

Gratitude Jars



If you are looking for an activity/ craft project with supplies you probably have at home, then check out our gratitude jars.

Gratitude jars provide a simple way to get you in the habit of being mindful of all the good things in your life. We can all use a little of that during these times.

To make your gratitude jar, you will need:

- A plastic jar with a lid. Any kind will do. If it has a label on it, you might want to remove that or cover it up.
- Glue or tape
- Scissors
- Something to cover the jar like construction paper, plain white paper, foil, pictures from old magazines, tissue paper – anything that you can glue, tape or otherwise stick to the jar
- Decorating supplies like markers, paint, stickers, glitter, sequins – anything you would like to make your jar special to you.

We've done a couple of examples for you to look at.

You can use any kind of paper to write what you're grateful for. You can do it every day or once a week. Just think of something you're grateful for, write it down on a piece of paper, and put it into your jar.

We hope you enjoy the project and we miss you all very much!! Have fun!

Ms. Annmarie & Ms. Courtney

