

With Gratitude and Motivation



Breathing Exercise

Best if done with the lights off

1. Close your eyes
2. Put your hand on your thighs
3. Imagine yourself in your safe space
4. Take a deep breath in and count to five
5. Exhale
6. Repeat 5 times
7. Open your eyes, breath normally



Weekly Check In

How has your week been?



What was your favorite part of the week?

Least favorite?

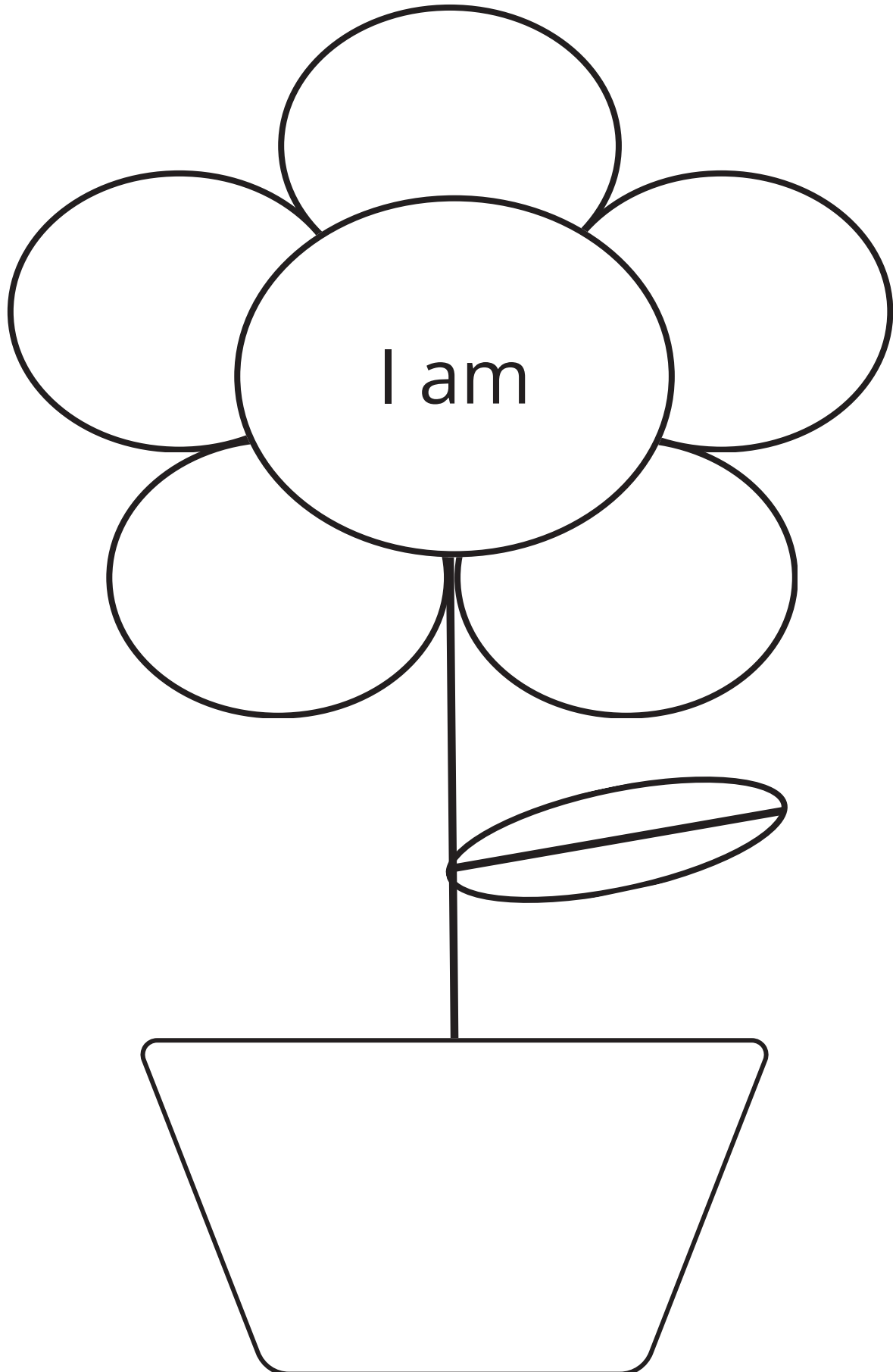
Anything you want me to know?

♥ JOURNAL ♥

Date:

Positive Affirmations

Fill in the petals with affirmations that describe you



WEEK 2



Breathing Exercise

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♥ JOURNAL ♥

Date:

GRATITUDE WALK

Lets use four of our
senses to recoginze things
we are greatful for.

For this activity you will need:

- Walking shoes
- Water bottle.



