

Gratitude Jars or Journals

Materials

- Jar (or another container or ziploc bag)
- Journal or Notebook
- Slips of Paper
- Markers or Pens
- Paint or Ribbons for Decoration



Assembly

- Students can write or draw what they're grateful for on slips of paper and put them in the jars.
- Students can decorate the covers of gratitude journals and fill out the first entry of what they're grateful for that day.



Application

- This is a "gift that keeps on giving" activity. Students can turn this activity into a gratitude project by continuing to fill out slips of paper saying what they're grateful for every day or week.
- Gratitude activities are most impactful when a student does them on a regular basis.

Let us know how the activity goes & send photos to ilana@erikaslighthouse.org

For more information on teen depression, check out www.ErikasLighthouse.org



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