

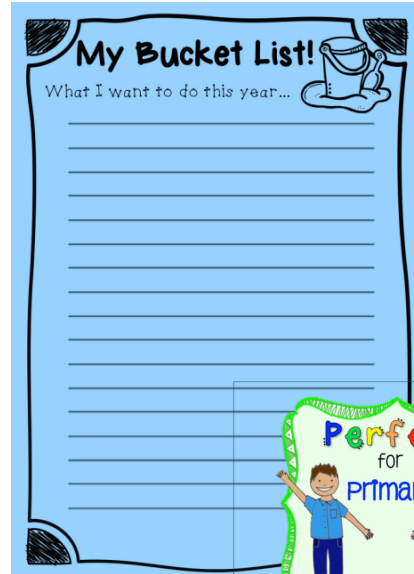
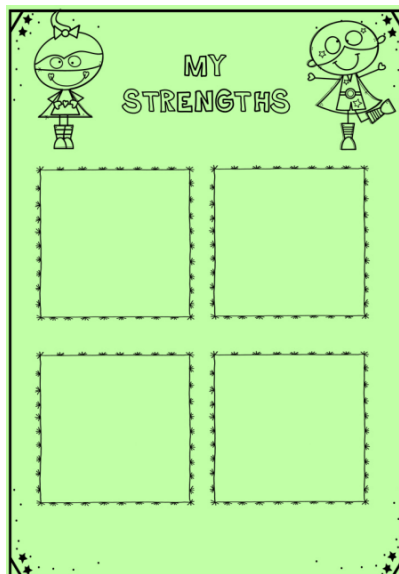
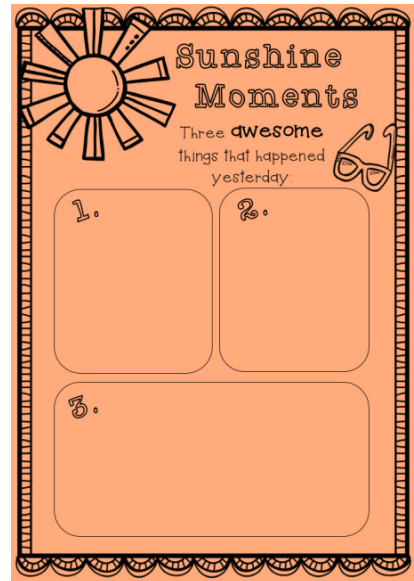
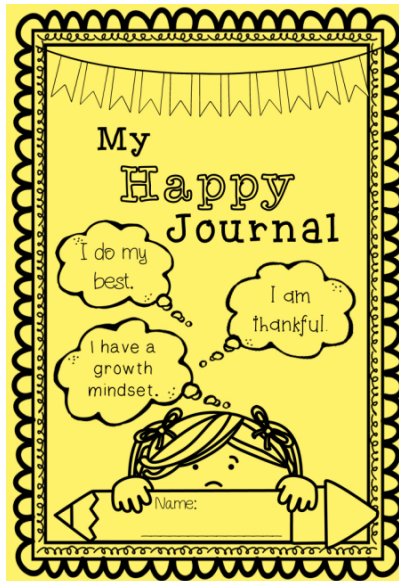
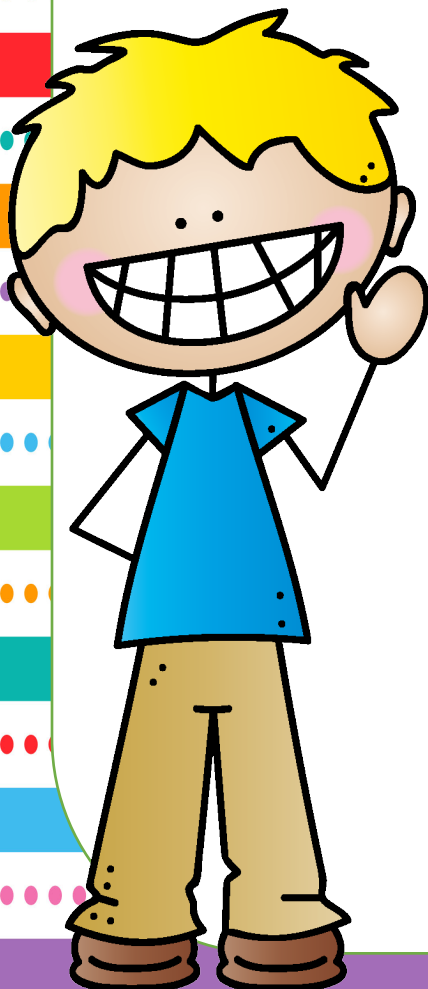
HAPPY JOURNAL

Promoting

Growth Mindset

and Mindfulness

15
pages





My Happy Journal

I do my
best.

