

# 30 Gratitude Journal Prompts for Kids and Students

## Simple & Fun: Gratitude Journal Prompts for Kids

For younger children, gratitude is often about things they can see, touch, or taste. Use these prompts to get the conversation started.

1. What is the tastiest snack in your lunchbox today?
2. Who is the person who gives the best hugs in your family?
3. What is your favorite toy to play with when you get home from school?
4. Look outside: What is one thing in nature (like a tree or a bird) that you are glad to see?
5. What is something about your body that you are thankful for (like your legs for running or your hands for drawing)?
6. Which character in a book or movie makes you feel happy?
7. What is a "secret talent" you have that makes you proud of yourself?
8. Write about a time a friend shared something with you. How did it feel?
9. What is your favorite song to dance to?
10. If you could give a "thank you" card to any animal, which one would you choose?

## Classroom & Learning: Gratitude Journal Prompts for Students

Being a student in today's fast paced world involves a lot of "doing." These gratitude journal prompts for students help them find the joy in "learning."

11. What is one thing your teacher said today that made you feel good?
12. Which subject in school is the most interesting to you right now?
13. Who is someone at school (a coach, a librarian, or a janitor) who helps make your day better?
14. What is a mistake you made recently that actually taught you something cool?
15. Describe your favorite spot to sit in the classroom or library.
16. What is one piece of technology (like a tablet or a smartboard) that makes learning easier?
17. Write about a friend who always makes you laugh during recess.
18. What is a school project you worked really hard on and felt proud of?
19. What is something "boring" about school that you are actually glad is there?
20. If you could thank a person from history for an invention we use today, who would it be?

# Deep Reflection: Middle School Gratitude Journal Prompts

Middle school is a time of major transition. Use these middle school gratitude journal prompts to navigate social changes and personal growth.

21. What is a boundary you set for yourself recently that made you feel more at peace?
22. Think of a challenge you faced this week. What is one good thing that came out of it?
23. Which of your friends truly listens to you when you talk?
24. What is a "digital win" you had recently (e.g., finding a helpful video or a positive community)?
25. How has your relationship with your parents or siblings improved as you've gotten older?
26. What is one thing about your personality that you wouldn't change for anyone?
27. Describe a moment this week when you felt completely "yourself."
28. What is a piece of advice someone gave you that you are thankful for?
29. If you had to delete every app on your phone except one, which one would you keep and why are you grateful for it?
30. What is a "luxury" you have (like a warm bed or clean water) that you often forget to notice?

