

Gratitude jar



A positive mindset can be fueled by thinking about things that you are grateful for.

Make A Gratitude jar

What you will need

- glass or plastic jar • scissors • paintbrush • white glue • Gratitude Jar label • tissue paper or colourful paper • paper scraps to record your moments of gratitude



1

Cut shapes out of the colourful paper or tissue paper.

2

Using your paintbrush, put glue on the parts of the jar that you want to decorate.

3

Carefully stick the shapes you have cut out onto the jar.

4

Add your Gratitude Jar label.

5

You can paint over the colourful paper with extra glue if you would like to.

This will give a nice, shiny effect.

Enjoy using your jar.

At the end of each day / week / month , read the pieces of paper you have added to the jar and reflect on what we have to be grateful for