I am
thankful.

I have a
growth
mindset.



Name: _____



My Happy Journal

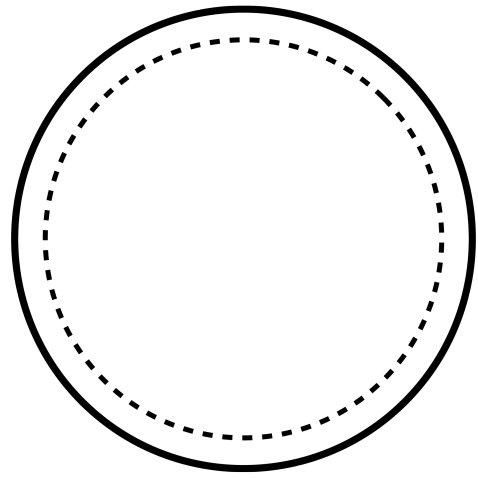
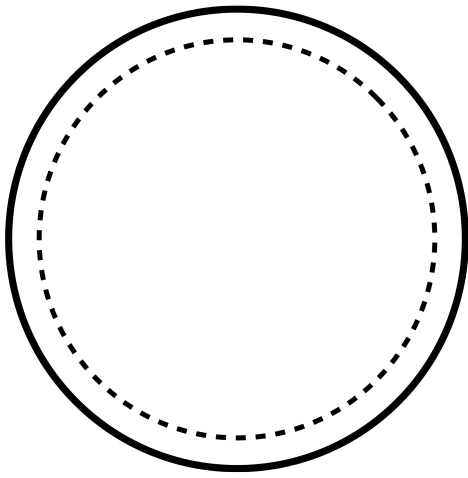
I do my
best.

I am
thankful.

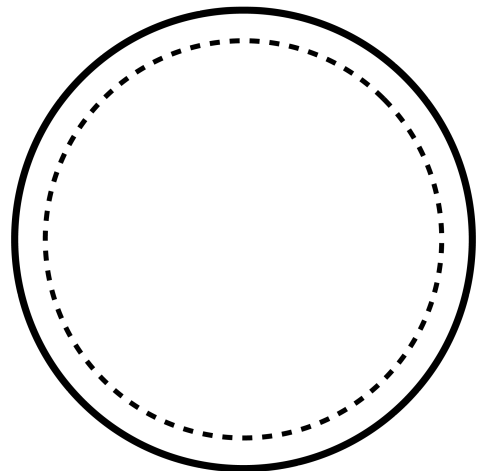
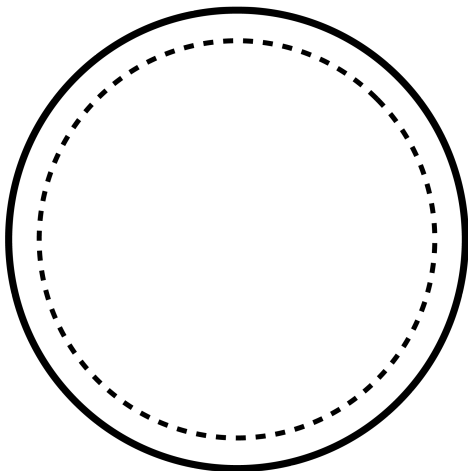
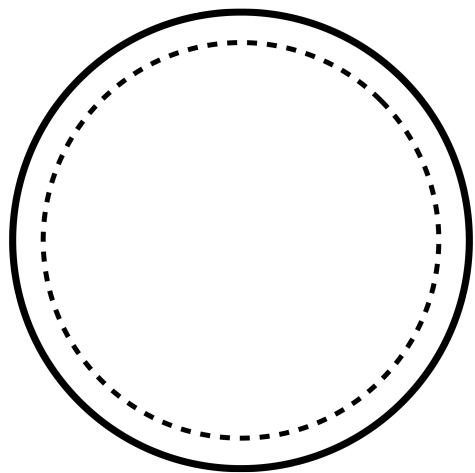
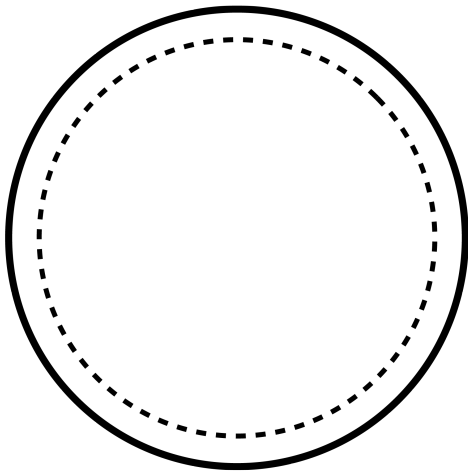
I have a
growth
mindset.

