



Gratitude Jars are a great way of remembering all the things we have to be thankful for. This helps us to think more positively and help us take notice of the different reasons to be happy.

1

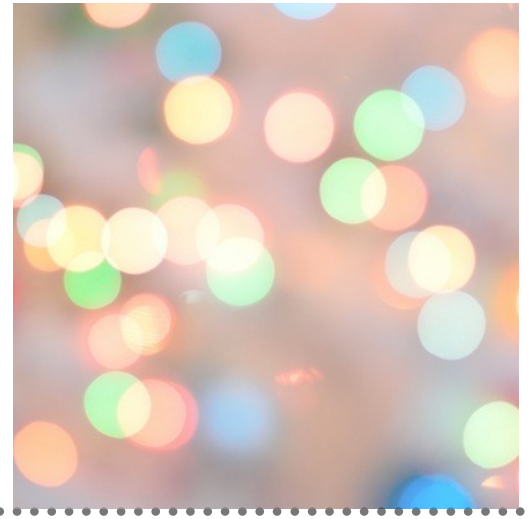
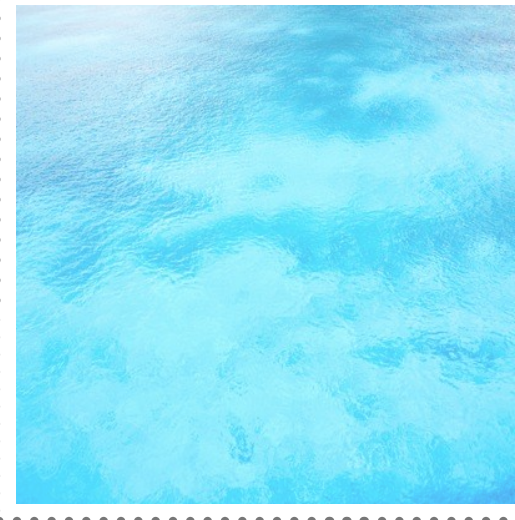
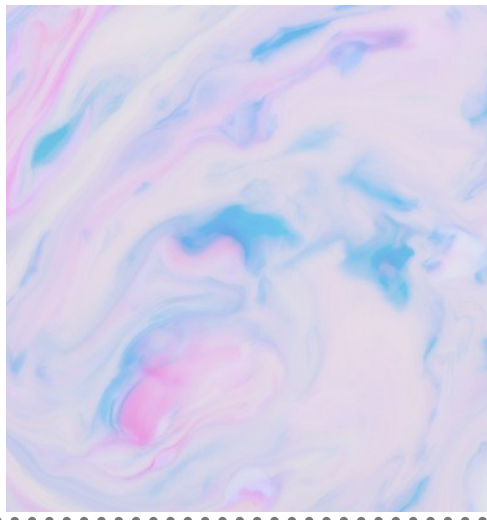
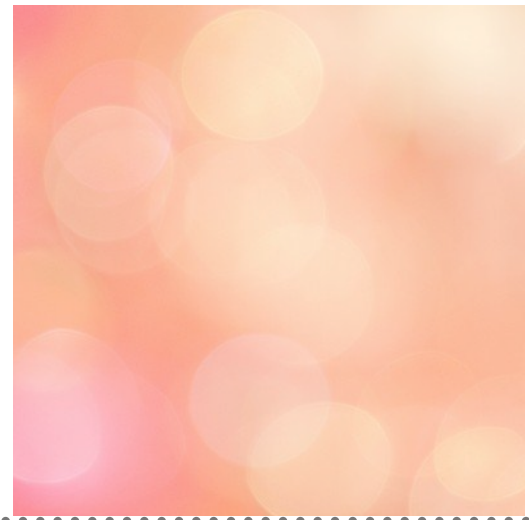
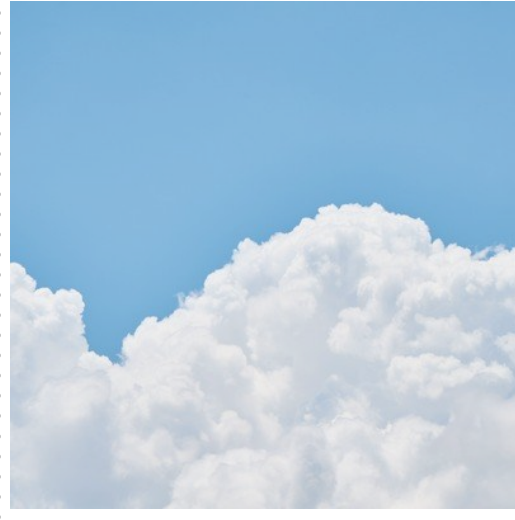
*Find a clean jar and decorate it however you like, this may be with stickers, drawings or you may prefer to keep it blank.*

*Use the coloured paper below to write one thing each day that you are grateful for.*

2

3

*Once written, fold the piece of paper up and pop it the jar, these can then be looked over if ever feeling low in mood.*



Cut out the cards above to use for your gratitude jar.

