


Gratitude Jar Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p data-bbox="219 346 982 472"><u>Gratitude</u> is what makes the glass half full. It reminds you that you have enough and that you are enough.</p> <p data-bbox="219 535 324 577">Steps:</p> <ol data-bbox="267 598 982 1134" style="list-style-type: none">1. Decorate individual or family jar/box that you will submit your gratitude notes in daily2. Pre-cut or size the paper that you will write on (feel free to add colour, [paint or stickers to these cut outs)3. Decide when you are going to start (hint* there is no time like the present ☺)4. Place you jar/box in a place where all family members will see it daily.5. Pick a family time (ie. After Dinner) when everyone is together and can write out something that they are feeling grateful for that day 	<ul data-bbox="1015 346 1315 556" style="list-style-type: none">• 1 jar/box• Ribbon to decorate• Paper for writing Gratitude Notes on• Gratitude