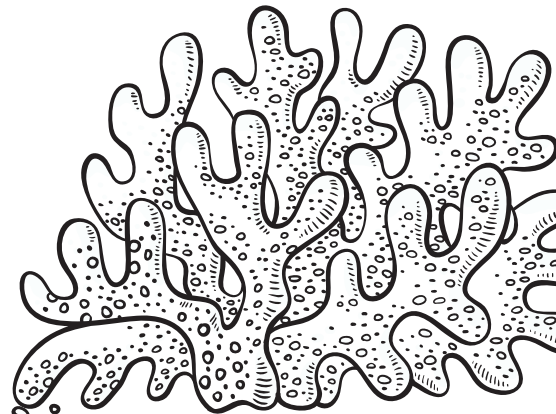
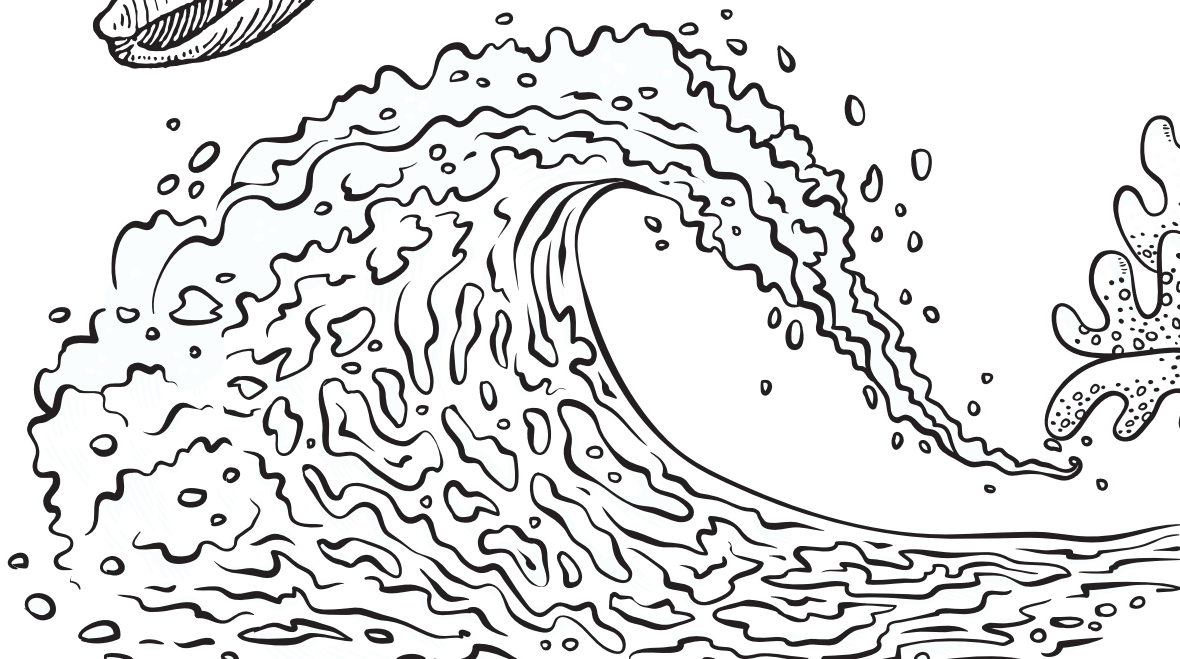


Something I am grateful for:

A large, empty rectangular box with a pink border, intended for writing.



Let your
light
Shine



"You're braver
than you believe,
and stronger
than you seem,
and smarter than
you think."

