



### Instructions

Find an old jar and decorate it with things you can find around the house. An odd bit of ribbon, string, colourful material, whatever you can find to make your jar look fab! Take time and care, make it with love.

When your jar is finished there are a lots of ways you can use it.



#### For you:

Practice and attitude of gratitude: at the end of each day take a moment to write down on a piece of paper one thing you are thankful for and pop in in your jar. It doesn't have to be big, a smile, something interesting that you noticed or someone you are glad to have in your life. If you can't do it every day, no problem, just try and make it a regular practice.

#### For someone else:

Know someone who could do with a bit of a boost? Why not make them a gratitude jar? Start it off by filling the jar with the all the reasons you are grateful for them. They can read one a day or save them up and dip into the jar when they are feeling down.

#### Gratitude at work:

Why not start a gratitude jar in your workplace or school? When people notice an act of kindness or something done well they can put it in the team gratitude jar and at the weekly team meeting celebrate the good!

### Why do this

We can all too easily take the good things and people in our lives for granted. Consciously focusing on what we are grateful for reorients our thinking to value what we have rather than regret what we don't. [Studies](#) have shown that gratitude helps us





experience positive emotions, savour good experiences, improve our health and build stronger relationships.

*“What we think we become” - Buddha*

---

