



NAME: _____

DATE: _____



ACTIVITY INSPIRED BY

MATERIALS

- ★ Jar
- ★ Decorating supplies
- ★ Paper
- ★ Scissors
- ★ Pen

Attitude of Gratitude

MAKE A GRATITUDE JAR

This activity is a great way to teach about gratitude and mindfulness. Make one and use it any time of the year to help you practice gratitude.

ACTIVITY WOW TO:

- 1 **Find** the perfect vessel like a glass vase or mason jar.
- 2 **Decorate** the jar as you like.
- 3 **Cut** some paper into strips for writing on and place them in a glass with a pen.
- 4 **Start** filling up the jar with gratitude notes. Anytime something happens that makes you feel especially grateful write it down and put it in the jar.
- 5 **Use** these prompts if you need help getting started:
 - * What are you thankful for today?
 - * What made you happy today?
 - * Tell me something good that happened today.
 - * What did you have fun doing today?
 - * What made you smile today?