~Christopher

Robin



Local Outdoor Activities



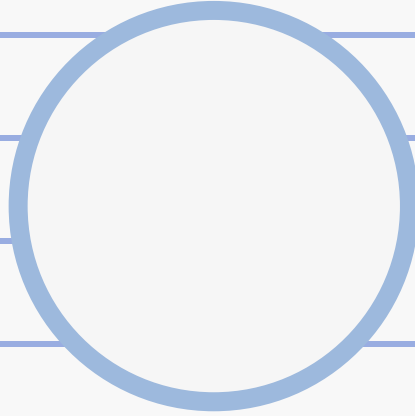
1. **Go for a walk!**
 - a. Mill Run Trail
 - b. Paris Rail Trail
 - c. Grand Trunk Trail
2. **Go Tobogganing!**
 - a. Woodland Park
 - b. McLennan Park (KW)
 - c. Chicopee Tube Park
3. **Play in the snow!**
4. **Go Geocaching**
 - a. how to:
<https://runwildmychild.com/geocaching-with-kids/>

Benefits of Nature on Mental Health:

1. Reduces anxiety
2. Helps you focus
3. Allows you to disconnect from technology
4. Enhances mood
5. Better Sleep

My Gratitude Journal

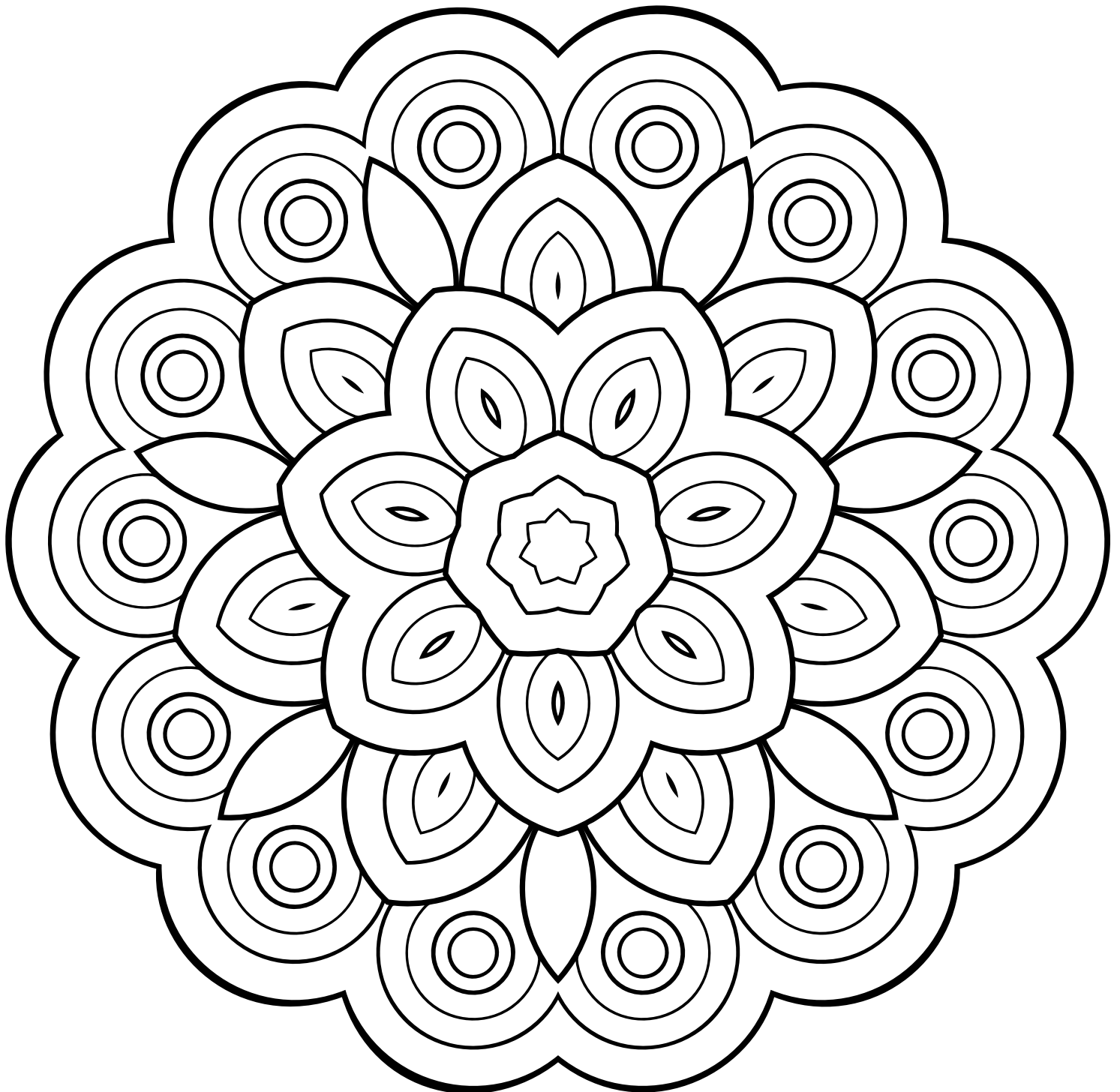
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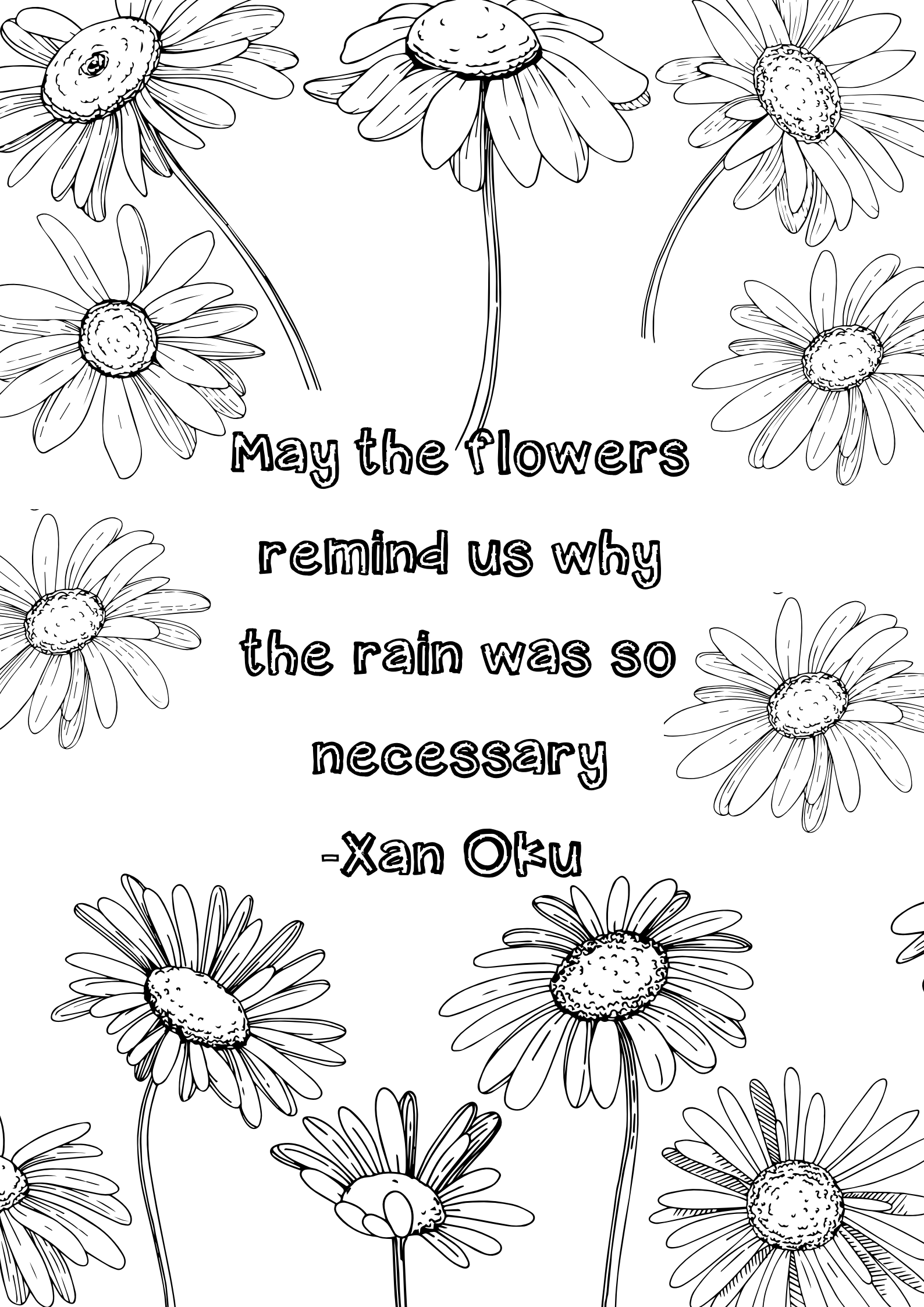


Something I am grateful for:

A large, empty rectangular box with a pink border, intended for writing.

