






## Lesson: GRATITUDE JOURNAL

In this lesson, we will design a page in our journal and list things that we are grateful for. Keeping a journal has many benefits. As well as being a great reminder for important things to do, it also allows us time to reflect on the things in our lives that we love and appreciate, things we need to work on, and things that need to change. So, as we reflect on another year, let's gather our supplies and start creating our journal page!

<b>Step 1</b>	Gather your supplies. You can choose to use markers, fineliners, pens, coloured pencils, tape, ribbon or any other suitable art and craft materials that you have when designing your journal pages.	
<b>Step 2</b>	Plan your page. Think about the layout of the elements on your page. If you are using stickers make sure that you leave enough room to write around them. You might like to use a 'tossed' layout, or you might like to use a structured layout with columns (see image).	



<p><b>Step 3</b></p>	<p>I have used a freehand tossed style to create my journal page. The writing and images are loosely planned and positioned, and the writing appears in all directions.</p> <p>I have listed things that I enjoy, things I need to work on, and things that I would like in the future.</p> <p>Have fun creating your journal pages!</p>	
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Journal pages can include personal thoughts and ideas just for you and are not intended for sharing. However, if you have designed a page layout that you would like to share, please send a photo of your page layout design along with your media permission form to [kimbakerdesign@gmail.com](mailto:kimbakerdesign@gmail.com).

Please feel free to email me if you have any questions.