

## Nursery Gratitude Journal Prompts

1. Teaching gratitude to my child.
2. Being grateful for our home.
3. Grateful for those who help care for this child.
4. Thankful for the joy this child brings to my life.
5. Remember the sacrifices made for this child.
6. Grateful I'm the right parent for this child.
7. I am grateful for my child because of (this specific thing).
8. My child has taught me -----.
9. I am grateful to share my favorite hobby with my child.
10. My child's way of seeing ---- is so beautiful.
11. Thinking of the ways my child will show compassion to others.
12. Pondering the wonders of friendship and how I will teach my child to be an excellent friend.
13. Considering the joy of growing as a person and how I will help my child do just that.
14. Enjoying the joys of giving and receiving help and how I will help my child see these things.
15. Thinking of all the ways I might celebrate my child's smile.
16. Getting on the floor with my child and letting them experience the fun of the two of us together.
17. Being grateful for laughter!
18. Enjoying times of quiet play with my child.
19. Seeing the world through the wonder of my child's eyes.
20. Encouraging my child to find delight in their fingers and toes.
21. Discovering music with my child.
22. Bubbles!
23. Writing a journal entry explaining to my child why I'm so in love with them.
24. Journaling about the joys of running, jumping and rolling over.
25. Writing about the joys of water with my child.
26. Being grateful for a sleeping child.
27. Showing thanks for our food.
28. Being grateful for good health and medical help when needed.
29. Exploring the joy when reading a good book (or looking at the pictures!).
30. Being thankful for the opportunity to educate my child in so many ways.
31. Gratitude for all the people this child will touch.
32. Being grateful for our neighbors.
33. Enjoying learning nursery rhymes together.
34. Thankful for discovering animals and all the sounds they make.
35. Grateful for siblings or cousins or grandparents or aunts and uncles!
36. Pondering the joys of a sandbox.
37. Grateful to learn to color together.
38. Discovering dancing with my child.
39. Thankful for those first smiles for me.
40. Grateful every time I hug my child.
41. Grateful for rainbows!
42. Loving the sunshine.
43. My child has taught me so much.
44. Grateful for the sunsets we share and the flowers we smell.
45. Thankful for every moment.