

Gratitude Jar

Introduction

Gratitude Jars are a fun, artistic, and hands-on way to practice gratitude. In this activity, you will create a special jar where you save gratitude statements at the end of the day.

Materials

- Clear Jar (glass or plastic)
- Art Supplies (ribbons, stickers, magazine cutouts, etc.)
- Gratitude Slips (blank strips of paper, or slips with gratitude prompts)

Instructions

Start by personalizing your jar with decorations. Use ribbons, stickers, magazine cut-outs, items found in nature, or anything else you can imagine.

After decorating your jar, it's time to add the first three gratitude statements!

A gratitude statement acknowledges something that a person appreciates or is thankful for. You can use the prompts below, or you can write your own gratitudes on blank slips of paper. Here are some examples:

“I am grateful for my cat because she makes me laugh.”

“I am thankful for the dinner I had tonight. It was my favorite: pizza!”

“I appreciate my grandma because she visited me when I was sick.”

Once you have written down three gratitude statements—one per slip of paper—spend a moment discussing each one. Finally, fold the gratitude statements, and add them to the jar.

Plan to write three gratitude statements, and add them to the jar, each day. This activity works great as part of an evening or bedtime routine.



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Examples

- Today was special because...
- I appreciate (person), because...
- Something I accomplished today...
- Something I'm looking forward to...
- Something I like about my family...
- Three people who make me happy are...
- I felt happy today when...
- Something little that makes me smile...
- Today I had fun when...
- Something about today that I'll always want to remember...
- I am proud of (person), because...
- Something I appreciate about my past...
- My friend (name) is important to me because...
- Something good that happened today...
- I was proud of myself today because...
- Something interesting that I recently saw...
- Something special about my family...
- Something funny that happened today...
- Something I like about myself...
- My favorite family tradition...
- My favorite part of today...
- Something I am grateful for...
- Three friends who I appreciate...
- A special memory I have of my family...
- Something I look forward to every day...
- Today, I felt happy when...
- This week has been good because...
- Something I like about myself...
- Something that made me smile today...

