

EXAMPLE 3

Today I am grateful for...

1. *Things that make me laugh.*
2. *Taking a shower after a long day.*
3. *Eating my favourite meal.*
4. *That feeling you get when you are with your best friends and you are doing something together.*
5. *My thick duvet when it's cold.*

Special moment of the day...

How did I feel? ♥

After we'd finished for the day, me and my friends went down the café for hot chocolate and cheesy chips. We bought the cheesy chips together and shared them. Later Zdenka came and joined us and we had to catch her up with all of the gossip. I felt like we were a group who really liked each other and I didn't want that feeling to end.

See more examples at www.gratitudeforchildren.com