

PSHE Week 2:

Create a Gratitude Jar or Box

This week's PSHE activity is to create a gratitude jar or box. Gratitude jars are a brilliant way of celebrating all of the things for which we are thankful. Having the opportunity to reflect on that for which we are thankful is a brilliant way to look after our wellbeing.



This activity is suitable for completing as a family (adults included). Your first step will be to decide whether you want to use and decorate an empty jar, or (my personal favourite) use a small box such as a shoe box, which you could cover with photos and pictures that represent you as a family and happy times together.

Each day, each member of the family should write on a slip of paper something which they are grateful for that day. Remember to think of the small things as well as bigger things: sometimes we can overlook the simple things. Once each person has written on their slip, pop it into the gratitude jar/box. At the end of the week, you could sit together and read through the statements in the box as a celebration of your week.



If you enjoy using the gratitude jar/box idea, why not keep it going? You could draw pictures to represent the things for which you are grateful, as well as writing them down. You may choose to do this activity at the end of each day, as you reflect on your day together.