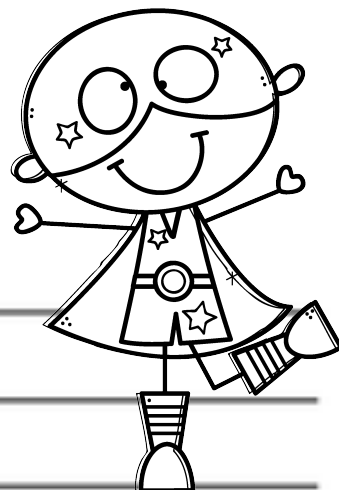
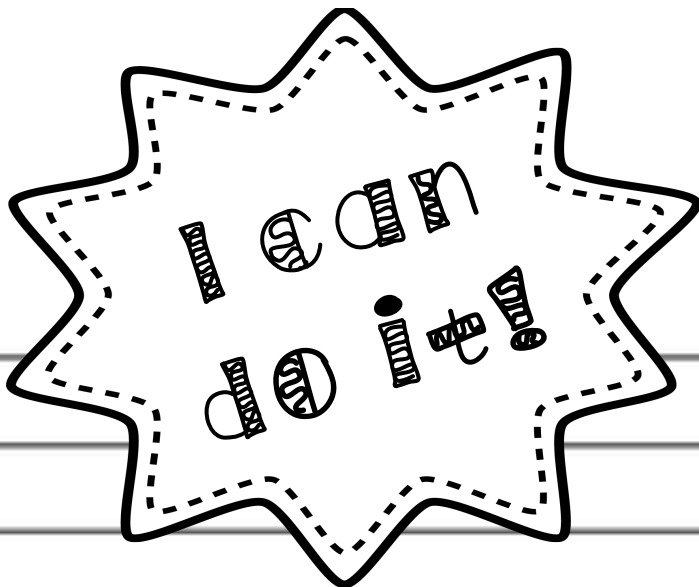


