



# Gratitude Jar

- **Equipment**

Empty Jar, paper or Post-it notes, pens

- **Set up**

Place the jar on a shelf with the paper and pens nearby.  
Do this activity every day with your household

- **Instructions**

It's good to be grateful – to say thank you.  
What are you thankful for today?

Each day write or draw something that you are thankful for and put it into the jar. At the end of the week, open the jar with your household, maybe at a meal-time, and read what you've all been thankful for together.