

EXAMPLE 1

Today I am grateful for...

1. *My mum*
2. *My cat, Smudge, who always strokes herself against me when I'm in my room.*
3. *My phone*
4. *My favourite Artemis Fowl books*
5. *My bike*

Special moment of the day...

How did I feel? ♥

When I woke up in the morning with Smudge curled up under my arm. It made me feel so warm and content, I didn't want to get up. I wanted that happy feeling to last forever.

See more examples at www.gratitudeforchildren.com.