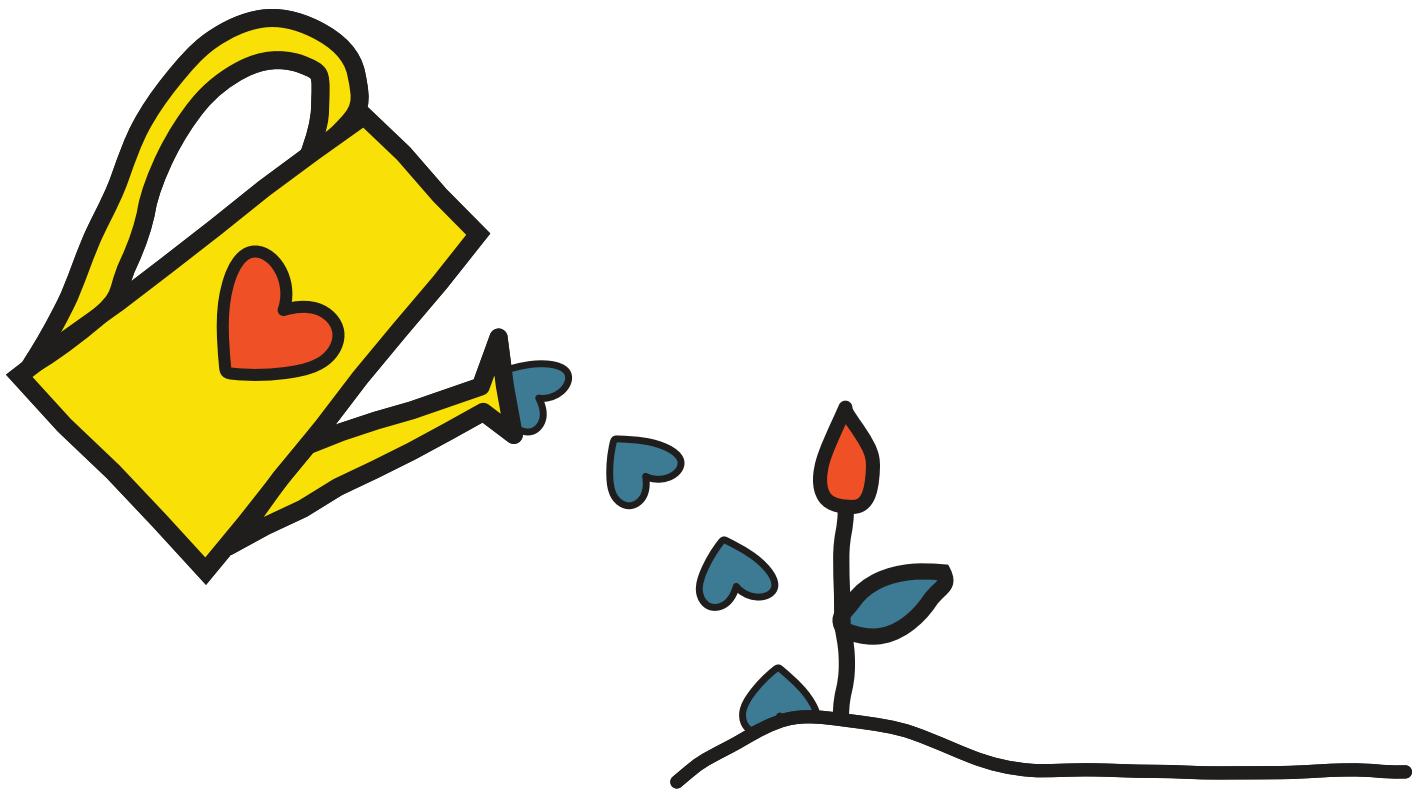


# On Our Sleeves Gratitude Journal

Research shows people who practice gratitude – who think about the good things in their life – are healthier and happier!

Have your child decorate a notebook with stickers, glitter, photos, etc., and write down and/or draw at least one thing they are thankful for every day throughout the month.



Share your activities with us, and any new ideas you have,  
by using [#OnOurSleeves](#) on social media.

**ON OUR SLEEVES**<sup>®</sup>  
The Movement for Children's Mental Health

Wolfson   
Children's Hospital