



Thanksgiving Gratitude Jars or Journals

Practicing gratitude is great for our mental health. For this activity, every student needs a jar (or another container or even a ziploc bag) and slips of paper. Students can write or draw what they're thankful for on the slips of paper and put them in the jar. You can make this more of an arts and crafts project by providing students with supplies (like paint or ribbons) to decorate their jars if you'd like.

This is also a "gift that keeps on giving." Students can turn this single meeting activity into a gratitude project by continuing to fill out slips of paper saying what they're grateful for every day or week.

Another option is to have students decorate the covers of gratitude journals and fill out the first entry of what they're grateful for that day.

Gratitude activities, whether a gratitude jar or gratitude journal, are most impactful when a student does the activity on a regular basis.