

Gratitude Jars

Gratitude Jars are an excellent way to encourage the whole family to practice gratitude, increasing everyone's level of happiness. The jar is placed somewhere that is easy to access. During the day, family members write down things they are grateful for, and put them in the jar. During dinner, each person pulls out one of the papers and reads it!

Materials

- Jar
- Tissue paper
- White glue
- Water
- Container for white glue & water
- Paint brush – cheap
- Printer paper, pen or pencils
- Scissors



Optional Materials

- Acrylic Markers or Sharpies
- Stickers

- 1) Choose a jar
- 2) Choose several colors of tissue paper. Tear them into pieces, depending on size of jar - small jar then small pieces; larger jar, then larger pieces. Put your tissue paper in a bowl.
- 3) Mix about 1 tablespoon of white glue and 1 tablespoon of water into a separate bowl.
- 4) Paint an area of your jar with the glue mixture. Place tissue paper on jar. Paint glue mixture on top of tissue paper. Continue until all sides of the jar are covered.
- 5) Set aside to dry.
- 6) Decorate! Add stickers and cellophane shapes if desired.
- 7) With Acrylic Markers or Sharpies, write words on the jar such as "Give Thanks", "Gratitude Jar", or "I am Grateful For". Draw designs if desired.
- 8) Cut strips of printer paper. Stick inside the jar and add pencils or pens.
- 9) Put somewhere the whole family can access the jar, such as the dinner table or kitchen counter. Enjoy!