



MY BIG GRATITUDE JAR



Instructions

This is your special Big Gratitude Jar – a place on paper where you can collect all the good things in your life. It's more than just a jar; it's a way to notice and remember the happy moments every day. Ready to start?

What You Need:

- The Big Gratitude Jar sheet (it's the one with the jar picture on it).
- The 100 Gratitude Prompts sheet (these are your daily ideas for finding gratitude).
- Your favourite pens or pencils for writing or drawing.

Here's Your Gratitude Journey:

1. Choose Your Daily Prompt:

- Each day, pick one prompt from the Gratitude Prompts sheet.
- Think about what makes you thankful or happy related to that prompt.

2. Express Your Gratitude:

- Write or draw your response on a small piece of paper.
- Feel free to be creative – it's your personal expression!

3. Fill Up Your Jar:

- Add your gratitude note to the jar on the Gratitude Jar sheet.
- See how your jar becomes a collection of all the positives in your life!

4. Weekly Reflection:

- Once a week, take some time to look at your jar.
- Reflect on the good things you've gathered. It's like a diary of happiness!

5. Keep the Habit:

- Continue adding to your jar each day.
- When it's full, take a moment to feel proud of this habit you've built.

6. Involve Your Family:

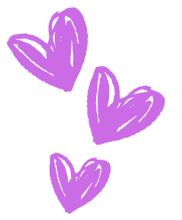
- Share what you're doing with your family. Maybe they'll join in!
- It's fun to see what others are grateful for too.

Remember:

Your Big Gratitude Jar is a unique way to see how many wonderful things happen each day. It's about finding the bright spots, even in ordinary moments. So, let's begin filling your jar with all the people, things and moments that make you smile and feel thankful!

100 GRATITUDE PROMPTS

1. Something that made you smile today.
2. A friend you are thankful for.
3. Your favourite thing about your family.
4. The best part of your day.
5. Your favourite game.
6. Food you enjoyed today.
7. Your favourite memory with a pet or animal.
8. A teacher/coach/instructor you are grateful for.
9. A skill you are proud of.
10. Something beautiful you saw today.
11. A book you are thankful for reading.
12. Something that made you laugh today.
13. Your favourite outdoor activity.
14. Someone who helped you recently.
15. Your favourite holiday.
16. Something new you learned this week.
17. Your favourite movie or TV show.
18. Your favourite hobby.
19. Something you are most looking forward to.
20. Something kind someone did for you.
21. Your favourite season.
22. Music that makes you happy.
23. Your favourite toy.
24. Something good that happened today.
25. Your favourite animal.
26. A challenge you overcame.
27. Your favourite colour.
28. A place you would love to visit again.
29. Your favourite birthday.
30. Your favourite sport or physical activity.
31. Something you love about yourself.
32. A fun tradition you cherish.
33. Something nice you did for someone else.
34. Your favourite nature spot.
35. A gift you loved receiving.
36. A lesson you're thankful you learned.
37. Your favourite dessert.
38. An act of kindness you witnessed.
39. Your favourite thing about your home.
40. Something you're looking forward to learning.
41. Someone in your family you are grateful for.
42. Something funny that happened today.
43. Your favourite family memory.
44. Something you enjoy doing with your friends.
45. A goal you achieved.
46. Your favourite thing to do on the weekend.
47. A good dream you had recently.
48. Your favourite part of the day.
49. A happy memory from the past year.
50. Something you're grateful for in nature.
51. Your favourite story or book character.
52. A household item you're grateful to have.
53. Your favourite weather.
54. Someone who made you feel loved recently.
55. Your favourite piece of clothing.
56. The best advice someone gave you.
57. Your favourite thing to learn about.
58. Something cosy that makes you happy.
59. Your favourite snack.
60. Someone you look up to.
61. A funny joke you heard.
62. Your favourite art or craft.
63. Your favourite family trip or outing.
64. A good deed you did.
65. Your favourite comfort food.
66. A part of your body you're grateful for.
67. Your favourite song.
68. A moment this week you felt peaceful.
69. Your favourite memory with a sibling or a friend.
70. Your favourite place in your town or city.
71. Something valuable you learned from a friend.
72. Your favourite thing about your personality.
73. A small thing that made your day better.
74. Your favourite memory from a holiday.
75. Your favourite thing about home-ed.
76. Something you're proud of doing on your own.
77. Your favourite moment with your pet (or a pet you met).
78. A kind gesture or word you received.
79. Your favourite outdoor place to visit.
80. A lesson you learned from a mistake.
81. Something that makes you feel safe.
82. A happy family memory.
83. Your favourite bedtime story or lullaby.
84. Your favourite project you worked on.
85. Something you enjoy doing with your family.
86. A funny or happy memory with a friend.
87. Your favourite way to relax.
88. A goal you're working towards.
89. Your favourite early childhood toy or game.
90. Something new you tried and liked.
91. Your favourite music instrument.
92. Your favourite plant or flower.
93. Something you accomplished that you didn't think you could.
94. A favourite gift you gave someone.
95. Something that makes your home special.
96. Your favourite memory of being helpful.
97. Your favourite meal or recipe.
98. Your favourite moment from a celebration or party.
99. A special moment you shared with a friend.
100. Something about nature that amazes you.



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BIG GRATITUDE JAR

