



Gratitude Jar

What will I learn?

- What gratitude is
- How to focus on the positives in life when times are difficult
 - How to recognise what I am grateful for
- This activity will help you to develop optimism and self-awareness

What do I need?

You can write on the worksheet below, print it and write on it, or create your own version using a jar or box and some pieces of paper.



What is gratitude?

Gratitude is a deep feeling of being thankful and appreciative - a positive emotion that is long-lasting. It is also a skill, and practising this skill helps it to become easier to do.



Why is gratitude important?

Research has found that expressing gratitude regularly, especially in times of challenge and change can:

- help you sleep longer and better.
- help you form strong relationships, as those who show their gratitude are less likely to get angry against others and more likely to behave with sensitivity and empathy.
- give you increased self-esteem, partly due to your ability to appreciate other people's accomplishments.
- enhance your resilience - helping you to bounce back from highly stressful situations.

Activity



- 1) Create your own 'gratitude jar' picture - you could use the simple template on the next page or get some pieces of paper and a jar or box.
- 2) Think about different people, things, and events or situations you are grateful for. Write what and who you are grateful for inside the jar, or write on pieces of paper and put them in your jar or box.
- 3) Close your eyes and picture each thing or person you wrote down – how do they make you feel?
- 4) Keep your jar somewhere close by so that as you think of new things you can add them. Most people find that the more they practise gratitude, the easier it is to think of more things they are grateful for.
- 5) You could spend a few minutes each day before you go to bed thinking about what you are grateful for that day. Set yourself a challenge of adding 3 things you are grateful for every day for a week.



Once you have added some things to your jar, you could talk about your answers with someone, such as someone whose name you added to the jar, and let them know you are grateful for them. You could also encourage someone to create their own Gratitude Jar, maybe a friend or teacher or someone you live with.

My Gratitude Jar

