

Gratitude Jar

Hi there! My name is Max!

Today, I'll be sharing with you
what I shared with Jasmine:

A GRATITUDE JAR!

We will fill it with all the things
that we appreciate and are
thankful for.

Here's how to make your own!



Make your own Gratitude Jar:

THINGS YOU'LL NEED:

- A clear Jar (you can reuse or upcycle one from home)
- Art Supplies such as Crayons, Ribbons, Stickers, Magazines 🎨
- A Pair of Scissors ✂️
- Glue or Tape
- Strips of paper (coloured paper if you like!)

STEP 1: Get a clear jar (you can reuse and upcycle one from home)

STEP 2: Decorate it anyway you want!

STEP 3: Cut up strips of paper (you can use coloured paper too!)
Remember to ask an adult for help whenever you need to use scissors.

STEP 4: Fill the jar up with statements of things you appreciate and are thankful for.

STEP 5: After you're done writing, put it in the jar!
You can look back at all these statements you wrote whenever you like!



Here are some phrases to help you get started on your Gratitude Jar!

What are you thankful for today?



- Today was special because...
- Something I accomplished today...
- Something I like about my family...
- I felt happy today because...
- Something funny that happened today...
- Something I like about myself...
- Three friends I appreciate...
- This week has been good because...
- I was proud of myself today because...
- I appreciate __ (name of this person) __, because...