

Positivity Journal For Kids

A 30-Day Adventure of Gratitude, Kindness
& Smiles



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Welcome to your 30-Day Positivity Journal!

This journal is your special place to practice smiling more, thinking happy thoughts, and spreading kindness.

For the next 30 days, you'll write, draw, and complete fun challenges that help you feel grateful, confident, and full of joy.

Here's how to use it:

1. One page each day – take just a few minutes to fill in the prompts.
2. Be honest and have fun – there are no right or wrong answers.
3. Use your creativity – write, draw, doodle, or color. Make it yours!
4. Spread the smiles – try the kindness challenges and see how many people you can make happy along the way.

By the end of 30 days, you'll have a whole book filled with your amazing thoughts, drawings, and positive memories – a treasure that shows how much joy you bring to the world.

Are you ready to start your positivity adventure?
Let's go!



Week 1 - Gratitude & Joy



Day 1: Draw something
that makes you super
happy.

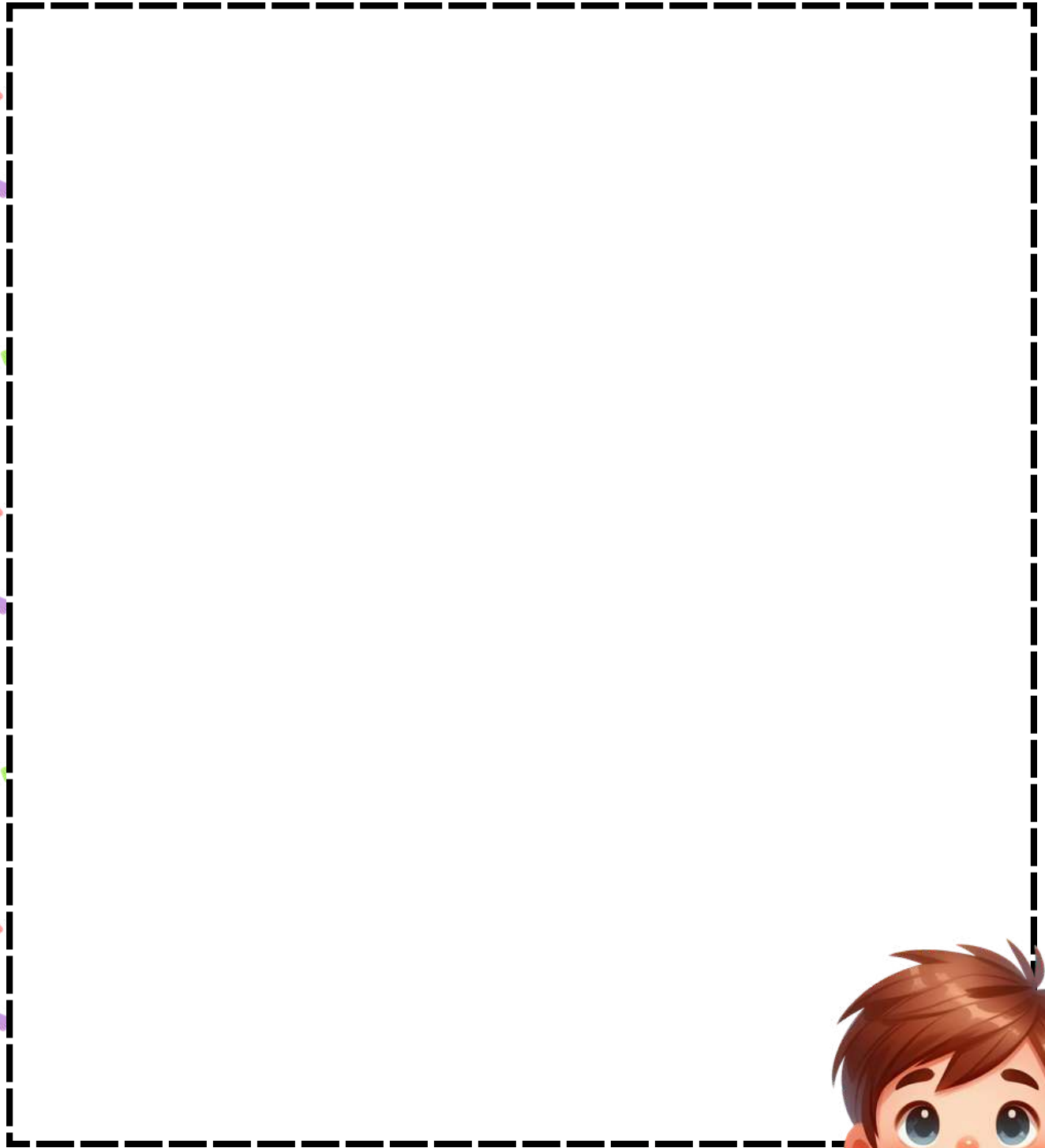


Day 2: Write about your favorite toy or book.

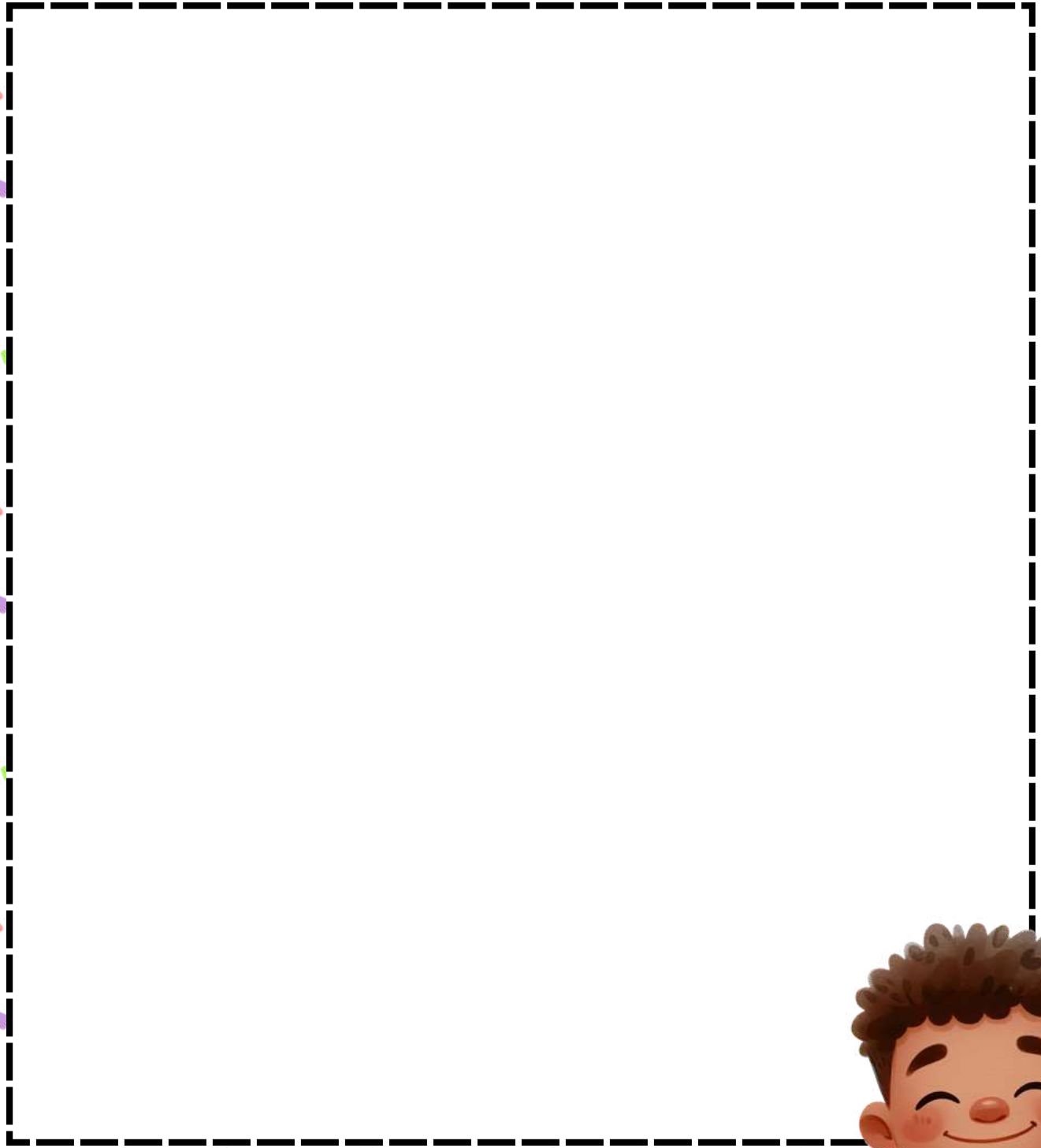
Handwriting practice lines consisting of 12 horizontal dashed lines for writing.