Name: _____

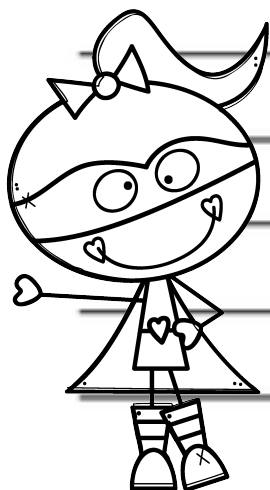


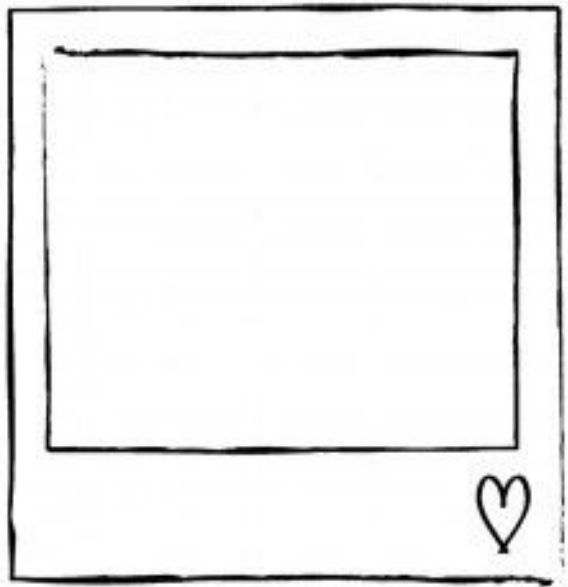
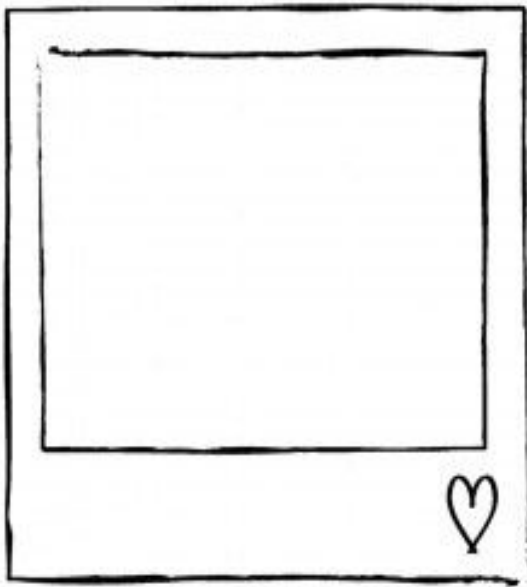
The Best Things About ME!



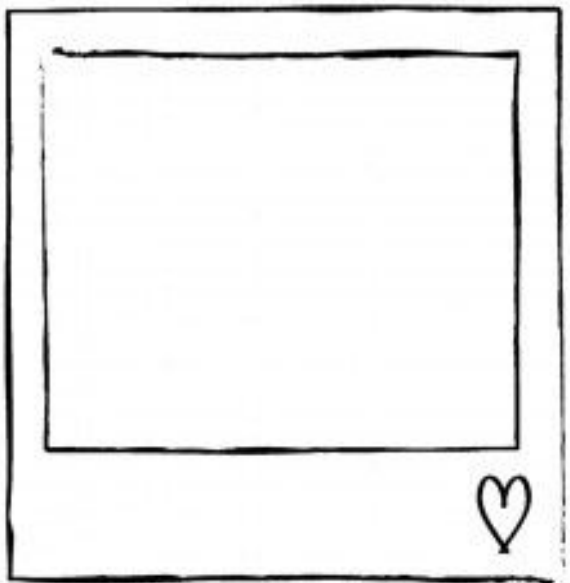
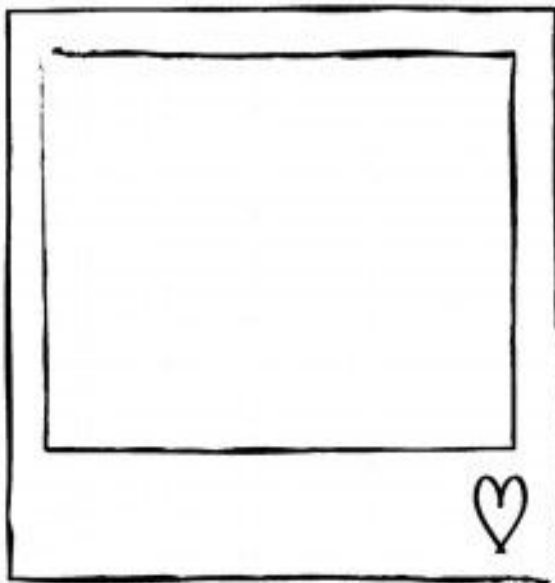


I can...

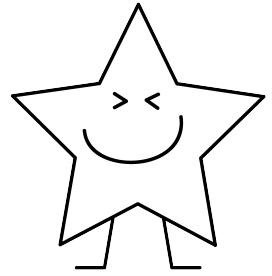




People I
love



M
Thankful!



MY GOALS

this year are:

1.

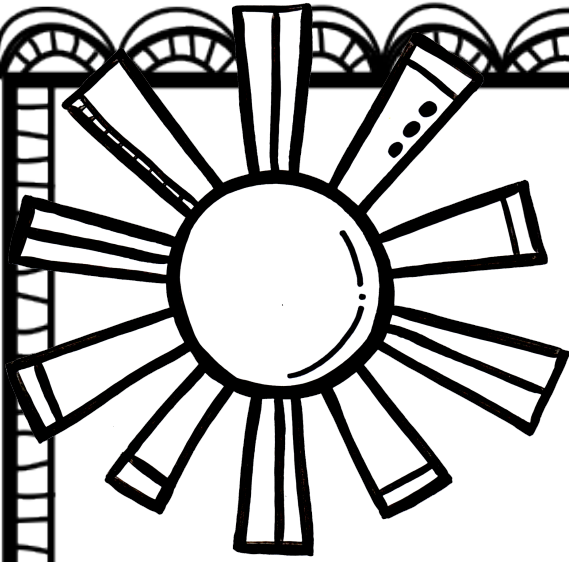
2.

