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INSPIRING AND ENGAGING YOUR FAMILY IN FAITH



CREATIVE LIFE IN FAITH IDEAS FOR THE SPRING HOLIDAYS

Gratitude Jar Full of Thankfulness

A gratitude jar is a fun way to create a visual reminder of all the blessings in our lives - a place to record and store everything you are thankful for. Whether it's a person, a kind act or a positive detail in your everyday life, write it down on a slip of paper and place it in your gratitude jar.

1

Find a jar: any storage jar will do. Just make sure it is big enough to fill with small slips of paper. Unleash your inner creative and decorate your jar to make it your own. You could decorate with stickers or personalise any way you like.

2

Get small sheets of paper: write down what you are grateful for. They can be post-it notes or pieces of scrap paper. Whatever will make you smile when you look at it.

3

Write down: three things you are thankful for each day. Place the jar and sheets of paper in a highly visible location such as the kitchen counter. Set a goal for each family member to write down three things they are thankful for each day.

4

Each evening: perhaps around the dinner table, take turns to read aloud the things you are grateful for. Take it a step further and pray about ways to connect and express your love for what you are grateful for. For example, if you were grateful for your parent cooking dinner, can you think of a way to express show your appreciation for them? Perhaps you could run a relaxing bubble bath for your parent or give them a hug of thanks? Perhaps you might help your sibling with a job around the house?

5

Pray: Loving God, we have so much to be grateful for. Thank you for your abundant and constant love. Help us to express love to others with gentle words and through caring actions. Amen