

GRATITUDE JARS + CONVERSATION STARTERS

Gratitude Jars:

1. Decorate your jar as a family. You could use Mod Podge and tissue paper, ribbon, puffy paint, stickers, or any other decorations you have at home.
2. At the end of every day, each family member should take a blank craft stick and write something they are grateful for, then fold it up and place in the gratitude jar. You could also use a piece of paper and fold it up instead.
3. At the end of the week or month, empty the jar and take turns reading everything your family is grateful for. Start a new jar as often as you choose!

Supplies

- Clean, Empty Glass Jar
- Craft / Popsicle Sticks
- Pens or Markers
- Paper



Conversation Starters:

1. Come up with a list of conversation starters that you can use during family meal times.
2. Write a question on the craft stick and add it to the jar. Or, write the list of questions on a piece of paper and match each one with a number or letter. Write the numbers or letters on the stick instead of a full question.
3. When you're with your family for meal times (or just hanging out) take turns drawing a stick from the jar, reading, and answering the question. After you share your answer, ask a family member what their response is. You might learn something new!

Examples:

I am grateful for nights to share meals with my family.

If you could take a one-week vacation anywhere in the world, where would you go?