3.

4.

5.

With some **EFFORT**, I know I can
achieve them.



Sunshine Moments

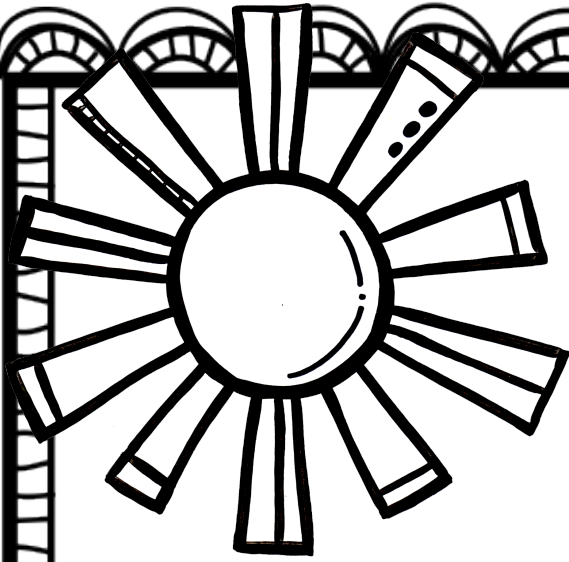
Three awesome things
that happened this week:



1.

2.

3.



Sunshine Moments

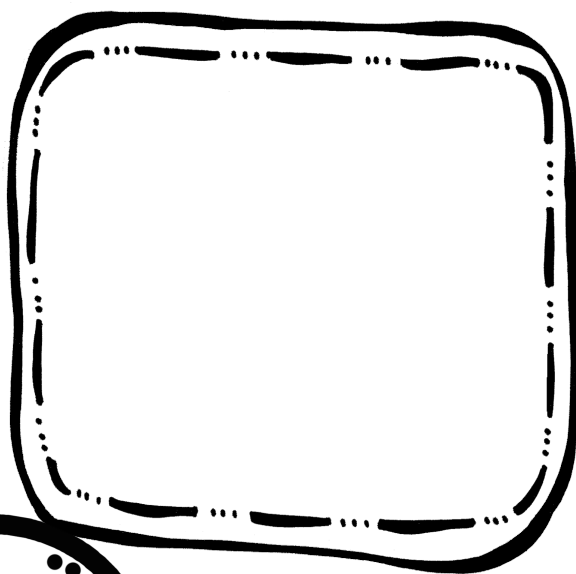
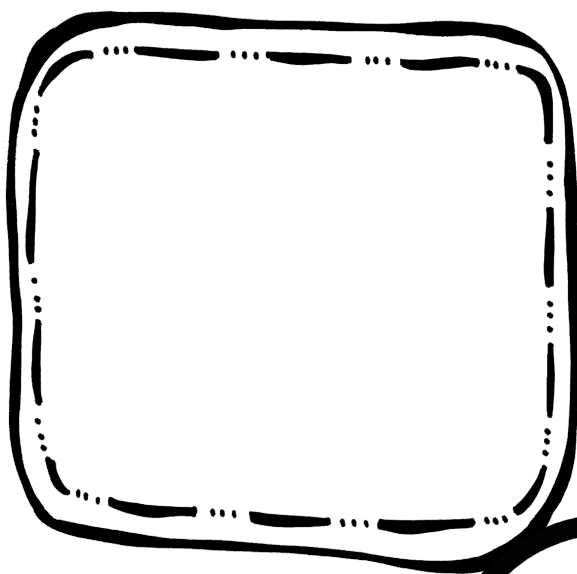
Three **d**wesome
things that happened
yesterday:



