

Gratitude Jars & Collage

Goal

Be kind to your mind by thinking of someone you know and creating a special jar and/or collage to share with them. When we practice gratitude, it boosts your brain and releases feel-good neurochemicals.

Materials

Jar
Jar label
Be Kind to Your Mind sticker for jar lid
List of sample affirmations
Images for collage
Writing and Coloring Tools
Tape
Decorative items like stickers, ribbon, or gems (optional)

Activity #1 Gratitude Jar

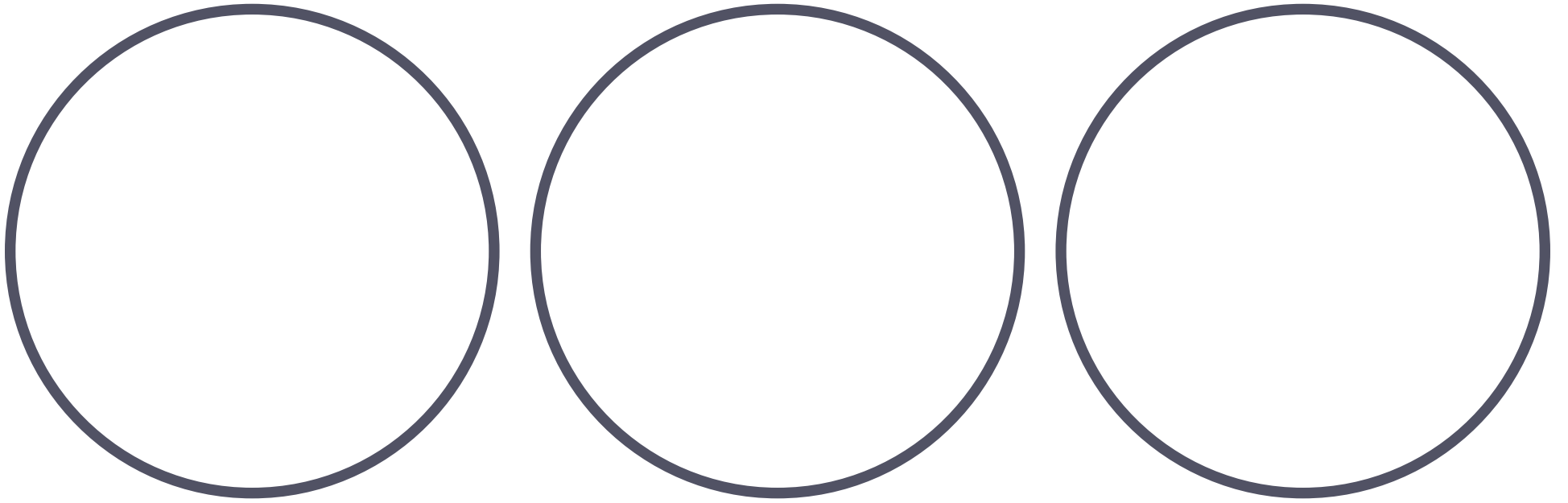
1. Think about someone you know who can benefit from a brain boost of gratitude — that is, a thoughtful compliment or an encouraging quote.
2. Use the provided affirmations and/or write out your own uplifting quotes, compliments, or affirmations on strips of paper. Fold each one so what's inside can't be read.
3. Decorate your jar by attaching the Be Kind to Your Mind sticker to the lid and taping the label around the side.
4. Add more decorations at home based on the person for whom you are making it. For example, if you are making one for your friend who loves dance, you might add in a dance-related quotes and decorate the jar with dance-related stickers.
5. Add the folded strips of paper to the decorated jar.
6. Deliver your jar to the lucky recipient!

Activity #2 Gratitude Collage

1. Think about what you are grateful for — perhaps a friend, family member, pet, place, or even one of your own personal strengths.
2. Select images that represent your gratitude and the idea, person, place, or thing. You can select images from the sample sheet or find additional images once home.
3. Paste your chosen images onto the collage. Use your creativity!
4. Decide if you will keep the collage to remind yourself of what you're grateful for, or if you will give it to someone you know.

Reflection Questions

- How did you decide on the person(s) who would be the focus of your Gratitude jar or collage?
- What impact might your Gratitude jar or collage have on others?



Have a

BRAIN BOOST

...you deserve it!

