

Name \_\_\_\_\_

Date \_\_\_\_\_

# GRATITUDE JAR

To help us feel good when we feel down, we may think of people and things we are grateful for in our lives to fill our cup and feel good.

In the jars below, write the names of people and things that you are grateful for in your life.

Bonus Ideas:

- Give each jar a category and add something new each week. For example, a jar for food and add a food you enjoyed eating during the week.
- Tutor and student each get a color jar lid and fill their appropriate jars. Discuss similarities and differences.

