

Family Gratitude Jar

Get ready to fill your home with love and thankfulness with a **Family Gratitude Jar**! This simple yet meaningful craft is a great way for your family to focus on the positive and share what you're all grateful for. Every day, week, or whenever you feel like it, each family member can write down something they're thankful for and add it to the jar. Over time, you'll fill it up with beautiful, heartwarming reminders of all the good in your lives!



Materials List:

- **Large glass or plastic jar** (Any jar with a lid will do!)
- **Colorful paper or notepads** (For writing down your gratitude notes)
- **Markers or pens** (To write your messages of thanks)
- **Ribbons or twine** (To decorate the jar)
- **Stickers or washi tape** (For decorating the jar in your family's style)
- **Labels or tags** (To label the jar with "Gratitude Jar" or a family motto)
- **Small basket or container** (To hold extra paper and pens)

Instructions: Let's Get Crafting!

1. **Pick Your Jar:** Start by choosing a large jar that can hold all your gratitude notes. Glass jars work great, but a plastic jar with a lid is just as good!
2. **Decorate the Jar:** Let your creativity run wild as you decorate the jar! Use ribbons, twine, stickers, or washi tape to give it a personal touch. You can even label the jar with a cute tag that says "Family Gratitude Jar" or write a fun family quote on the front.
3. **Prepare Your Notes:** Cut colorful paper into small squares or use fun notepads to make your gratitude notes. Place the paper and some pens or markers in a little basket next to the jar so they're easy to grab.
4. **Write Down Your Gratitude:** Encourage each family member to write down something they're thankful for and drop it in the jar. It can be as simple as "I'm thankful for a sunny day" or something big like "I'm grateful for our family vacation." The more personal, the better!
5. **Add Notes Regularly:** You can add notes daily, weekly, or whenever you feel grateful. Make it a fun tradition during family dinners or at the end of the week. Watching the jar fill up will feel amazing!
6. **Read and Reflect:** After the jar is full, or on a special occasion like New Year's or Thanksgiving, gather as a family to read the notes aloud. It's a wonderful way to reflect on the good things in life and remind yourselves how lucky you are to have each other.

Craft Bonus: Add Some Flair!

Want to make your Family Gratitude Jar even more special? Try creating themed gratitude notes, like focusing on gratitude for each family member one month or for specific experiences like school or work the next. You can also make it a seasonal jar, adding notes about things you're grateful for in each season!