

Gratitude Journal

NOTICE • EXPLAIN • REFLECT

NAME _____

DATE _____

Directions: Each day this week, write something you are grateful for and briefly explain how it affects you or why it matters. Small moments often carry the most meaning.

Week of: _____

MONDAY

I am grateful for:

How this affects me or why it matters:

TUESDAY

I am grateful for:

How this affects me or why it matters:

WEDNESDAY

I am grateful for:

How this affects me or why it matters:

THURSDAY

I am grateful for:

How this affects me or why it matters:

FRIDAY

I am grateful for:

How this affects me or why it matters:

Weekly Reflection

Looking back at this week: what pattern do you notice in what you felt grateful for? Is there anything you didn't notice much at first, but now realize mattered? What would you want to pay more attention to next week?

The middle band connects gratitude to self-knowledge: explaining the effect of each entry, then mining the week for patterns and blind spots. The "taken for granted" question is where the growth is.

Quick Start

LEARNING TARGET

Students record a daily gratitude with its effect or reason, then reflect across the week to notice patterns and what they take for granted.

TIME

5 min/day + 10 min weekly

GROUPING

Independent; private by default

MATERIALS

Printed sheet, pen

Guiding questions: How does this actually affect you? What pattern shows up across the week? What have you stopped noticing?

Facilitation Sequence

- 1

Launch

Model an entry with a real "effect" line, not just a noun. Name that the explanation is the thinking; the gratitude is the prompt.
- 2

Student work

One entry per day. Watch for noun-only entries; prompt "and how does that affect you?" Keep responses private unless shared by choice.
- 3

Consolidate & discuss

At week's end, discuss patterns in the abstract (people? small comforts?) without requiring anyone to share specifics.
- 4

Wrap-up

Students complete the Weekly Reflection. The "taken for granted" insight is the target evidence.

Answer Key & How to Approach

Item	Expected Response / How to Approach
Daily entry	A specific gratitude plus a genuine effect or reason. Never grade content; respond to specificity over "my family."
The effect line	Names a feeling, change, or consequence ("it calmed me after a hard test"). If noun-only, prompt for the effect.
Weekly Reflection	A noticed pattern + one "taken for granted" insight + a forward intention. Look for reflection, not a recap.

Likely Responses, Misconceptions & Teacher Moves

Students may...	What that might mean...	A helpful next move...
Write noun-only entries with no effect	Treating it as a list, not reflection.	Prompt "and how does that affect you?" Model one effect line aloud.
Repeat the same entry all week	A narrow lens or low engagement.	Widen it: a person, a place, something that went right today?
Reflection that recaps instead of noticing	Missing the pattern-finding move.	Ask: "what do these five have in common?"

Equity, SEL & Trauma-Informed Prompts

Equity	SEL	Trauma-Informed
Invite gratitude from any context — home, culture, community, identity. Avoid privileging material things or one kind of family life.	Explaining effects builds self-awareness. Some entries are personal; protect privacy and keep sharing invited, never required.	Offer a private option and predictable structure. Hard weeks are real — gratitude isn't denial; allow an honest, smaller-scale entry.

UDL, Differentiation & Language Supports

More support	Ready for more	Language supports
Sentence frame "I'm grateful for ___ because it ___." Oral rehearsal; allow a quick sketch before writing.	Connect a gratitude to a goal or value; write a short thank-you note; track a pattern over two weeks.	The function is explain (X because/so Y). Pair frames with talk; first-language drafting welcome.

Assessment Look-Fors & Next Steps

Criterion	What it looks like here	Helpful next step
Specificity	Concrete gratitude, not a generic category.	If generic, prompt "what exactly, today?"
Explanation	Names a real effect or reason.	If missing, model an effect line and invite a retry.
Reflection	Notices a pattern and a blind spot.	If a recap, ask what the five entries share.

Reteach signal: if most entries are noun-only, spend five minutes modelling "gratitude + effect" before the next week.