

Make a Happy Jar!

During lockdown it can be very challenging juggling caring, parenting, schooling, and for many alongside everything else, working! It isn't an easy task to spend the quality time we would like to have with all our family members, and often our children are having to amuse themselves for a while.

Happy Jars are a fun way to get the family thinking about positive things that have made them happy or things they are grateful for during these difficult times. They don't take long to make, it is something you can do together. At the end of the day putting your happy thoughts into your jar can become part of your bedtime routine, promoting smiles and laughter before heading off to the land of nod. Or maybe something to do and discuss at the dinner table.

They are fun and easy to make. You can have one for the whole family to put their happy thoughts in, or have one each!

You will need

- ☺ A clear jar/container
- ☺ Pens, paper, glue and anything else you can use to decorate your jar. Not all of us have things easily to hand, so maybe we need to think outside the box a bit. Egg white is a great substitute for glue. Have a look in your paper bin, there may be some great images in magazines. Do you have colouring books and pens? Colour in your favourite picture, cut it to fit the jar!
- ☺ Slips of paper to write on (printable slips below)

Now decorate your jar!

Help each other personalise the jars, or if you are doing one family jar then maybe have a personalised area for each person on the jar. Here's one we made earlier.



Today I laughed when....



Today I enjoyed....



Today I learnt....



I am grateful for those around me because....



Tomorrow I am looking forward to....