Day 3: Who made you laugh today? Draw this person.



**Day 6: Share one happy
memory.**

A large, empty rectangular box with a dashed black border, intended for a child to write their happy memory.

Week 2 - Confidence & Strength

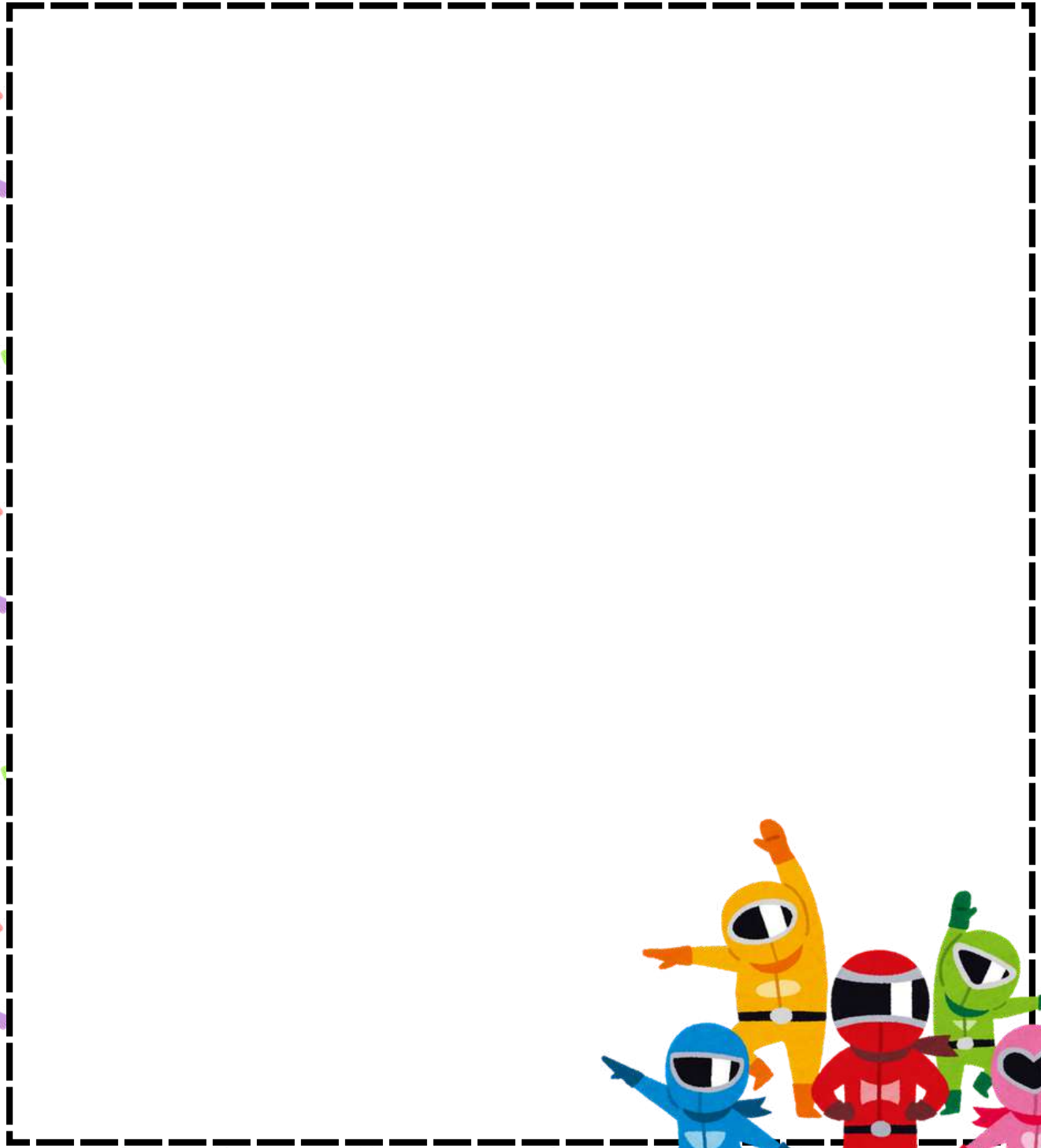


Day 8: I feel proud when
I...

Handwriting practice lines consisting of 12 sets of three horizontal dashed lines.



Day 9: Draw yourself as a superhero.



Day 13: I feel brave when
I...

Handwriting practice area consisting of 12 sets of horizontal dashed lines for writing.

