



GRATITUDE JAR



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

Recording things we are grateful for

Equipment required

Jar / Vessel

Something to write with

Something to write on (paper, rock, leaf)

Time required

5 minutes daily

WHY: This is a great way to record our positive thoughts and store them in a place for us to visit at a later date. The presence of these thoughts at a later date can be very powerful in reminding us of what we are grateful for.

Instructions:

- Find a jar of your choosing.
- Decorate the jar or simply label it as your Gratitude Jar.
- Everyday write one or more things that you are grateful for on a piece of scrap paper - fold it up and place it in the jar.
- To make it more sustainable try writing on leaves.
- Watch as your jar slowly begins to fill reminding you of all the things you have to be grateful/ thankful for in your life.
- Place the jar somewhere where you can see it regularly - your bedroom, kitchen, bathroom, by the front door etc.
- Choose a time when to open it i.e end of the week, end of the month, end of the year and remember all the reasons you have to be grateful for in your life.



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