

GRATITUDE JAR

INSTRUCTIONS

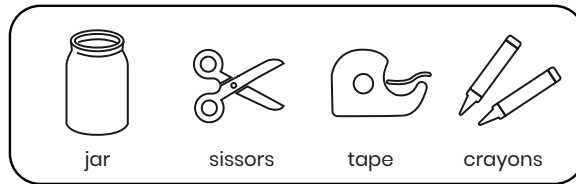
Step 1: Find a clean, big jar that you can use to store your memories. Cut out and tape the label to the jar.

Step 2: Print out the slips below, cut them out, and keep them near your jar.

Step 3: Whenever something great happens or you think of something that you're grateful for, write the memory down and put it into the jar.

Step 4: At the end of the year (or when the jar is full!) take them out and read them together.

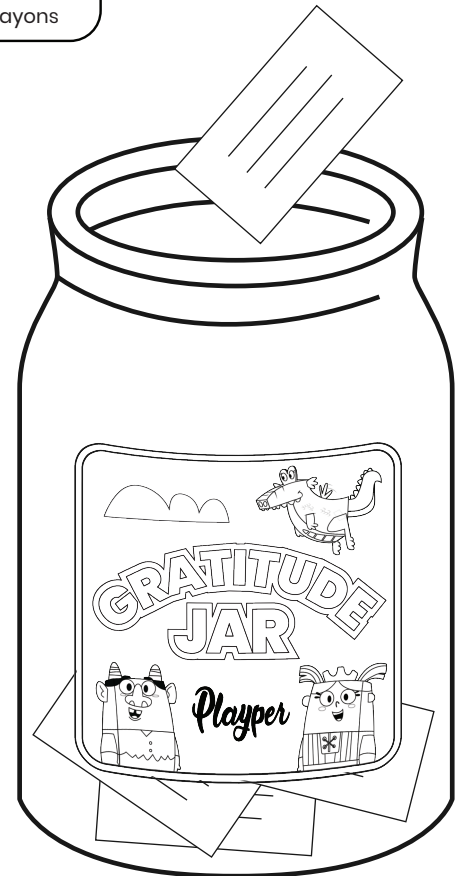
Need some ideas? Use the gratitude prompts for some help, or use the blank ones for your own ideas!



SUPPLIES YOU'LL NEED



LABEL

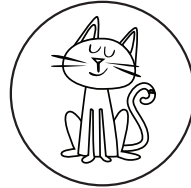


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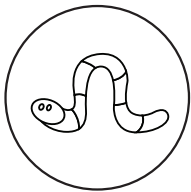
GRATITUDE PROMPTS



Think of a time when someone helped you. How did that make you feel?



What made you smile today?



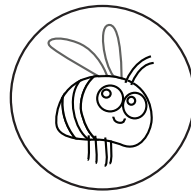
What is something really small that makes you happy?



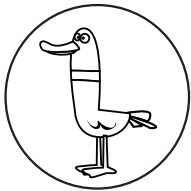
Write down a memory that made you laugh out loud!



What is something or someone that makes you feel calm and safe?



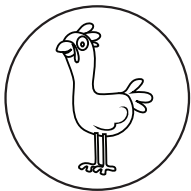
Did you eat something amazing this week? What was it?



Think of something in nature that you enjoyed recently.



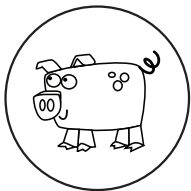
Did you do something today that you're really proud of?



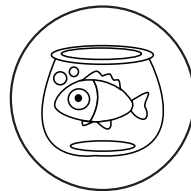
What is special about your family that you love?



Think of the last time you said "Thank you" and you really meant it. What was it for?



Name someone you are thankful to have in your life and why.



What new thing did you learn this week?

GRATITUDE JAR

YOUR OWN GRATITUDE PROMPTS

