



# Three Good Things

Write down three positives each day about your school day.

@TheContentedChild

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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## The Science of Gratitude

Science shows that gratitude is important for how good we feel emotionally and socially. It increases how much positive emotion we feel and decreases negative emotion. It helps us have an overall positive outlook.



# Three Good Things

Write down three positives each day about your day.

Monday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Tuesday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Wednesday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Thursday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Friday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Saturday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Sunday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>

The Science of Gratitude

Science shows that gratitude is important for how good we feel emotionally and socially. It increases how much positive emotion we feel and decreases negative emotion. It helps us have an overall positive outlook.

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# I am thankful for

Write down three positives each day about your day.

Monday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Tuesday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Wednesday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Thursday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Friday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Saturday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Sunday	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>

## The Science of Gratitude

Science shows that gratitude is important for how good we feel emotionally and socially. It increases how much positive emotion we feel and decreases negative emotion. It helps us have an overall positive outlook.

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# I am thankful for...

Write down three things you are thankful each day about your school day.

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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## The Science of Gratitude

Science shows that gratitude is important for how good we feel emotionally and socially. It increases how much positive emotion we feel and decreases negative emotion. It helps us have an overall positive outlook.