



Sensory Gratitude Journal

Name: _____ Date: _____

Notice Your Senses:

Something I saw today that was comforting:
Example: "The sunlight through my window."

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A sound that soothed me:
Example: "My favorite song on the radio."

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A smell or taste I enjoyed:

Example: "The smell of fresh bread."

A set of five horizontal blue lines for writing, bounded by two vertical red lines on the left and right sides.

Something I touched that felt good:

Example: "My soft pillow."

A set of five horizontal blue lines for writing, bounded by two vertical red lines on the left and right sides.



Gratitude Reflection:

Pick one sensory moment and write why it mattered to you.

Example: "The sunlight made my room feel warm and safe."

A series of ten horizontal light blue lines for writing, bounded by two vertical red lines on the left and right sides.