YOU
ARE
BRAVE

Week 3 – Kindness & Connection

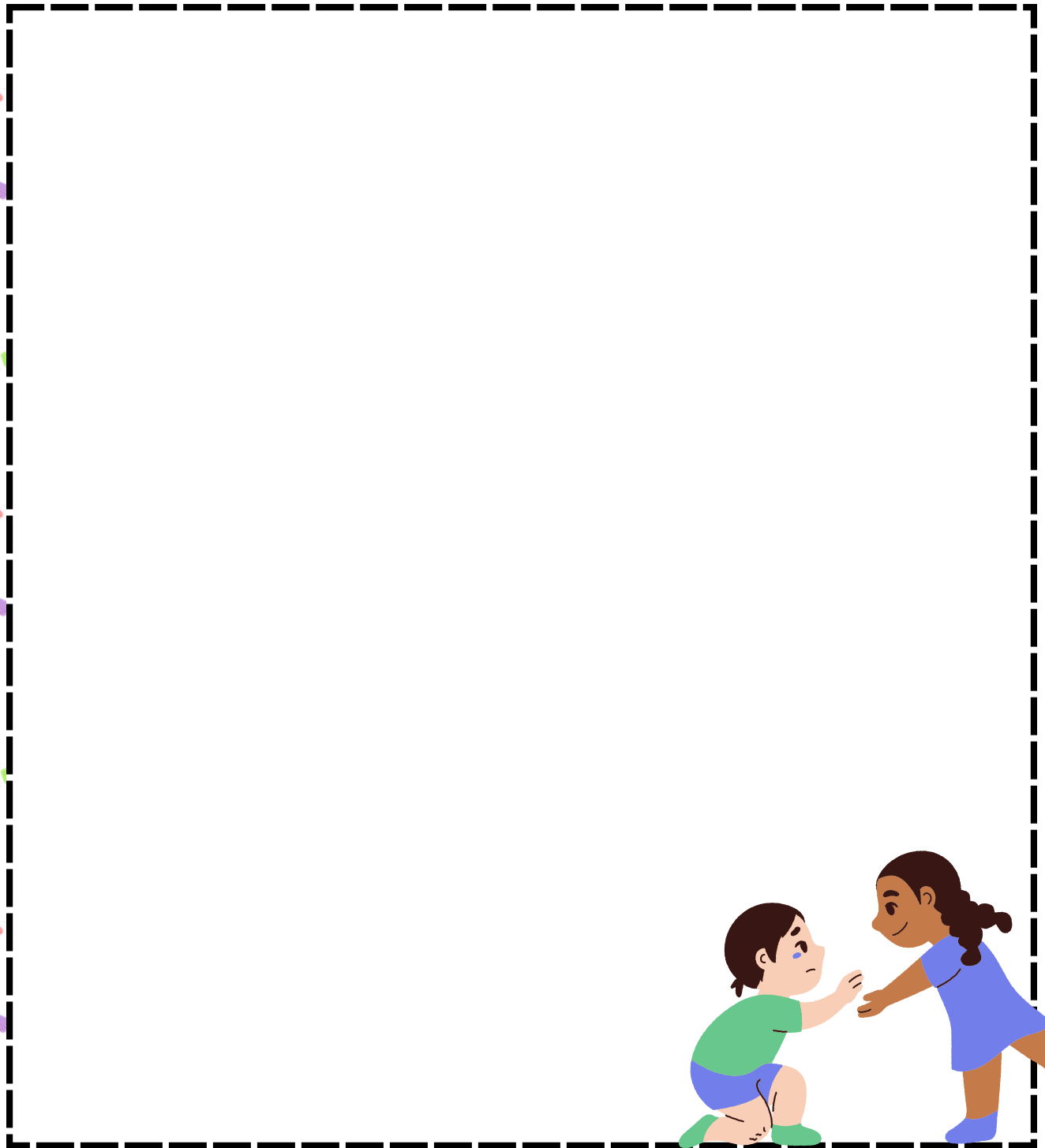


Day 16: What can you do to make someone smile?

Handwriting practice area consisting of 12 horizontal dashed lines for writing.

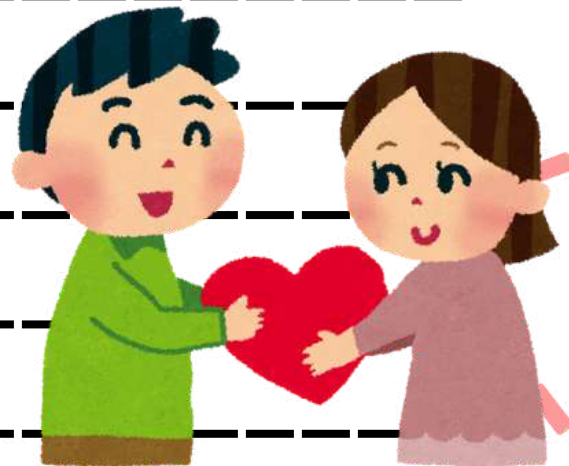


Day 17: Draw yourself helping a friend.



Day 19: Write about a time you shared.

