



# Little Bear's Journal of Gratitude and Kindness

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"Kind Words  
ARE LIKE  
Honey  
SWEET to the SOUL  
AND  
Healthy  
FOR THE  
Body"  
-Proverbs 16:24

A list of things I *love* about  
*myself*

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_



A list of ways I show myself *kindness* and *love*

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

During hard times, people *show kindness* to *help each other*.  
What are some ways people have shown you kindness?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_



*"Use kind words and make good choices."  
-Mama Bear*

How have you shown *kindness* to *others*?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Practicing **GRATITUDE** is a helpful way for my *brain* to focus on *happy* things in my life.

This is what I am **GRATEFUL** for.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_



Sometimes I feel *worried*  
and my body feels  
*anxious*.

When I *feel* like this I  
can do these things to  
help *feel better*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



I know that when I feel  
sad or worried I can go to  
these people for help and  
hugs.

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |



Draw a picture of a time that you felt *worried*.  
What *helped* you feel *better*?



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May you always be *strong* and *kind*, with a *brave spirit* and a *fierce mind*.  
Always remember, you can do *ANYTHING!*