

Our Thankful Jar

Who gave their time for us this week?



✂ CUT OUT THE LABEL AND TAPE IT TO ANY JAR, BOX OR CAN

How to use your gratitude jar

1. Once a day

At the same time every day (after lunch or before the bedtime story), your child fills in one slip. It takes about two minutes.

2. Draw or write

Ages 5–6: draw it. **Ages 7–8:** write one sentence and name who.

3. Read on Friday

Pour the slips out and read them aloud together. No quiz, no corrections. Just listen.

Questions to start with

- Who gave their time for you today?
- What did someone do for you today that you almost didn't notice?
- Who helped you with something small this week?

A gentle note: gratitude grows from curiosity and connection, never from guilt or comparison. Please don't use the jar to dismiss a sad or frustrating day. Let the feeling be there first.

GRATITUDE JAR SLIPS · CUT ALONG THE DOTTED LINES

THANKFUL SLIP

Today, someone gave their time for me.

Who?

What they did:

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