



I CAN GIVE

A Journal for Kids to
Notice Small Moments

Maahi Prakash

THIS MOMENT

Date _____

What caught my attention today?

Did I do anything about it?

Why is it still on my mind?

You don't need to have answers. Noticing is enough.

I NOTICED SOMEONE

Date _____

What did I notice about someone else?

What do I think they needed?

Did I do anything about it?

Why is it still on my mind?

Noticing someone is already a form of giving.

YOU SAW SOMEONE

You didn't have to notice.

But you did.

That's not nothing.

That's actually where it starts.

NOTICING IS GIVING

You saw someone today.

You paid attention.

You thought about them.

They may never know.

But that still counts.

Noticing someone is already a form of giving.

LOOKING BACK

Date _____

What did I notice most about myself?

What did I notice most about others?

When did noticing feel like enough?

What do I want to keep paying attention to?

What's one thing I want to do with what I noticed?

Noticing someone is already a form of giving.

WHAT NOW

You noticed.

You wrote.

You showed up for yourself.

And maybe for someone else too.

That doesn't stop here.

You can start another journal.

You can keep noticing without one.

You can do something small for someone today.

Or you can just sit with what you noticed.

That's enough too.

Sometimes noticing was the giving all along.

This journal is a place to slow down and notice.

Not the big moments.

The small ones you usually move right past.

Left-align so it sits on one clean line.

There's no right way to use it.

No pressure to have answers.

Just space to notice.

Because small choices become who we are.

Noticing is giving.

Start where you are.

Maahi