

Raising Grateful Kids: 30-Day Gratitude Journal

Simple Prompts to Help Kids & Parents Practice Thankfulness

How to Use This Journal:

- Set aside a few minutes daily or weekly as a family.
- Write or draw answers together or individually.
- Use these prompts to spark conversation at the dinner table or bedtime.

Week 1 Prompts:

- Something beautiful I saw today was...
- A person I'm thankful for is...
- My favorite part of today was...
- A gift from God I noticed today...
- One small thing I usually take for granted is...
- A moment that made me smile...
- Thank You, God, for...

Week 2 Prompts:

- A kind thing someone did for me...
- A skill or talent I'm thankful for...
- A food I enjoy...
- A place that makes me feel peaceful...
- A prayer God has answered...
- Something I'm learning right now...
- Thank You, God, for...

The Family Table Podcast - Sibling Conflict Peace Plan

Week 3 Prompts:

- A memory that makes me happy...
- A family tradition I love...
- Something that makes me laugh...
- A challenge that made me stronger...
- A lesson I've learned from a hard time...
- A friend who blesses my life...
- Thank You, God, for...

Week 4 Prompts:

- Something in nature I'm grateful for...
- A teacher or mentor who helps me...
- A favorite Bible verse or story...
- A talent or gift I see in someone else...
- A way I can share God's love today...
- A way God has helped our family...
- Thank You, God, for...

Encouragement:

Gratitude grows when we practice it. These small daily reflections help train our hearts to notice God's goodness all around us.