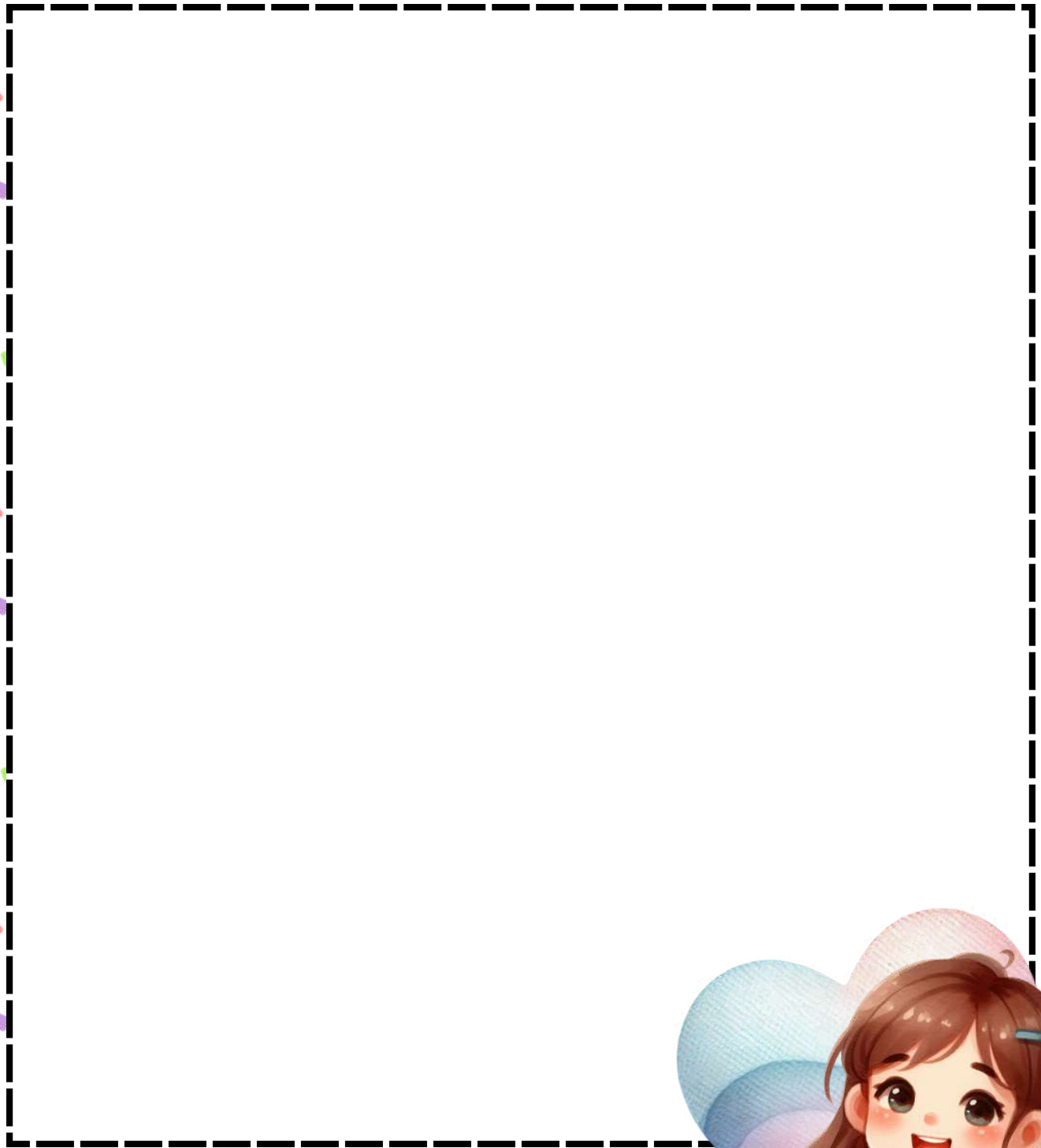
Handwriting practice lines consisting of ten sets of three horizontal dashed lines for writing.



