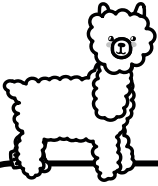


BrightenUp! Kids

Mindfulness



I am grateful to be me today

write your name

My favorite part of today

(Draw or write about what warmed your heart)

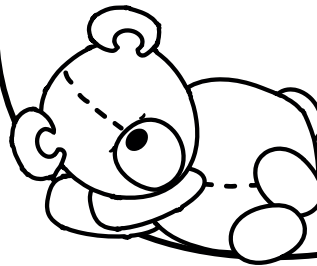


How much love I could feel today

(Color in the hearts! 1 being not so much to 5 a whole lot)



My happy place



Your happy place can be real or not!



I like being friends with...



(Draw or write about one of your friends)



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Mindful Videos