

# Gratitude

## Journal:

A book for families to write their daily "Gratefuls."

A wonderful way to use your children's paintings is to make books out of them! Here is a visual tutorial of a simple book to use for writing your "Gratefuls" in at the end of the day. We put ours right next to the bed and write what we were grateful for in the day before we read our good-night story.

First you fold and crease your drawing paper into equal parts, then tear along crease. Fold papers in half. Mark six dots for where you will sew papers together. Punch holes with a needle. Using strong thread, sew in and out starting on the outside bottom and ending at the outside top. Tie a knot at the back. Measure your book cover by placing on your painting paper. Make an outline around papers. Make strong creases along lines then tear the cover to size. Glue the first inside page to the inside cover and the last page to the inside back cover. Voila! A simple book! Decorate as your creativity moves you!



