

joy jars

Supplies:

- 4 jars/cups
- paper
- sharpie
- pen

Prep:

- Label jars - school, sports, fam & friends, myself
- Cut paper into strips and set aside

How it works:

Each day, write down one thing for each category that you are grateful for, you are excited about, that made you laugh or smile and put it in the jar. At the end of the week or month, pull each one out and read it to see what good things were on your mind!

Example:

Self: "I felt confident in who I am today" ; School: "I learned something cool about_____"

sports: " I finally got my reverse chip down" ; fam/friends: " I had a fun conversation with my sister"