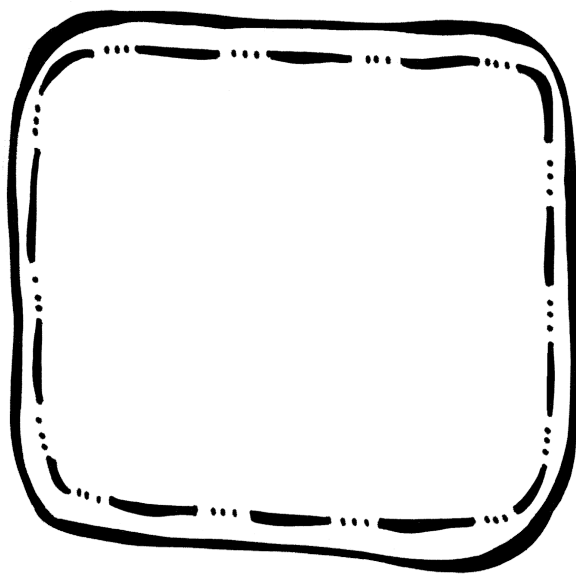
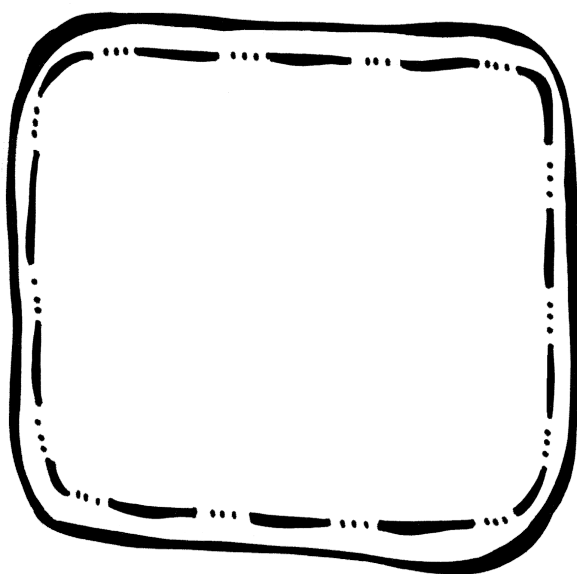
1.

2.

3.



Things I'm grateful for...



A black and white line drawing of a bucket and a shovel. The bucket is on the left, and the shovel is on the right, with its handle resting on the ground. There is a small puddle of liquid on the ground between them. The drawing is simple and cartoonish.

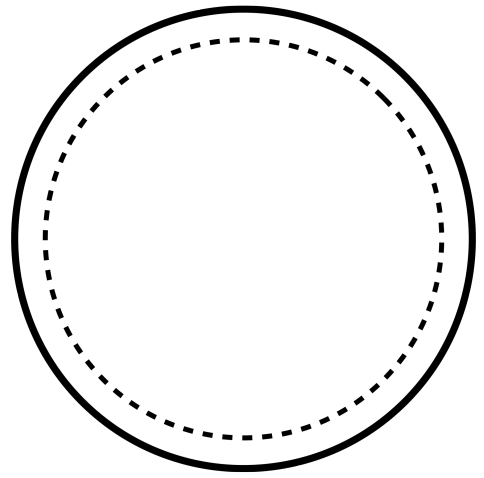
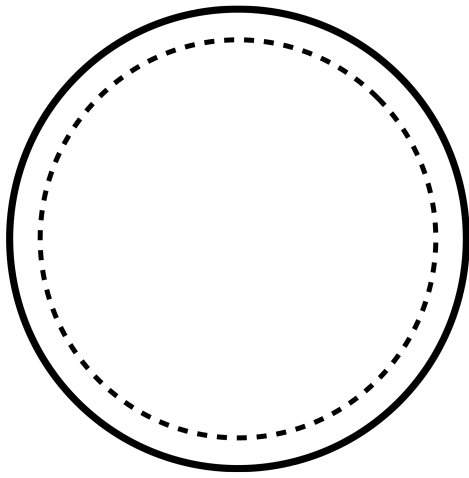
[illegible]

A black and white line drawing of a bucket and a shovel. The bucket is on the left, and the shovel is on the right, with its handle resting against the bucket. The bucket has a handle and a small latch. The shovel has a flat head and a long handle. The bucket is sitting on a small patch of ground, and the shovel is standing upright.