YOU'VE
TOTALLY GOT
THIS!





May the flowers
remind us why
the rain was so
necessary

-Xan Oku

how are you FEELING?



lonely



happy



mad



excited



silly



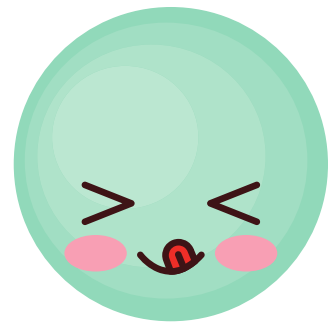
proud



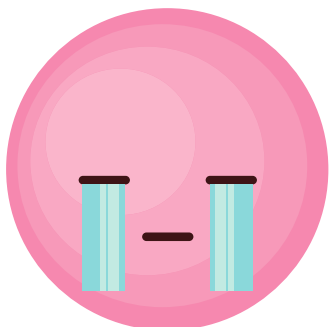
scared



annoyed



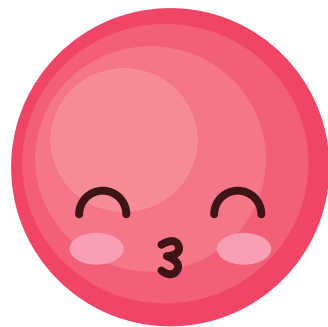
hungry



sad



sleepy

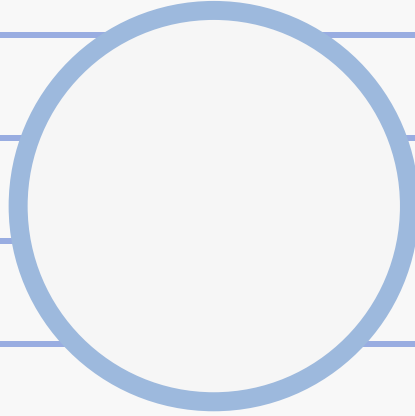


loved

all feelings are valid

My Gratitude Journal

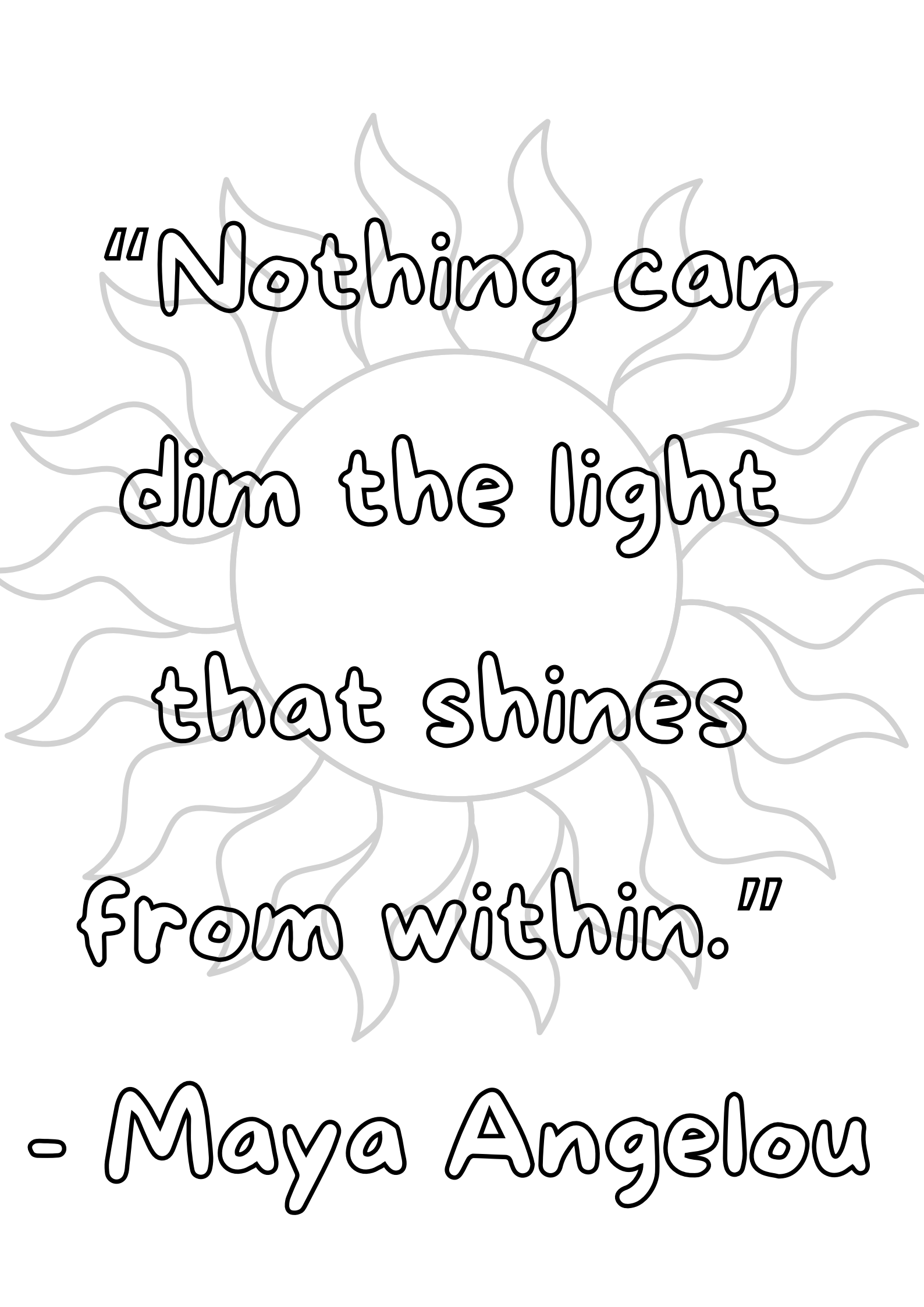
Today I feel:



Something I am grateful for:

A large, empty rectangular box with a pink border, intended for writing or drawing. It occupies the bottom half of the page, below the 'Something I am grateful for:' prompt.





"Nothing can
dim the light
that shines
from within."

- Maya Angelou

Zones of Regulation

What zone are you in?

Green Yellow Blue Red



Happy
Calm



Feeling okay
Focused



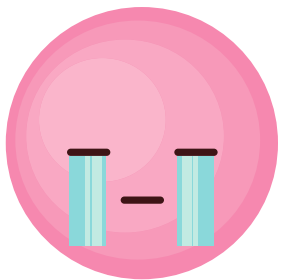
Frustrated

Anxious



Silly

Excited



Sad

Sick



Tired

Bored



Angry

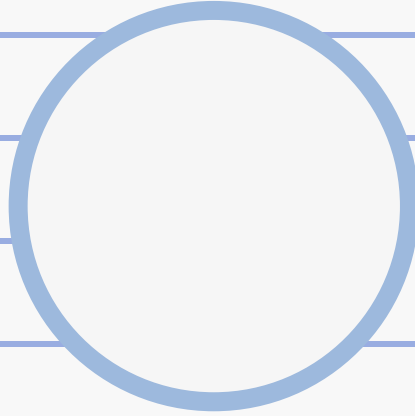
Mean

Mad

Disgusted

My Gratitude Journal

Today I feel:



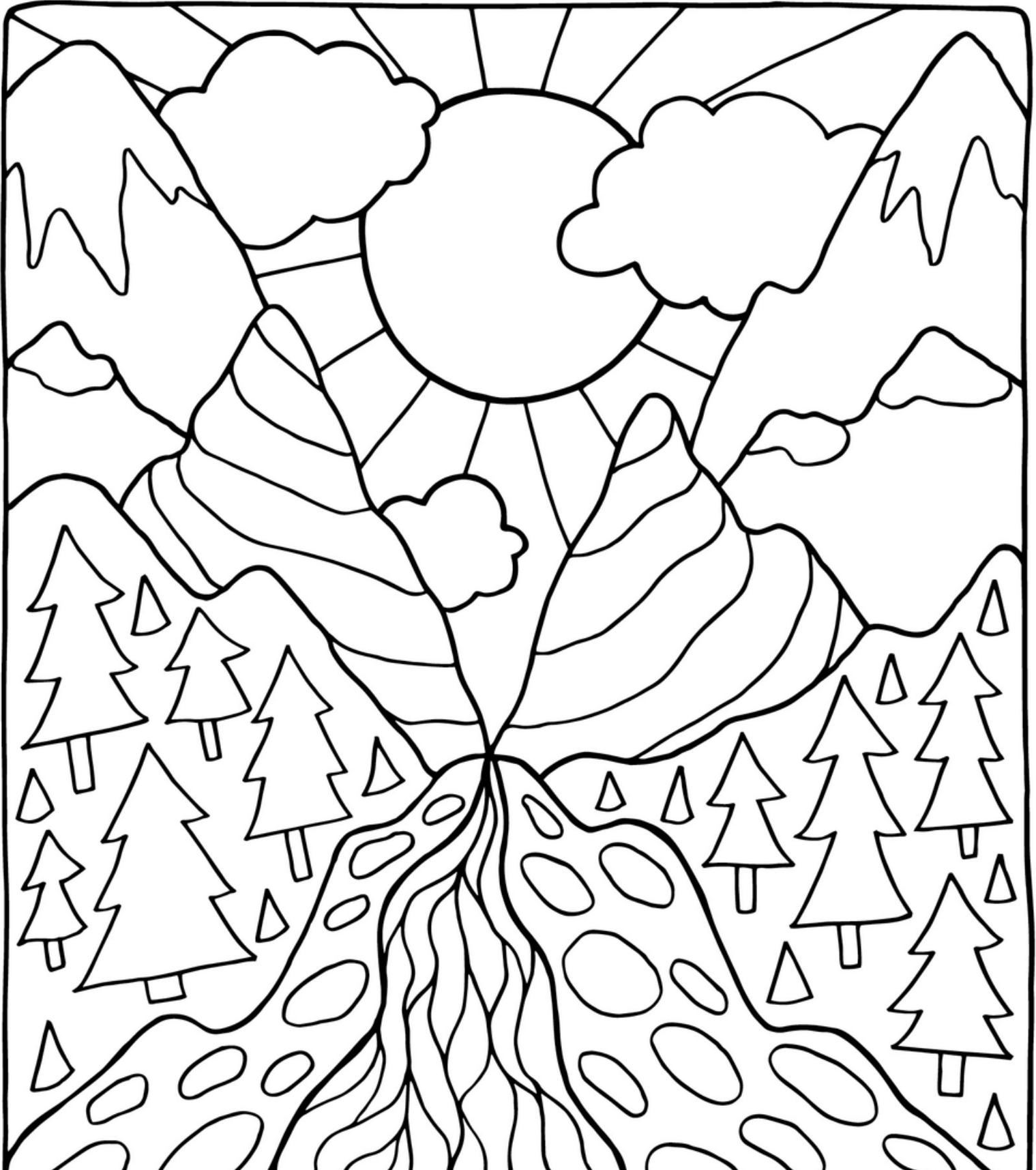
Something I am grateful for:

A large, empty rectangular box with a pink border, intended for writing.

