



Gratitude Jar

Finding Gratitude in the Smallest of Things Can Help - Science Says So!

Studies show that, over time, feeling grateful boosts happiness and fosters both physical and psychological health. By consistently tracking what you are thankful for and acting on those feelings of appreciation you can actually boost your immune system!

PsychologyToday.com shares "Brain scans of people assigned a task that stimulates expression of gratitude show lasting changes in the prefrontal cortex that heighten sensitivity to future experiences of gratitude. It is the emotion that literally pays itself forward."

A fun way to focus on things you are grateful for is by making a gratitude jar!

Supplies to make a Gratitude Jar, Box or Journal

Ribbon

Stickers

Labels

Pieces of paper

Glue stick or glue

Glitter

Colored pens, pencils or markers

Decorate your Jar, box or journal with your drawings, words and favorite colors.

Each day, write down something you're grateful for on a piece of paper and put it in your jar.

Some Ideas:

Your family

Your teacher

A friend

An animal

The rain

The sun

A flower

Your food

Something in nature

A hobby

A sport, an interest, a feeling — anything big or small

When you feel sad or need extra encouragement, read the pieces of paper and remember all the people and things you are grateful for.