

Art + Wellness Kit: Gratitude Journal Making Kit

Madison Public Library - Live Well @ Your Library



Create your own gratitude journal to guide the rejuvenating practice of daily journaling.

Supplies – you will need:

- 2 sheets of decorative paper for the book covers 4 ¼ "x3 ⅝ "
- 2 pieces of book board 2 ½ " x 3 ½ "
- 1 sheet of paper 9x12"
- Watercolors and watercolor brush
- 1" foam brush
- Glue stick
- Small water container
- Paper towels
- Scissors
- This direction sheet and idea prompts for daily gratitude

NOTE: NOT Included small water container and paper towels and scissors

Artist Angela Johnson also has an instructional video available here:

<https://tinyurl.com/3c7xuvvp>

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