KID YOU'LL MOVE

Mountains

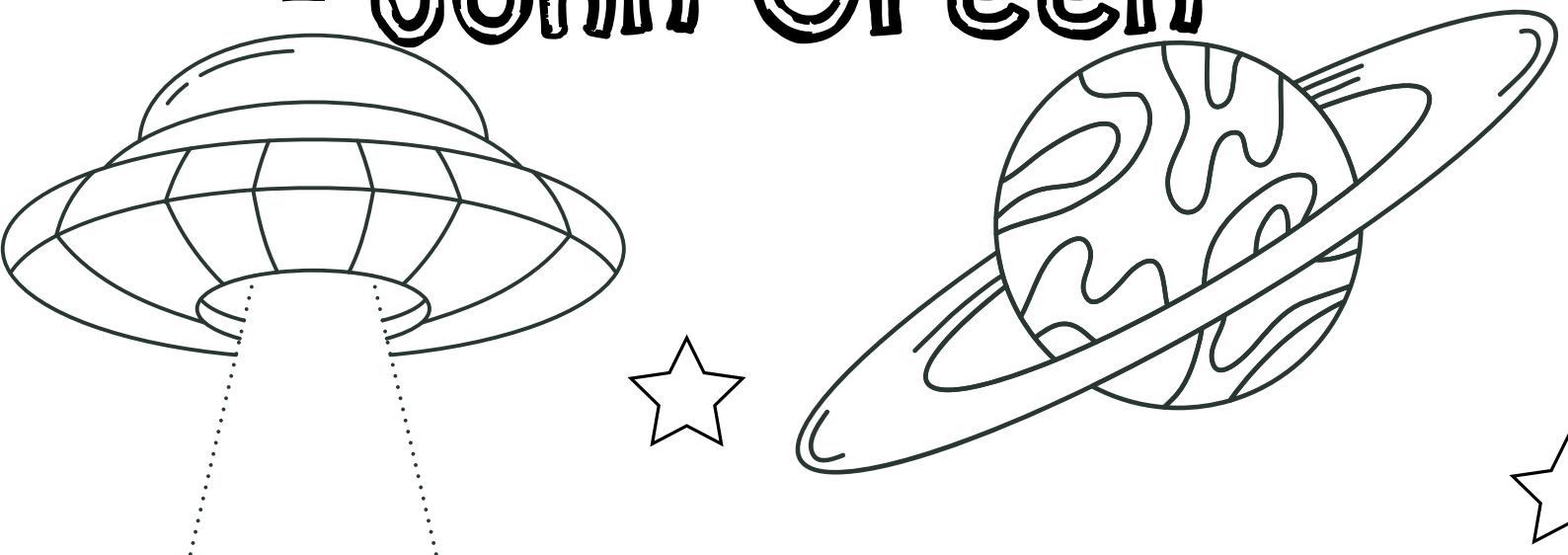
- DR. SEUS





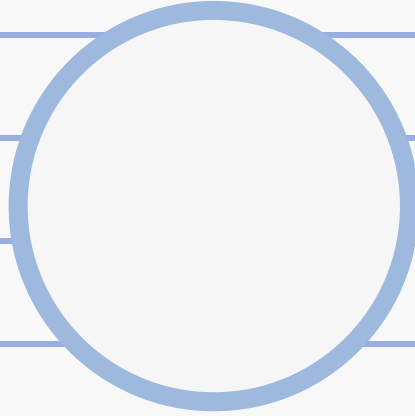
The darkest
nights produce
the brightest
stars

- John Green



My Gratitude Journal

Today I feel:



Something I am grateful for:

A large, empty rectangular box with a thick pink border, occupying the bottom half of the page. It is intended for writing a response to the 'Something I am grateful for:' prompt.



LOCAL MENTAL HEALTH RESOURCES FOR CHILDREN

Front Door- Cambridge: Front Door works with parents/caregivers, children and youth (up to their 18th birthday) who are struggling with life's challenges such as emotions, behaviours, relationships and mental health.
519-622-1670 www.frontdoormentalhealth.com.

Hespeler Family Outreach Worker: Contact: Samantha at samanthaa@houseoffriendship.org, 519-742-7327 x 250, or 519-498-7560 (cell)

MindYourMind: A space where youth can get information, resources and tools to manage stress, crisis and mental health related problems. <https://mindyourmind.ca>

2-1-1: A helpline and online database that connects people to the right information and services, strengthens Canada's health and human services, and helps Canadians to become more engaged with their communities

Family Compass Waterloo Region: Family Compass helps to find services for children and youth. 519-741-1121

KW Counselling: KW Counselling Services is a multi-service agency providing individual, family, group and outreach supports to the community. 519.884.0000

Kids Help Phone: Get support over the phone 24/7 by calling 1-800-668-6868.