FOUR SENSES ACTIVITY

For each sense, write one thing you are grateful for

**NAME ONE THING YOU
ARE GRATEFUL TO SEE:**



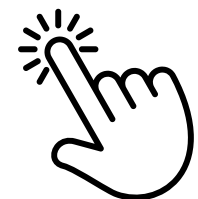
**NAME ONE THING YOU
ARE GRATEFUL TO HEAR:**



**NAME ONE THING YOU
ARE GRATEFUL TO SMELL:**

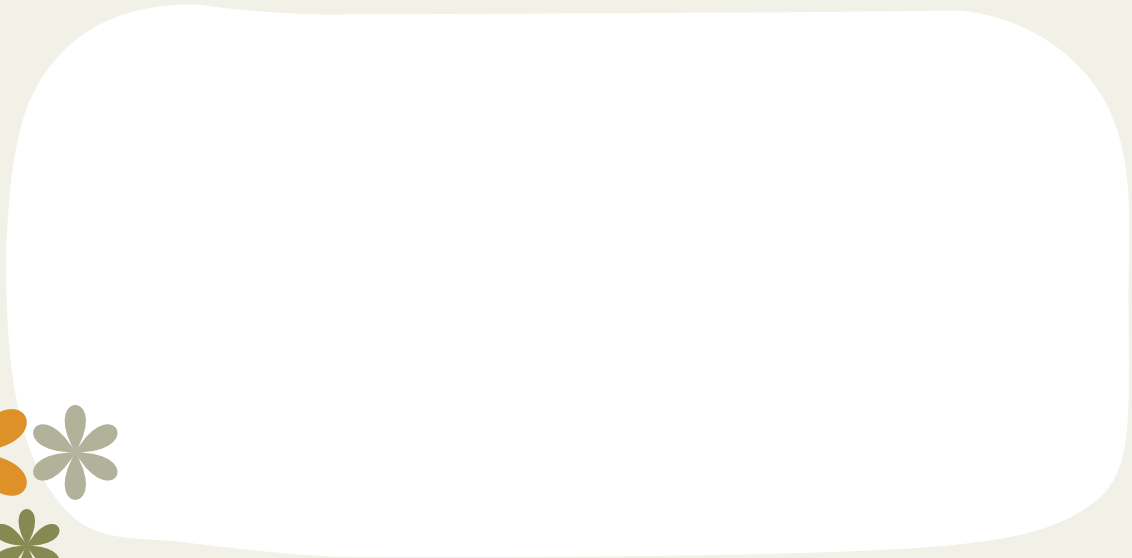


**NAME ONE THING YOU ARE
GRATEFUL TO TOUCH:**






I AM GRATEFUL FOR...



COULD BE:

- PERSONAL (OUTSIDE OF SCHOOL)
 - ACADEMIC (IN SCHOOL)
 - A PERSON
 - A PLACE
 - SOMETHING YOU ENJOYED
 - A MEMORY
 - A LESSON
- 

WEEK 3



Flower Breathing

Imagine smelling your favorite flower

Take a deep breath

Hold for 5 seconds.

Repeat 5 times



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Anything you want me to know?

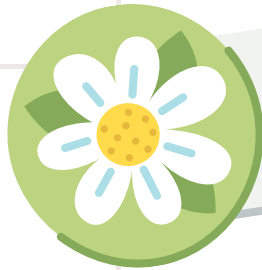
♥ JOURNAL ♥

Date:

Positive affirmation:

Write down one positive thought or affirmation. These will be read upon the exit.





hello



.....
something you
are proud of
.....
.....



Bring an item, picture
or a story to share
with classmates of
something you are very
proud of.



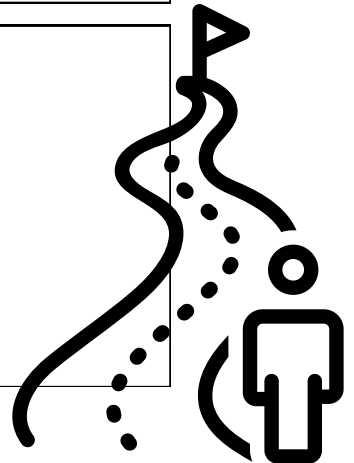
GOALS

Write down one goal for each area in your life. Explain why it is important to you

1 Academic

Personal 2

3 Social



WEEK 4



Flower Breathing

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Hold for 5 seconds.

