

# Gratitude Jar

## Ages 6+ and parents

Make a 'Gratitude Jar' to keep memories of all the daily things you're thankful for. These things may be a memory of something you've been grateful for in the past, something you're grateful for that day, or something helpful you've been able to do for another person. Think of the things that bring you gratitude as a parent or things that your child would be grateful for (smiles, hugs, playtime, meals, giggles, encouragement, kind words...)

## What you need:

A jar or container, paper, pen

## Instructions:

Take a clean jar or container and decorate it. An easy way to decorate a jar is to measure a piece of paper long enough to wrap around the jar and its height. Decorate the paper (your child can help with this) and roll the paper up and put it in the jar. On a small piece of paper write something you are grateful for. Put this in the jar. Add a note of gratitude at least daily.



The act of gratitude in daily life has been shown to help people ["feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."](#)

## Some things you may be grateful for:

cups of tea/coffee • sunshine • yummy food • restful time • baths • a fun run in the park • music • pets • gumboots in puddles • a chat with a friend • colours around you • nature • sharing smiles and laughs • hugs • snail mail • being able to help another • phone calls • spending time with loved ones • sleep • toilet paper