

15 Minute
Activity
For
Any Age

GRATITUDE JAR(S)

Here is one idea for you and your family to do at home to focus on being grateful, even at this time of uncertainty.

As many people know, we end all of our ALIVE Outdoors programs with what we call a GRATITUDE CIRCLE. We do this because we believe that if young people can learn the importance of appreciation at an early age, it will enrich their lives. Gratitude not only has the ability to lead to greater happiness, but it can also help us strengthen relationships, deal with adversity, enhance our sense of compassion for others, improve self-esteem, and even help people sleep better.

While we cannot bring people together for ALIVE programs at the moment, we can still do what we can to contribute to the greater good, and the deepening of important habits.



(photo from <https://www.primroseschools.com/>)

Put a Mason Jar in a place where everyone in your family can reach it. Put a small pile of small pieces of paper, and a handful of colourful markers in an accessible place. Pick a window of time where each person in the family (including the adults in your home) write down a few things they are grateful for that day. Write one thing per small piece of paper (similar to the size of a Post-It note). Fold it up, and drop it in the jar. Once it fills up over time, take some time together to sit as a family and read them together.

ALTERNATIVELY

Put the name of everyone in your family on a jar. One jar per person. As above, put small pieces of scrap paper and some colourful markers somewhere in your house. Have everyone write things that they are grateful for about each person, and put it in their personalized jar. For the young ones out there, that maybe cannot articulate themselves in words, suggest they draw pictures of things they are grateful for.

Materials needed:

- Small pieces of paper (if you have construction paper, think about using this so the jar is colourful!)
- Markers or coloured pencils
- Scissors to cut paper into smaller pieces
- Jar(s)- with a label (masking tape works if you don't have proper labels).