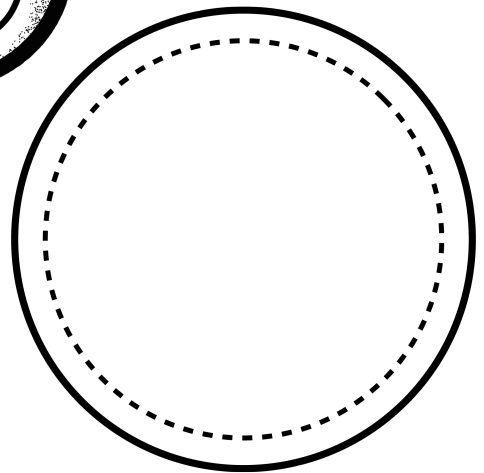
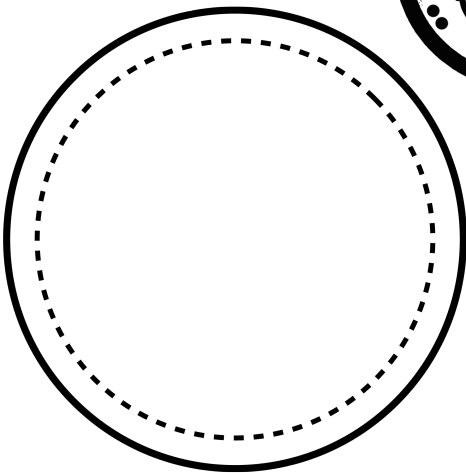
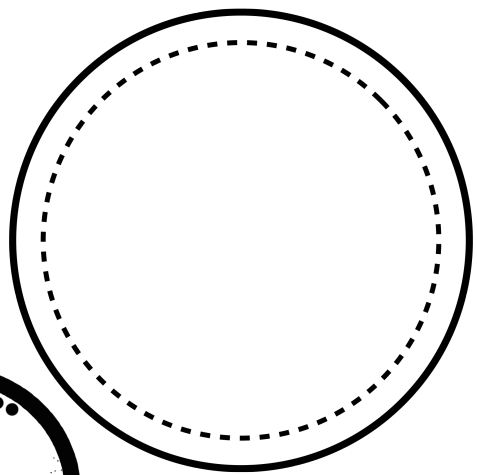
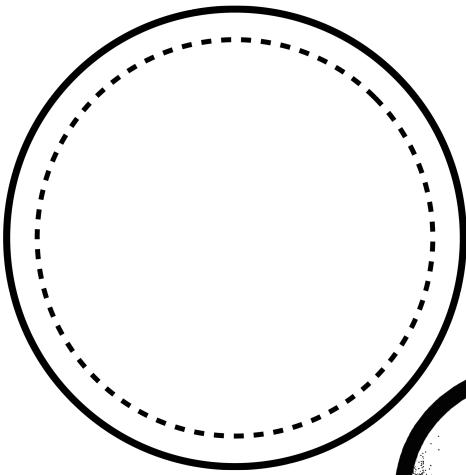
This image shows a single page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines or other markings on the page.

Draw some things you're thankful
for on the petals of the flower.





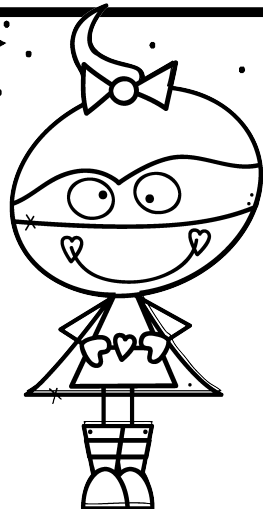
Things that make me
Smile!



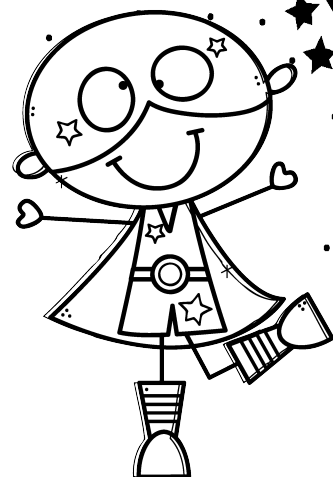
It's Fri-YAY!

