

Gratitude Jar

Gratitude Jars are a brilliant way of celebrating all the things we have to be thankful for. Celebrations of the wonderful things in our lives can enhance and improve our wellbeing. Use these craft instructions to create your own Gratitude Jar and note down anything you feel grateful for each day, recording each one on a small piece of paper. Drop the piece of paper in the jar and reflect on all the ideas you have collected later on.

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



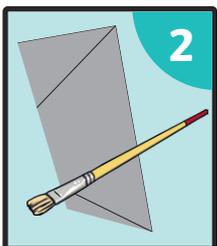
Instructions



1 Cut shapes out of the colourful paper or tissue paper.



4 Add your Gratitude Jar label.



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



5 You can paint over the colourful paper with extra glue if you would like to. This will give a nice, shiny effect.



3 Carefully stick the shapes you have cut out on to the jar.



6 Enjoy using your jar. At the end of each day, read the pieces of paper you have added to the jar and reflect on what we have to be grateful for.