



## Gratitude Jar Guide for Parents

### Objective:

To cultivate a sense of gratitude in children through daily reflections and to help them Recognize, Appreciate, see the Value in, and Embrace (RAVE) the positive elements in their daily lives.

### Materials Needed:

- A jar (clear ones work best to see the notes piling up).
- Decorative materials such as stickers, markers, ribbons, paints.
- Small pieces of paper or note cards.
- Pens, pencils, and colored pencils or crayons.

### Instructions:

#### 1. Setting the Scene:

- Choose a convenient time, perhaps after dinner or during the weekend, to create your Gratitude Jar.
- Ensure the workspace is clean and all your decorative materials are within arm's reach.

#### 2. Decorating the Jar Together:

- Begin by explaining the concept: "This is our special Gratitude Jar. Every day, we'll add notes about things we're thankful for."
- Allow your child's creativity to shine. Let them decide how they'd like to decorate the jar.
- Once decorated, label the jar "Gratitude Jar" or "RAVE Jar."

#### 3. Daily Reflections:

- Every day, encourage your child to think about one thing they're grateful for.
- They can write it down or draw a picture depicting it.
- Remind them it doesn't have to be something big; simple joys like a yummy snack, a sunny day, or a fun playtime matter just as much.
- Once done, fold the note or picture and place it in the Gratitude Jar.

#### **4. Guidance for Younger Participants:**

- **If your child is too young to write, they can draw, or you can help jot down their thoughts.**
- **You can also ask guiding questions to prompt them: "What made you smile today?" or "Is there something you loved doing today?"**

#### **5. Weekly Reflection Time:**

- **At the end of the week, sit down together in a cozy spot.**
- **Empty the jar and read each note or discuss each drawing.**
- **Use this time to reflect and talk about why those things made them happy or why they're grateful for them.**
- **Emphasize the RAVE concept while discussing.**

#### **Tips:**

- **For added fun, you can use colored notes or have themed weeks where gratitude notes are about specific topics like nature, family, or toys.**
- **It's essential to keep the exercise pressure-free. If your child skips a day or two, that's okay. The idea is to make it enjoyable and reflective, not a chore.**
- **Over time, consider creating a Gratitude Journal with the notes or drawings. It can serve as a beautiful memory lane to walk down in the future.**
- **You can also participate, showing them that gratitude is a lifelong practice. Your notes can serve as examples and inspire deeper reflections.**

**The Gratitude Jar is not just a fun craft but a tool that fosters a positive outlook on life. Cherish the memories and the sentiments that this simple jar captures.**