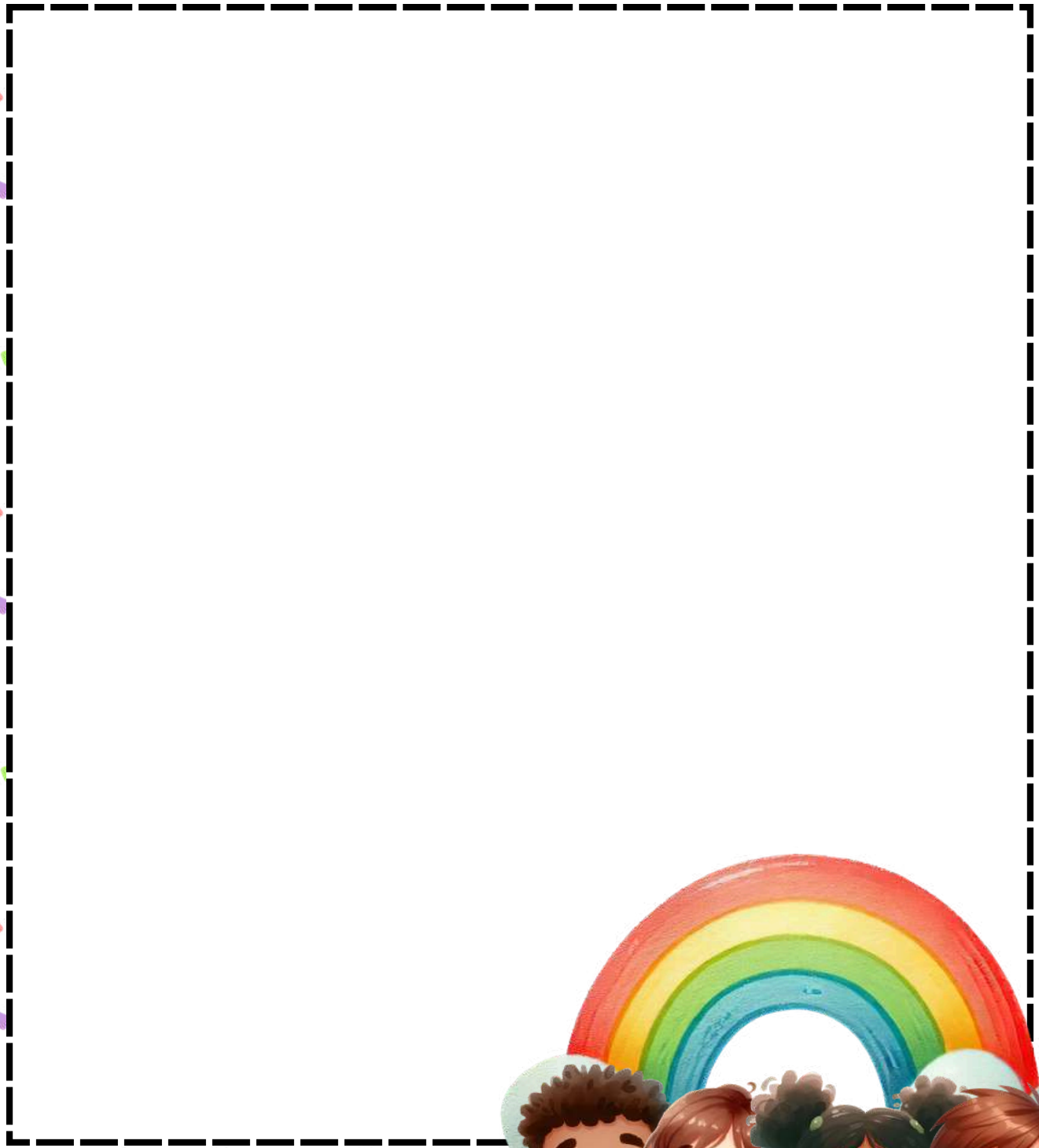
Week 4 – Positivity & Hope



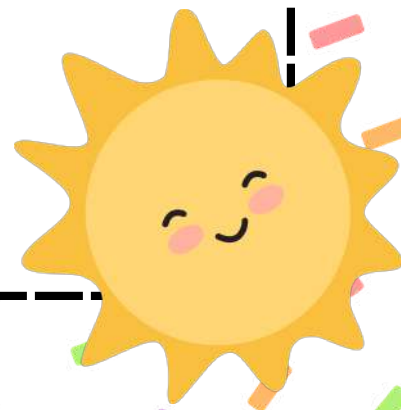
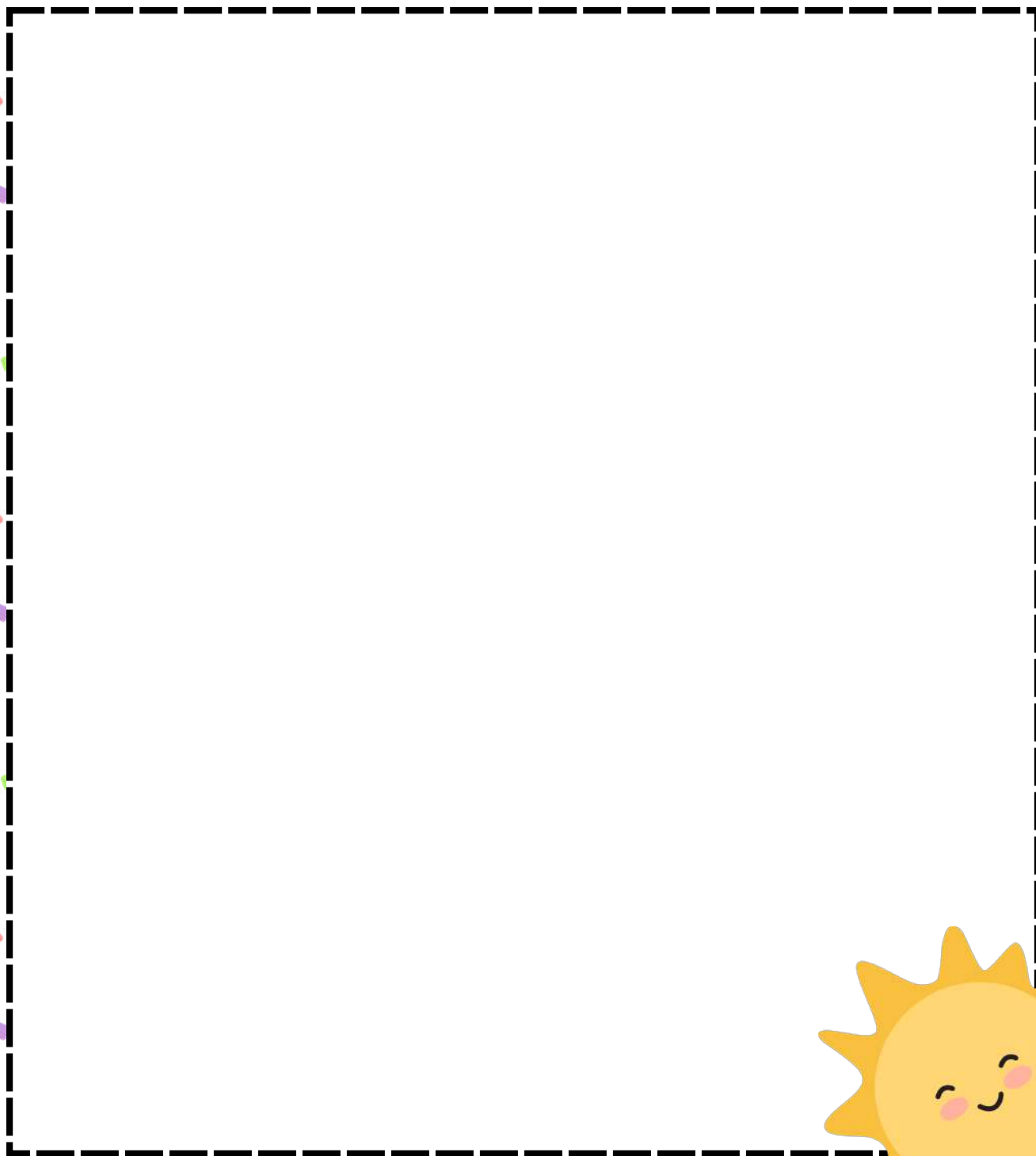
Day 22: What is your favorite positive word?



Day 24: Draw a rainbow
and write a wish
underneath.



Day 29: Draw a big smiling sun and write happy words inside it.



My Positivity Promise

I promise to smile often, be kind, and think happy thoughts!

NAME

SIGNATURE

