

I am grateful for...



*Write about or draw images of people or events that have served as your teachers..
You can make a similar page of your own in your gratitude journal or use the one above.
Cut it out and paste it in a journal or collect the pages in a binder.*

Teachers Journal Prompts

- What do I notice about my body and mindset as I use this week's graphic in my gratitude journal? Is there something that is surprising there?
- Are teachers something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I express my gratitude to those who have taught me? How can I become a better teacher for others?

Teachers Tracker

Each day, write the name or recall an event that taught you something important in your life. Take time to acknowledge lessons learned and be grateful for them.
