

Gratitude/Kindness/Joy Jar



As humans, we have the habit of focusing on the negatives and miss the positives, especially in difficult times. By reminding ourselves of the positives, we can change this pattern of thinking. One way to do this is to create a gratitude jar and fill it with reminders of what you are grateful or thankful for or what you have liked or enjoyed about that day. It might be that you spent time with your family, drew a picture, played in the leaves, a smile from friend.

First you need to make your own gratitude jar and the fill it with notes. Remember to write the date on each note. You can do this once or more a day, or whenever you feel like it. At the end of the week, or whenever you feel low or sad, you can open your gratitude jar and remind yourself of the positives in your life.

You will need a jar, materials to decorate it and small pieces of paper. Make your own 'Gratitude Jar' and start filling it with the positives in life.

## Research design before making them





## Spread the Kindness

Write a anonymous compliment, a happy thought or draw a nice picture for 5 different people.

Put it in their jar at the end of the day.