

Make your own Gratitude Jar!

For this craft, you will need:

- An empty jar (of any size) with a lid.
- 2 Sheets of A4 Paper (Of any colour)
- Coloured pens or pencils
- Scissors
- Glitter/ confetti for inside the jar (Optional)
- Decorations for the outside of your jar. .
- **Step One** - Using your two pieces of A4 paper and your coloured pens or pencils, draw pictures or write down things that you are grateful for.
- **Step Two** - Use your scissors to cut out each individual drawing or sentence.
- **Step Three** - Fold each drawing or sentence up until you can't see what is on the piece of paper.
- **Step Four** - Empty each folded piece of paper into the empty jar.
- **Step Five** - Add your glitter/confetti to brighten up the inside of your jar and decorate the outside as you please!
- **Step Six** - Shake up your jar and grab out a piece of paper whenever you need to feel grateful.