

Growing Gratitude

Jar Activity Kit

Plant and nurture the seeds of gratitude with this Growing Gratitude Jar Activity Kit.

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REV0226

Supplies:

- Printer
- Paper
- Scissors, paper cutter (optional)
- Glue or tape (for decorating Gratitude Jar)
- Stapler or tape (for Gratitude Writing Prompts folders)
- Jar of your choice (mason or other style)
- Colored pencils or crayons

Printables:

- **Growing Gratitude Jar Labels**

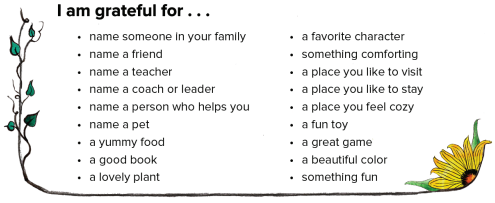


- **Gratitude Writing Prompts** — Choose the list that is just right for your students. These pages can be used as inspiring and convenient Gratitude Slips folders

  1) Pre-K and Early Elementary

  2) Upper Elementary

  3) Middle School, High School, and beyond



- **Gratitude Slips** — These slips come in three designs, lined or unlined. They are designed with space for:

  A) Drawing and/or a short sentence

  B) 1-2 sentences

  C) Several longer sentences



- **Bonus!** A page of customizable **Gratitude Slips** without text.

Getting Ready

Print:

- Growing Gratitude Jar Decorations page
- Gratitude Writing Prompts, any of the three pages you choose
- Gratitude Slips of your choice

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Activity Instructions

Gratitude

Gratitude is a deep appreciation for what we already have or have been given. Help foster your students' social-emotional well-being by giving them time to pause and the inspiration to reflect on the people and experiences around them. Participating in this Gratitude Jar Activity along with your students is the perfect way to model showing and growing gratitude.

Growing Gratitude Together

Encourage your students to help decorate the Gratitude Jar and prepare the Gratitude Slips together. Their participation in each stage will help keep them engaged in growing their gratitude.

Note to the instructor: If you intend to read the gratitude slips out loud or as a group, share that information with students now, before they begin writing. If some students prefer privacy with their writings, they can either keep their Gratitude Slips somewhere else or choose to keep them anonymous and not write their name.

Decorating your Gratitude Jar

Print the Growing Gratitude Jar Decorations page, then your students can:

- **Cut** the jar labels and flowers along the dotted lines.
- **Tape or glue** a Growing Gratitude Jar Label to a mason jar or another container. Decorate the jar and lid with the flowers.

Preparing Gratitude Slips

You can offer a variety of Gratitude Slips styles for students to choose from.

- **Print** the Gratitude Slips that are just right for your students, then **cut** along the dotted lines.
- **Print** any of the three **Gratitude Writing Prompts** pages you choose. If you plan to use any of them as folders:
    - **Fold** the page in half so the prompts list is on the outside.
    - **Staple or tape** each short edge together to create a folder, then tuck your Gratitude Slips inside.

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Setting the Stage for Gratitude

- **Set** the Gratitude Slips (in Gratitude Writing Prompts folders or other container) near your Gratitude Jar, so they are ready to use.

Daily Moments of Gratitude

- Each day, set aside some time for introspection and thoughtful consideration of what to be grateful for.
- Offer a Gratitude Writing Prompts list for students who need some inspiration, or choose a specific prompt or theme for each day.
- Allow enough time for students to write or draw without being rushed.
- Along with scheduled gratitude times, have Gratitude Slips available whenever someone chooses to write about something they're grateful for.

Reflecting Gratitude

Choose a time for reflection at the beginning of the next season (a new month, season, or year).

Read the jar of Gratitude Slips together:

- Allow students time to **reflect** on the things they have been grateful for.
- Provide students with an opportunity to learn what others are grateful for.
- Give students the inspiration to **seek** out new ways to show and grow their gratitude.

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