# Create a Gratitude Jar

1. With a grown up, cut out the 'I am thankful for' tags and label
2. Decorate the label with loads of bright colours
3. Stick the label on the front of your jar
4. Write the things that you are thankfulsklkd for on the tags
5. Fold and place the tags in your jar
6. Open your jar and read your tags when you feel sad

You will need:

- A medium sized plastic jar with lid
- A glue stick
- Paper scissors (a grown up to help you to cut the label and tags)
- Colouring-in pencils
- A pencil or pen
- A print out of 'What Am I Thankful For' worksheet

# I Am Thankful For...

# The Little Beauties

**I Am Thankful For**

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**I Am Thankful For**

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**I Am Thankful For**

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