

# Mindful Writing for Teens and Tweens:

## How to Journal with Purpose

Modified from allforkids.org

- ★ **Gratitude extends beyond saying Thank-You**
  - It is an attitude and action
  - It improves your positive self-esteem
  - It improves the quality of your mental health
  - Brings more empathy to your life
  
- ★ **What is a Gratitude Journal?**
  - Writing down small and big experiences that you are grateful for
  - Writing down small actions that have impacted your life
  - Writing down people who have contributed to your life that you are grateful for
  
- ★ **Using pen and paper to put into practice**
  - Choosing a journal can be elaborate or simple
  - Journaling can allow you to have everyday gratitude and thankfulness
  - You may want to talk to your family members about your writings
  - When journaling, there is no wrong or right way to write
  
- ★ **Sometimes you may get writers block**
  - Doodle to bring your thoughts present
  - Take a mindful moment to think about what is presently happening
  - Skip a day, but come back to it when you feel inspired
  - Thinking about family members, traditions, activities and objects that make you happy and grateful
  
- ★ **Get started on your journey to mindful journaling**