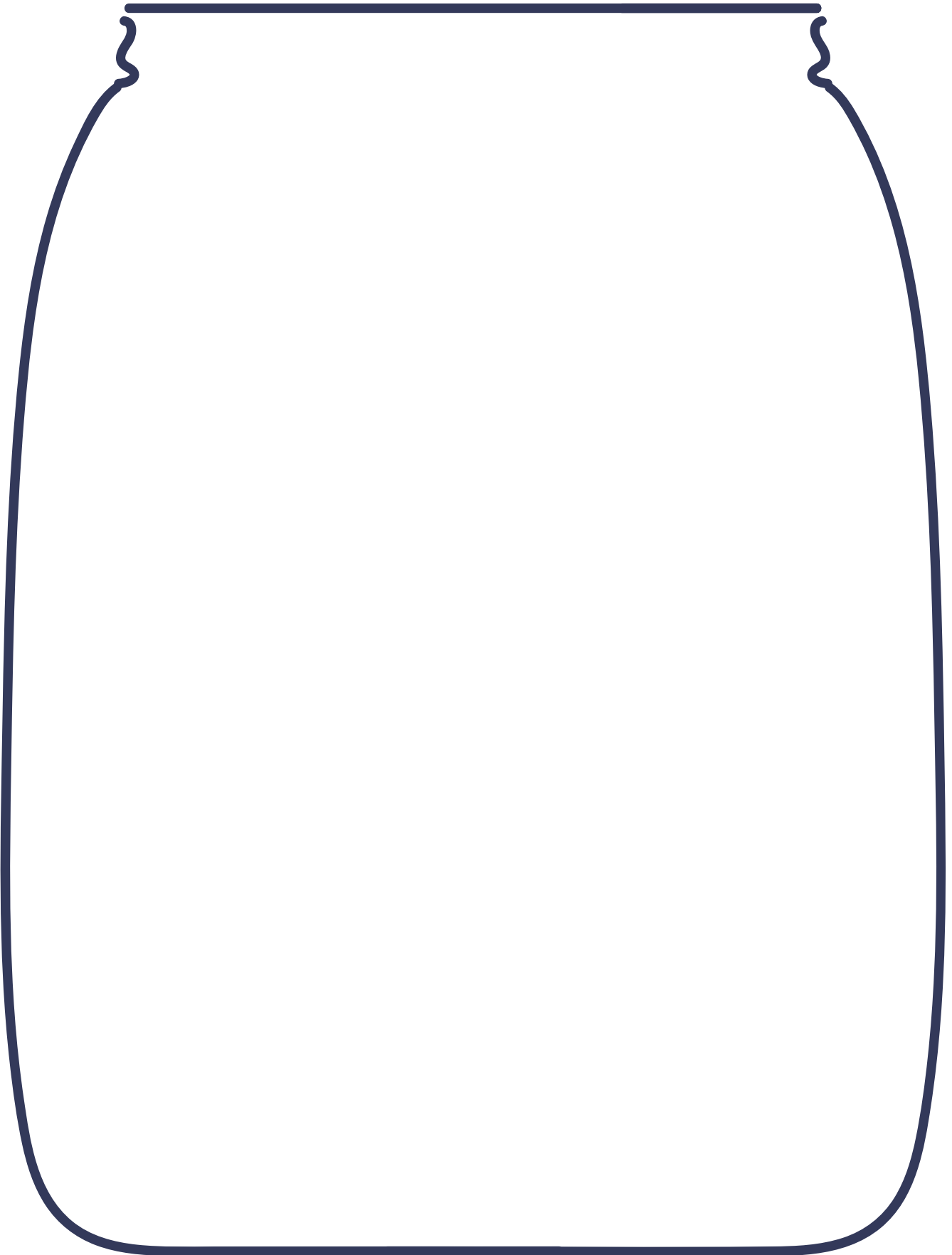




Gratitude Jar





The Benefits of Expressing Gratitude for Children (and Adults)

The practice of expressing gratitude leads to a better attitude toward life, reduces stress, and strengthens your sense of self. It also requires reflection and stillness, which can be hard to do in today's hectic schedules.

When kids start practicing gratitude early in life, it can lead to a lifelong habit, which improves mental and physical health, and builds resilience. It's never too late to start – start benefiting from the practice of expressing gratitude today.

Gratitude Jar Instructions

What are you thankful for this year? Spend time with your child with a fun family activity and create Gratitude Jars to display in your home!

Directions

1. Print out the jar artwork and use your scissors to cut it out.
2. Close your eyes and take a moment to think about all that you have gratitude for. Family, friends, recess, whatever comes to mind.
3. Add these moments of gratitude to your jar. Get creative! Cut images or words from old magazines, paste them down, draw, write, paint – whatever feels right. The important thing is that your jar will be filled with all the things you're thankful for by the end.
4. Once everything is dry and ready, display your Gratitude Jar wherever you and your child can view it often.

You don't have to do this activity all at once. Hang it on a door or wall where the whole family can add to it. You can practice gratitude by adding to the jar over time.

