

Challenge

Thankful Jar

Find an old jar at home, maybe an empty coffee jar or large jam jar, wash it and remove the label. Then using a permanent marker, glue pen or a printed piece of paper write on the front 'I am Thankful for.....'. Once the writing is stuck or dry you can decorate the jar any way you like, with sparkles and glitter, pictures of yourself or things you have found out and about. Then each day, maybe after dinner, sit and think about something you are thankful for, such as the lovely dinner you have just had, the fun you had at the park, cuddles with mummy or daddy or all your toys. You can then either get a grown up to write down what you are thankful for or you could draw a picture. Then if you are feeling sad or maybe just every now and again you can look through all the things you have put in your jar to make you feel better. You can make one just for you or one for the whole family.

