



# Family Gratitude Jar

## PURPOSE

- Practice gratitude
- Incorporate gratitude in everyday life
- Understand the impact gratitude can have on our mental health

## OBJECTIVE

- Gratitude jars can feel more positive emotions, can improve our mental health, help us deal with adversity and helps us build strong relationships

## INSTRUCTIONS

### Materials

- Jar (or other container or ziploc bag)
- Slips of paper, sticky notes, or use templates below
- Markers or pens
- Paint, stickers or ribbons for decoration

### Assembly

1. Decorate your jar/container as a family
2. Each family member writes down one thing they're grateful for and puts it in the jar

### Application

- This is a "gift that keeps on giving" activity
- Gratitude activities are most impactful when done on a regular basis. Consider:
  - Writing one thing down every day for a week, then randomly reading from the jar at the end of the week
  - Writing one thing down each Sunday of the month, and reading the jar at the end of each month

\*\*When reading them, you could try to have family members guess who wrote what, to make it into a game\*\*

**Let us know how the activity goes!**  
We'd love to hear from you or receive pictures or tag us on social media:



WRITE WHAT YOU ARE  
GRATEFUL FOR TODAY:

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DATE: \_\_\_\_\_

NAME: \_\_\_\_\_



Erika's Lighthouse

WRITE WHAT YOU ARE  
GRATEFUL FOR TODAY:

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DATE: \_\_\_\_\_

NAME: \_\_\_\_\_



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