

GRATITUDE JAR

**EMPOWER YOUR CHILD WITH THE GIFT OF
GRATITUDE AND WATCH THEM GROW INTO A
POSITIVE AND RESILIENT INDIVIDUAL.**

Thoughtfully designed for little ones with love and care

by


groawesum

HOW TO USE

'GRATITUDE JAR'?

Instructions:

1. Cut out the jar template and glue it onto a jar or container.
2. Cut out the small pieces of paper and place them near the jar.
3. Encourage your child to write down something they're grateful for on a small piece of paper and put it in the jar.
4. Encourage them to add to it regularly and read through the notes together as a family.
5. Optional: decorate the jar with stickers, glitter, or other craft materials to make it more fun and personalized.



GARTITUDE JAR LABEL



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Gratitude chits

TODAY, I AM GRATEFULFOR...

