

# Activity sheet: Gratitude

Being grateful can not only improve the quality of our own lives but also the quality of our relationships with others.

Creating this feel-good thank you jar is a great way to focus on the things that we are thankful for. You can also fill it with anything that might uplift your mood. Think about quotes that inspire you, a favourite song or an encouraging word someone has said to you.

## You will need:

- A jar with a lid e.g. a kilner jar or large jam jar
- Glass pens or stickers
- Ribbons
- Glue Stick
- Post it notes or small pieces of paper



## Method:

1. Label your jar with the words "Thank You Jar" and the date which you made it.
2. Glue onto the front of your jar.
3. Finish off your jar with a nice piece of ribbon tied around the rim.
4. Every day write down something that you are thankful for and pop it in the jar.
5. Decorate your chosen jar with glass paint pens, stickers, or both!

**Top Tip - make a gratitude jar for a friend or loved one**

**"The best way to cheer yourself is to try to cheer someone else up." Mark Twain**