Repeat 5 times



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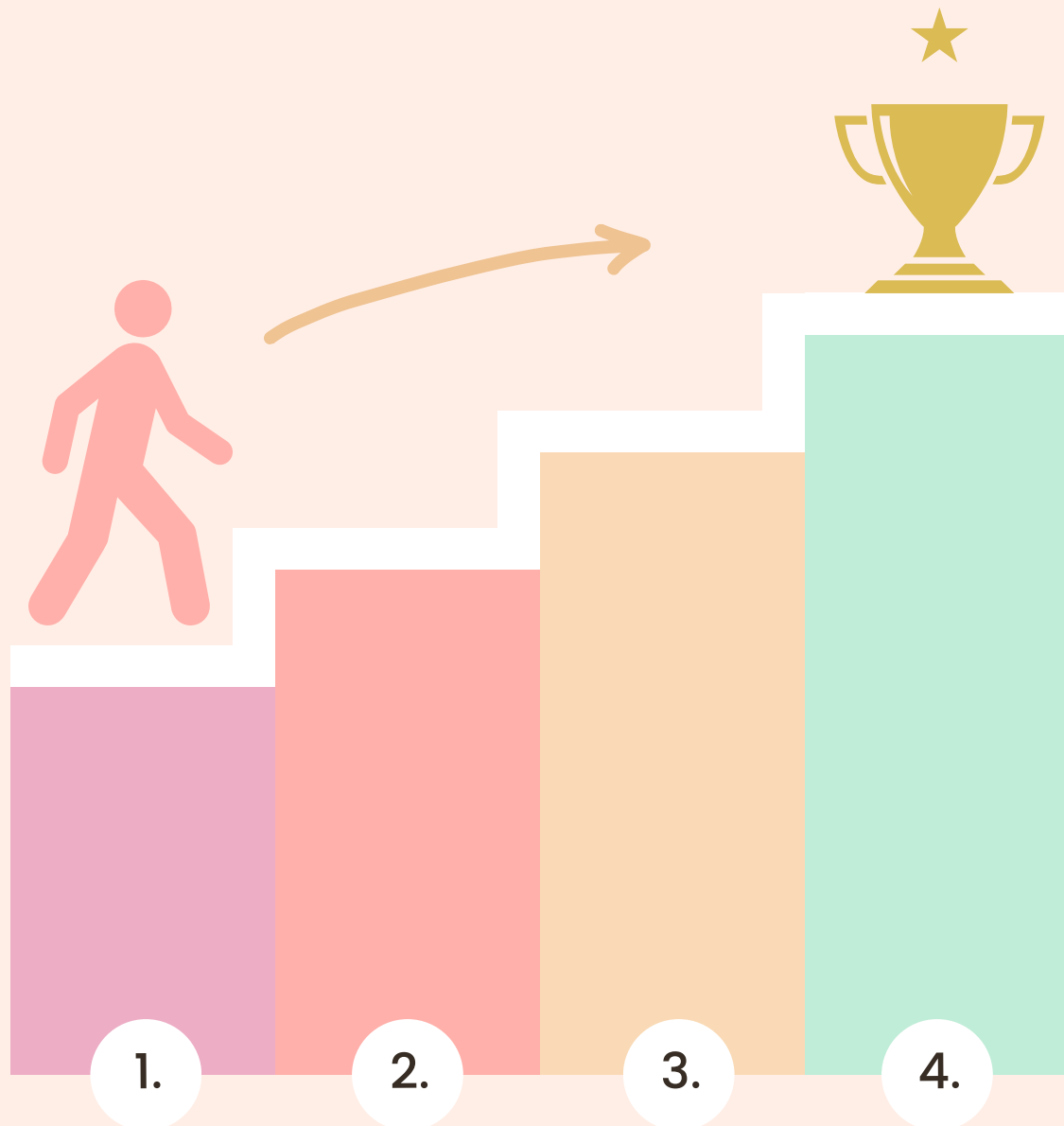
Anything you want me to know?

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Date:

Steps to Achieve Goals

USE THE SETTING GOALS WORK SHEET TO COMPLETE



FOR BOXES 1-3, WRITE IN STEPS YOU CAN COMPLETE TO ACHIEVE YOUR GOAL

FOR BOX 4, WRITE IN YOUR GOAL

SEL Gratitude/Self Motivation

Today's **Activity**

Bracelet Making

Chose ONE affirmation word about your self

Examples: powerful, strong, confident,
capable, happy, unique, talented,
grateful, beautiful, loved, worthy



COMPLIMENT YOUR NEIGHBOR



IN A CIRCLE, STUDENTS WILL SHARE ONE POSITIVE ASPECT OR STRENGTH ABOUT THE PERSON ON THE RIGHT OF THEM.



**WRITE YOUR BIGGEST TAKE AWAY FROM THE PAST FOUR WEEKS
ON A PIECE OF PAPER, CRUMBLE IT UP**

**THROW
YOUR TAKE AWAY
IN THE MIDDLE**

THEN

**PICK ONE UP
READ IT**

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