

Gratitude Jar Activity



Materials Intro: For today's activity, you will need:

- mason jar or container w/lid
- strips of different colored paper
- marker or pens

Note: *This is a great family activity/routine that you can incorporate weekly or even daily!*

1. Cut 8-10 strips of different colored construction paper with scissors
2. On each strip, write things/people that you are grateful for (*your child can write one word or you can encourage them to write a complete sentence*)
3. Fold up the strips and place them into the gratitude jar.
4. Read the strips aloud one at a time throughout the week to spread some gratitude in your home!

Enjoy! 😊