

# GOODTIMES AT HOME

## Gratitude Jars

For this Feel Good Friday, we're going to create something like a time capsule – either for yourself, or for your whole family – for you to look back on and reflect on your Good Times.

### Materials

- Jar (or container)
- Paper
- Pens
- Any decorations you would like!

### Instructions

1. Pick out what jar you would like to use. It's nice to have a see through jar so you can look at all your memories (think Mason jar or cleaned out old pasta sauce jar), but if you have a solid container that works too.
2. Feel free to decorate your jar! Maybe add a little sign to it that says "Gratitude Jar" or "Memory Bank" or another fun title you like
3. Cut up some slips of paper and leave them by your jar. The idea is that anytime something fun or exciting or really happy happens, you can write down that memory on a piece of paper and put it into you jar.
4. You can open your jar and read your memories any time! Some people like to keep them until New Years Eve to reflect back on the whole year, some people like to look back at the end of every month. Either way, this is a fun way to think of the positive parts of your day while giving yourself reflection time in the future

We hope you enjoy and this brings some positivity and gratitude to your home!



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