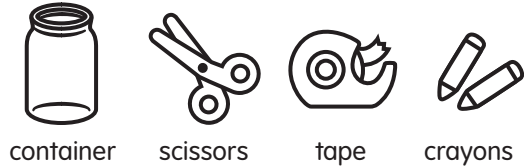


Gratitude Jar

Supplies you'll need

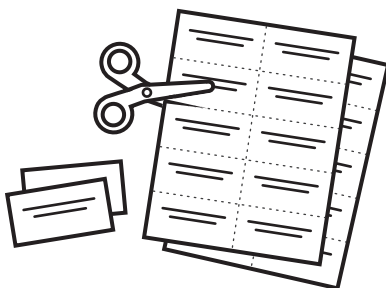


**“Count your rainbows,
not your thunderstorms.”**

– Alyssa Knight



Instructions



1. Print and cut

Print out the idea sheets and cut the paper along the dotted lines into 48 separate strips.



2. Fill a container

Find and fill up a container with all of the strips. Color, cut out and tape the label to the container.



3. Practice gratitude

Reach your hand into the container without looking, and pull out a prompt or challenge.



GRATITUDE PROMPTS



What's your favorite toy, and why?



Think of a time when someone helped you out.



Describe something (or someone) that makes you smile.



(Finish this sentence)
I'm happy I live in a world with...



What is something really small that you appreciate?



What is something really big that you appreciate?



Think of a memory that makes you laugh.



Think of something you will never get tired of.



Think of something that makes you feel calm.



Think of something that's really soft and cuddly.



Name something in nature that you are thankful for.



Name something that smells amazing!



Describe something you enjoy doing.



Describe your perfect weather.



Name your favorite book, movie or tv show.



What's something you are excited about?



GRATITUDE PROMPTS



Where's your favorite place to be in your home?



Name something that tastes incredible!



Which is your favorite season, and why?



Think of a time you were able to help someone.



What is something special about your family?



What's your favorite song?



Describe a way to say "thank you" without saying those words.



Describe a time you felt proud.



Describe something you like about yourself.



Describe something you like about someone else.



Name someone you look up to.



Describe something (or someone) that makes you feel safe.



(write your own)



(write your own)



(write your own)



(write your own)



GRATITUDE CHALLENGES



Do something special for someone else today.



Do something special for yourself today.



Ask someone what makes them happy.



Write someone a thank you note.



Draw someone a picture.



Help someone out with a chore.



Let someone borrow (or share) something special to you.



Tell someone why they're special to you.



Help out with dinner.



Leave a positive message for someone to find.



Give someone a compliment.



Tidy up your toys after playing.



Remind someone of a time they made you feel special.



Try and make someone smile.



Join someone on a task or outing they usually do alone.



Make someone laugh today.