



# DIY GRATITUDE JAR



's

(NAME)

## Gratitude Jar



I am grateful for:  
My family

I am grateful for:

\_\_\_\_\_



I am grateful for:  
My friends

I am grateful for:

\_\_\_\_\_



I am grateful for:  
My teacher

I am grateful for:

\_\_\_\_\_



I am grateful for:  
My school

I am grateful for:

\_\_\_\_\_



I am grateful for:  
My pet

I am grateful for:

\_\_\_\_\_



# DIY GRATITUDE JAR



I am grateful for:

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I am grateful for:

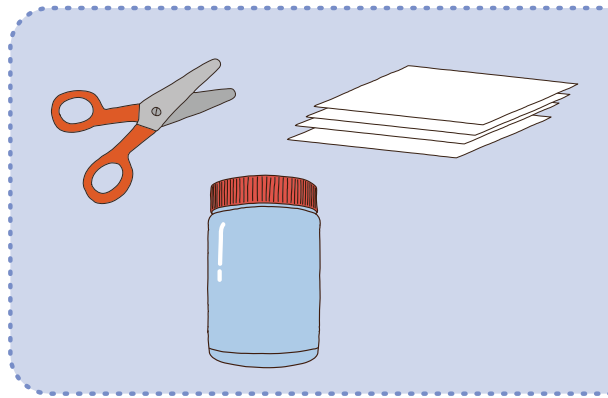
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Help your child identify all that they have to be thankful for by creating their own gratitude jar.

What you'll need:

- Scissors
- Empty and clean mason jar or plastic container
- 8½ x 11 white paper (for printing)

### INSTRUCTIONS FOR CAREGIVER AND CHILD:



1. Print out the jar label and the gratitude slips on the previous pages of this document.
2. Personalize the gratitude jar by adding your child's name or your family's name to the jar label. If your child can write their name, ask them to write it on the label. You can write down their name with a light colored pencil for them to trace over. If they are not ready to hold a writing tool, you can help them by holding their hand and writing their name together.
3. Cut out the gratitude jar label and slips of paper along the dotted lines. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the gratitude label and slips of paper. If they are not ready to use scissors, you can hold their hand and cut the cards together.
4. Put the jar in an easy-to-reach place for your child or family, but in a location where it won't be knocked over.
5. Slide the gratitude jar label into the container with the label facing out.
6. Place the gratitude slips next to the jar.
7. Ask your child what they are grateful for and then write it on the slip of paper. Or your child can color the premade gratitude slips if they need help coming up with ideas. Read the full sentence on the piece of paper to your child and ask them to repeat what you read to them. Encourage their creativity by allowing them to draw something and, when ready, ask them to drop the gratitude slip into the jar.
8. Encourage your child and family to continue to write on the gratitude slips and read what they are grateful for. Have them drop the slips into the jar throughout the month. Once the jar is full, go back and read the slips together to reflect on the different things your child and family are grateful for.

Making crafts and doing activities is always fun! But remember, Playing With a Purpose is being actively engaged in your child's play. These activities are intended to enjoy together at the same time you ensure your child's safety and offer help as needed.

