

# Gratitude Jar Activity



1 Find an empty jar and wash it out.

2 Pick someone that you would like to thank (e.g. your parents).

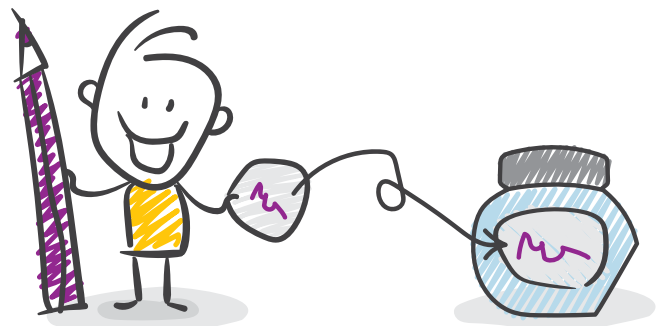


3 Cut out some strips of paper (at least 20).

4 On each strip write a specific thank you to the person you have chosen.

5 Fold the strips and fill the jar.

6 (IF YOU CAN) Decorate the outside of the jar and write the person's name on it.



7 Give it to a grateful recipient and watch their reaction!  
You will make someone SO HAPPY with this present!!!

*P.S. You can also make another jar thanking Hashem for all the things you are grateful for!*

*Keep this jar in your room and keep adding to it every day!*



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