

# Family Literacy – Scottish Attainment Challenge

## Home Learning Activities

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| Activity Title: | Create a Gratitude Journal |
| Age range: | P7+ |
| Area of the Curriculum: | English, Wellbeing |
| Resources required: | Blank page notebook or old school jotter, pens and pencils. |
| Time / length of the activity: | 20 minutes every day or most days. |
| Number of people required: | 1+ |
| Instructions: | * Once you have your blank notebook or old school jotter you are ready to create your gratitude journal. * On the first page, have the title ‘morning gratitude’, before you start your day list 5 things you are grateful for. * At the end of the day in the next page of your notebook have the title ‘people I am grateful’ from your day, it can be family, friends, neighbours, and strangers, someone that has made you a little happier that day. * Then on another page have ‘the best part of my day’, this where you will choose one moment in your day that made you happy and note it down and focus on it for 5 minutes before you go to sleep. * You can create other lists to include challenges and what you are learning from them. * Remember to fill in your gratitude journal every day or most days, no one but you needs to see it, you can date each page if you want. |
| Further learning | Get creative and decorate the outside of your journal, you could glue some paper to it and create your own positivity or gratitude quote. |

**For hygiene reasons please ensure you wash your hands and any objects you have been touching after you have finished the activity.**