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THREE GOOD THINGS

People who are grateful tend to be happier and healthier. Being grateful can help people cope with stress. This is such a simple and quick thing to do each day.

This is a fantastic exercise to get into each day to help improve mood and happiness. It is suitable for anyone to do. You might want to do it too!

It is short and simple gratitude practice. It is best to do this at the end of the day or for children perhaps after school or before bed.

There are several sheets that can be used according to the child's needs.

1. Reflect on your day. What went well? What was good about today? It can be the tiniest thing.
2. Write down the three things. You don't have to write lots, just a few words. Young children could draw a small picture in each box or use the drawing sheet and print out a weeks worth.
3. Reflect on those good things. Fill your mind with those good things.

Choose the sheet you want to use and print it out. I have included plain black and white versions too! You can even give it a cover too so you have your own journal.





3 GOOD THINGS

THREE GOOD THINGS

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THREE GOOD THINGS

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THREE GOOD THINGS

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TUESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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THREE GOOD THINGS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THREE GOOD THINGS

Day _____

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THREE GOOD THINGS

Day _____

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THREE GOOD THINGS

1

2

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THREE GOOD THINGS

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