

I am grateful for...



*Within the lines, write about or draw images of things/people you are thankful for related to play. Be playful and add designs to the letters!
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.*

Play 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?
- Is play something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I go into new experiences with a sense of play? How can I make more time for play and creative being?

Play Tracker

Use this page to play creatively! Write a (very) short story. Get out some colored pencils and sketch. Doodle with a pen.

Just have fun and open yourself to a creative experience!

Add a little to your creation each day.

No stress —it's not for anyone but You!

