

How to make a 'blessings' jar



This one is really easy; you can make it more complicated if you get super arty!

1. Find a large jar (like a pasta sauce jar, or a jam jar).
2. Ask a grown up to help wash it out and dry it.
3. Write a label that says 'Blessings' or 'Things to be thankful for'.
4. Sellotape or glue the label to the jar.
5. Decorate the jar with stickers as you choose, you could even add glitter to the inside.

Done!!

Every day think of one thing you are thankful for, write on a piece of paper and add it to the jar.

If you are having a tough day sometime take out the blessings and remind yourself of all the things you have to be thankful for. Don't forget to put them back in afterwards!

