

# Reflection Activities

## Gratitude Jar

**Purpose:** To highlight gratitude in one's life.

Gratitude is what makes the glass (or jar!) half full. It reminds you that you have enough and that you are enough.

### Preparation:

You will need:

- A jar
- Small pieces of paper
- Writing utensils
- Gratitude!

### Instructions:

1. Brainstorm with the students what gratitude is and how we can show gratitude to each other.
2. Choose an appropriate time for your class to create the first gratitude contributions. Have each student write at least one thing that they are grateful for on a piece of paper and put it inside the jar.
3. Encourage students to add other gratitude statements to the jar during the day or schedule a time each day to add items.
4. When the mood is low or when the class is having a down day, look at the gratitude jar to remind yourself how many things there are to be grateful for. Pull out a few pieces of paper and read the comments out loud when needed/desired.

### Modification:

1. Write the name of every class member (including staff) on a piece of paper. Have a student draw a random name of a class member and write a gratitude statement directly for that person. Put these gratitude statements in the jar either with or without sharing them with the other student.

Adapted from:

<https://www.mindbodygreen.com>