



HOW TO MAKE A WORRYWOO GRATITUDE JAR

FIND A JAR (AND WASH THOROUGHLY) OR PRINT THE JAR SHEET ON THE NEXT PAGE

DECORATE THE JAR!

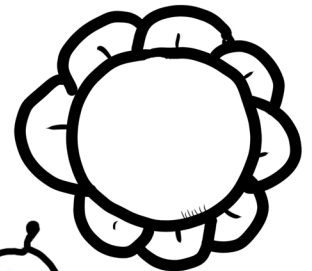
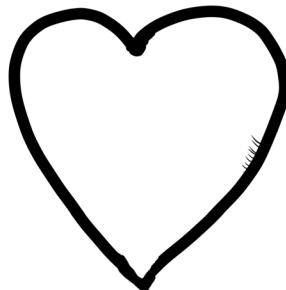
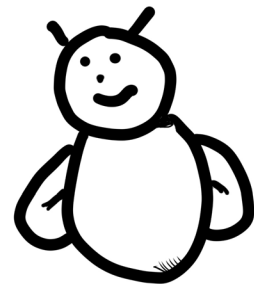
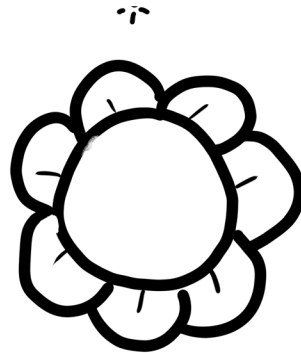
DRAW SHAPES OR CUT OUT THE SHAPES ON THE THIRD PAGE

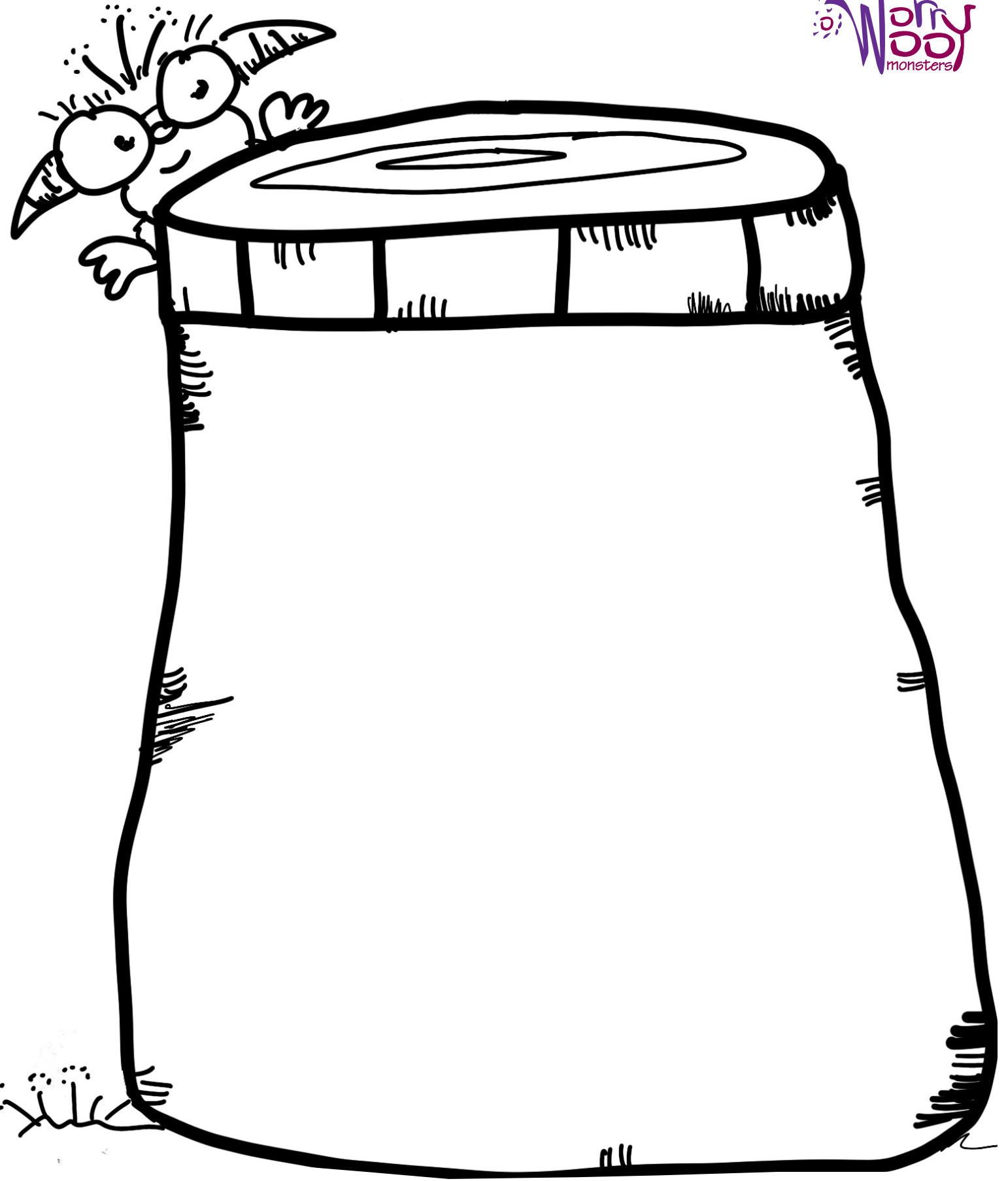
HAVE YOUR CHILD COLOR IN THE SHAPES AND WRITE THINGS
THEY ARE GRATEFUL FOR ON THE CUT OUTS

FILL THE JAR OR GLUE TO THE PAPER

REPEAT ACTIVITY DAILY, WEEKLY OR MONTHLY AND ADD NEW THINGS!

ADD A WORRYWOO TWIST.. ASK WHAT FEELING ARE YOU GRATEFUL FOR AND WHY?





GRATITUDE JAR

FILL YOUR GRATITUDE JAR!

Draw your own shapes or cut these shapes out and fill up your jar with thoughts of gratitude!

