



Reflect and write about things you are grateful or thankful for! Store them in a jar that you can decorate.

WHAT YOU WILL NEED:

- Jar of any size (with or without a lid)
- Pencil or pen
- Paper cut or torn into strips

WHAT TO DO:

- 1) Write things that you are grateful or thankful for on strips of paper.
- 2) Use the end of pencil or pen to roll these strips into small wads or balls.
- 3) Place them into jar. Repeat steps #1-3 until you fill the jar.
- 4) From time to time, take one or more of the strips in the jar and read them to remind you of things you are grateful or thankful for, write new ones, and share them with family and friends.

ANOTHER IDEA:

Make special jars for family members or friends for special days (*e.g. birthdays, holidays, or anniversaries commemorating something special, etc.*) by writing things that you love about them or that make them special or unique. Use brightly colored papers, markers, and pens—and decorate your jars with ribbons and bows, or keep plain.