

Gratitude Jar

Materials Needed:

- A jar (Any container will do, like a bowl, mug, or plate)
- Small pieces of paper such as post-it notes, index cards, strips of paper you cut out yourself, or whatever you have available.
- Something to write with
- Materials to decorate your jar or container; however, you want! (Optional)

Instructions:

1. Decide which jar or container you will be filling with gratitude.
2. If you want to decorate your container, you can do this with whatever materials you have available! This could be ribbon, paint, glitter, sequins, fabric, markers, or anything else you have on hand.
3. Gather your small pieces of paper.
4. Write down one thing you are grateful for on each piece of paper.
5. Fold your small piece of paper in half and place it in your container.
6. Watch your gratitude jar fill up!

Here are words and sentences of gratitude help you start your jar:

I am grateful for...

- My pets
- My family and friends
- My favorite movie
- The roof over my head
- My imagination!



Be sure to share with us your creation by using the hashtag #GirlScoutsAtHome, #GSWellness and tagging us @gswcf on TikTok, Instagram, or Facebook!