

Craft-spirations! Gratitude Banner

Materials:

- Paper – any paper works, you might enjoy using a heavier weight,
- At least one nice pen – many people like pens with an ultra fine point, but whatever you have will work
- Scissors (to cut paper into flags, leaves, or whatever shape you want for your banner pieces)
- String/ribbon/yarn to hang flags on
- Additional color pens/markers/crayons/pencils (optional)
- Hole puncher – used to string flags onto the ribbon/string (optional)
- Tiny clips - used to attach gratitude flags (optional)



Gratitude can be acknowledgment, appreciativeness, grace, or thankfulness. Sharing gratitude statements can make you feel better even when you do not feel great. You may want to think of things, people, or situations for which you are grateful. Maybe you want to focus on the good that others have done on your behalf. This craft will give you a visual reminder to practice gratitude.

Steps to making a Gratitude Banner

1. Decide what shape you want the banner flags to be – they can be rectangles, squares, triangles, leaf shapes, acorns, or whatever speaks to you!
2. Think about what you are grateful for – add these gratitude statements to the flags!
3. Decorate the flags – use colors, images, whatever makes you feel grateful
4. Hang the flags on the string/ribbon/yarn – whether clipped on, strung onto, or stapled depends on what works best for you.

GRATITUDE JOURNAL PROMPTS

Use these ideas for images + words to include in the pages of your gratitude journal.

- Something that made you smile today
- Something funny that made you laugh
- Your favorite thing when you wake up in the morning
- Something you are good at doing
- What did you enjoy the most today?
- A favorite place you like to visit
- An act of kindness someone showed you
- A book you are grateful for reading
- What weather are you grateful for today?
- Modern inventions you are thankful for
- Something you take for granted
- Favorite things you like about your job or work
- Something you learned about recently
- Someone who made a positive difference in your life
- A favorite activity you enjoy doing
- Day of the week - What's your favorite thing about Mondays {...or do you like Fridays more?}
- Favorite websites you are grateful for
- Something that makes your life easier
- A favorite food you enjoy
- Something you use every single day
- Something in nature
- Something you wear that makes you feel good {clothes, jewelry, makeup, etc.}
- Something that keeps you warm
- Something that helps you relax
- A favorite song you love
- Transportation - what are you grateful for about the things that help you travel?
- A recent "small success" - from getting out of bed in the morning to remembering to do something you might usually forget
- Something that cheers you up on a rough day
- Basic skills you learned as a child - how to tie your shoes or how to read/write
- Technology you use every single day
- Something that helps keep you healthy
- Someone who inspires you
- Something that was a wish come true
- Favorite things about this season {winter, spring, summer, fall}
- Holidays you are thankful for
- What you are grateful about your home
- A difficult experience that you learned from
- A good experience with customer service somewhere
- The best thing that happened this week
- A favorite quote or saying that makes you happy
- Something you were putting off but finally did anyways

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Resources:

<https://artjournalist.com/gratitude-journal-prompts/>

<https://www.positivityblog.com/grateful-when-times-are-tough/>

<https://positivepsychology.com/gratitude-appreciation/>