Gratitude Jar

Having tangible reminders of things for which we are grateful helps us to easily access the benefits of gratitude when we are experiencing difficulties in our daily lives. Creating a gratitude jar allows to see immediately how many things for which we have been grateful with the added benefit of being able to pull out specific memories to revisit.

Use a recycled jar or box to create a place to hold memories of all the acts of kindness and compassion that happen over the summer/year. These can be things that happen to you, things you did, or things you witnessed. Watch the contents of the jar grow, and when you need a little pick me up, pull out a couple slips of paper and be reminded of the good that has happened.

☐ Begin by asking club members to brainstorm what gratitude is and what the benefits of gratitude might be. Go to https://bit.ly/3F0Xov5 for suggestions if needed.

☐ Using a label, or simply with permanent markers, decorate the outside of your jar. Label it as a gratitude jar if you'd like.

☐ Cut paper into small strips.

☐ Get your gratitude jar started by thinking about one thing for which you are grateful this week, writing it on a strip of paper and placing it in the jar.

☐ Write out things about your fellow club members for which you are grateful, fold them up and place them in their jars. Be sincere.

☐ Create a second gratitude jar to gift to someone. Be sure to include several reasons why you are grateful for that person in the jar.

☐ Create a gratitude jar for your family to use. Share things about one another for which you are grateful and include details about memorable events and milestones that happen. At the end of a year, you can compile the reminders into a scrapbook and start the jar over for the new year.

Connections/Reflection Questions:
How does it feel when someone expresses gratitude to you? In what ways does gratitude help to build community?

Supplies

Clean, recycled jars or boxes

Scraps of paper

Pens/pencils/crayons/markers

Stickers/labels (optional)