



# Wellbeing in Education Gratitude Journals



## Awesome Ends in Me

For ages 5-12, this journal not only teaches kids how to get the most out of practicing gratitude, but also has heaps of fun activities to help them build resilience and boost happiness.



## Be True, Be You

Teaching our children from a young age to look for the good each day, is teaching them a way to be happy no matter the situation they may be in. There are always things that we can be grateful for..



## Dear Universe

This is not only a journal but also a wellness guide. Filled with tips on happiness and self-care, inspirational words, personal challenges, prompts for living a kinder life, mindfulness exercises and more. Improve your levels of happiness and learn to live a content and meaningful life.



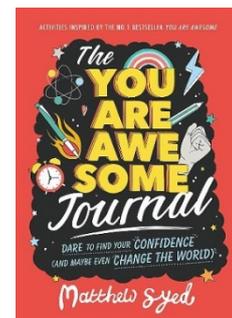
## Kia Maia: Aku Whakamiha Gratitude Journal

Perfect for children aged 6+ years. Teaching our children from a young age to look for the good each day, is teaching them a way to be happy no matter the situation they may be in. There are always things that we can be grateful for.



## Think, Be, Stay Positive

This guided journal not only teaches you how to get the most out of your gratitude practice, but also provides an insight into many tools and techniques to help you build resilience and boost happiness, because everyone deserves to live a fulfilling, content and happy life



## You Are Awesome Journal

An interactive journal full of life hacks, challenges and activities to give kids the confidence to come up with their own plan of action to be the best they can be. With the right mindset, you really CAN do (almost) anything, whether you want to supercharge your maths, try out for the team or be the first person to walk on Mars.



*University Bookshop Canterbury*  
**Gratitude Journals Order Form**

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| TITLE   | AUTHOR        | PRICE   | QUANTITY |
|---|---------------|---------|----------|
| Awesome Ends in Me: A Resilient ME Gratitude Journal for Kids | Awesome Inc   | \$23.99 |          |
| Be True, Be You: Gratitude Journal for Kids                   | Awesome Inc   | \$21.99 |          |
| Dear Universe: Gratitude Journal and Wellness Guide           | Awesome Inc   | \$31.99 |          |
| Kia Maia: Aku Whakamiha Gratitude Journal                     | Awesome Inc   | \$21.99 |          |
| Think, Be, Stay Positive: Resilient ME Gratitude Journal      | Awesome Inc   | #34.99  |          |
| You Are Awesome Journal                                       | Syed, Matthew | \$19.99 |          |

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