



# Winter Gratitude Journal

The beauty of winter walks hand-in-hand with the comforting warmth of gratitude.



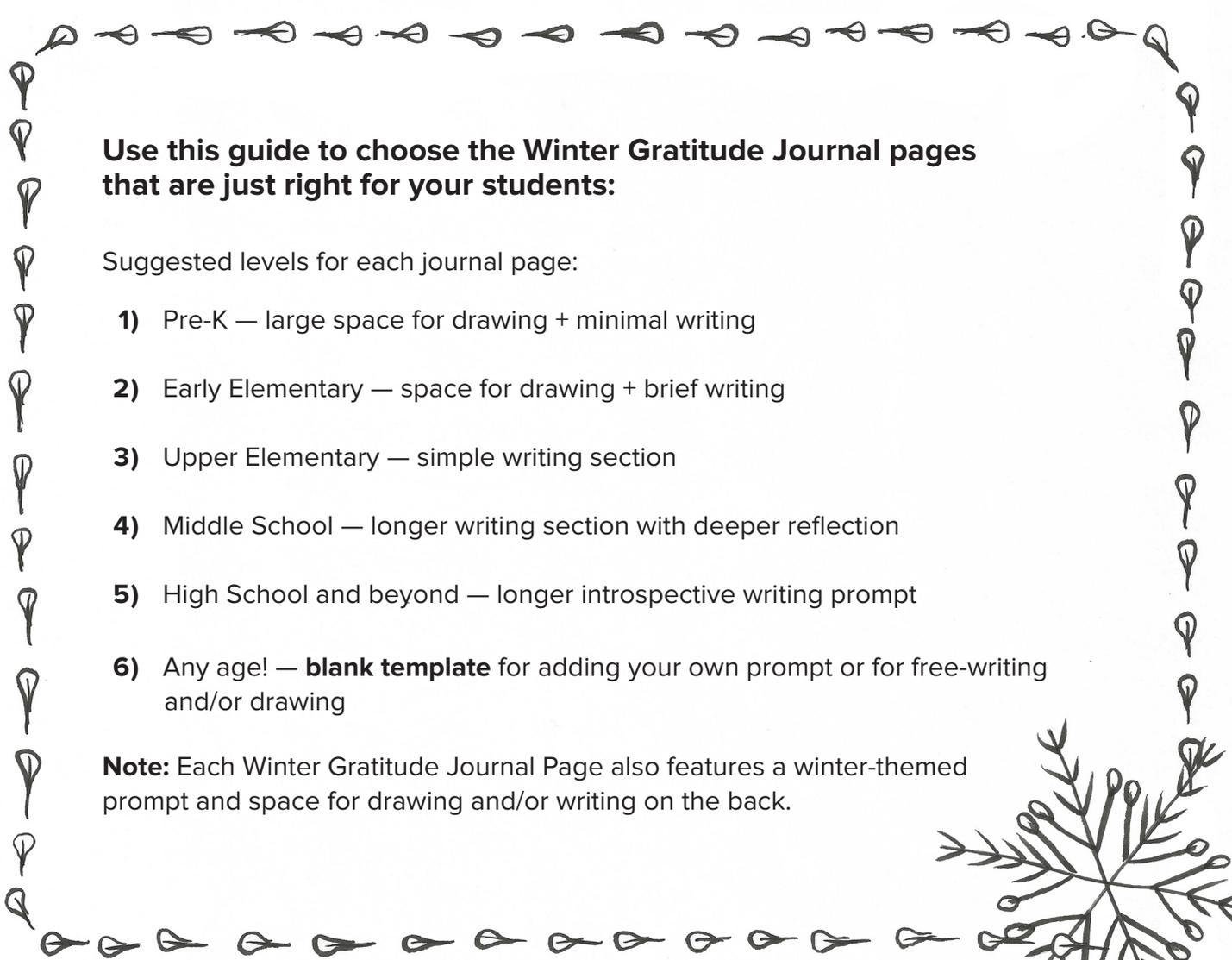
[demmelearning.com](http://demmelearning.com)

REV1225

## Winter Gratitude Journal Pages

This series of five Gratitude Journal Pages provides thoughtful and age-appropriate writing prompts for students of every age. From a simple thank-you for young children, to a deeper introspective prompt for High School students and adults, each journal page will encourage thoughtfulness and provide meaningful opportunities to express their feelings.

Gratitude journaling along with your students is a fantastic way to model these important skills. Use the guide below to choose the just-right Winter Gratitude Journal pages for your students and yourself, and feel the crisp freshness of gently falling snowflakes bring comfort and joy to your home or classroom.



### Use this guide to choose the Winter Gratitude Journal pages that are just right for your students:

Suggested levels for each journal page:

- 1) Pre-K — large space for drawing + minimal writing
- 2) Early Elementary — space for drawing + brief writing
- 3) Upper Elementary — simple writing section
- 4) Middle School — longer writing section with deeper reflection
- 5) High School and beyond — longer introspective writing prompt
- 6) Any age! — **blank template** for adding your own prompt or for free-writing and/or drawing

**Note:** Each Winter Gratitude Journal Page also features a winter-themed prompt and space for drawing and/or writing on the back.