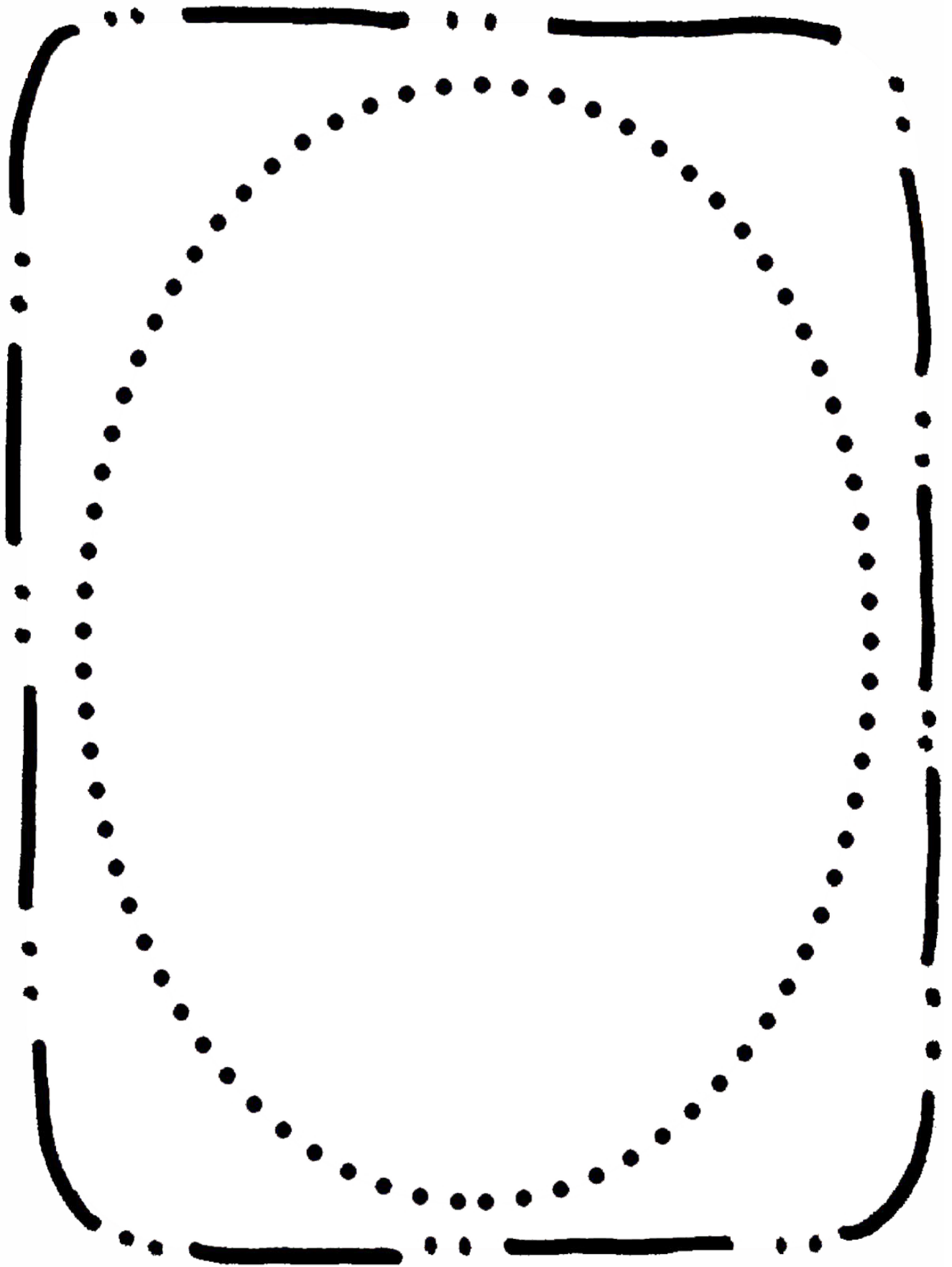
Why are you glad it's Friday?

[illegible]



MY STRENGTHS

A large empty rectangular box with a decorative border of small stars. It is intended for writing the first strength.A large empty rectangular box with a decorative border of small stars. It is intended for writing the second strength.A large empty rectangular box with a decorative border of small stars. It is intended for writing the third strength.A large empty rectangular box with a decorative border of small stars. It is intended for writing the fourth strength.



My Self Portrait

Thank you for downloading this resource!

I hope you find it useful in your classroom. If you have any questions or requests please contact me at

perfectforprimary@hotmail.com

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