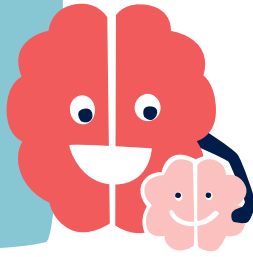


# Moments of Gratitude Jar



Parent Resource

Expressing gratitude is a powerful way to enhance our mental fitness. Practising gratitude strengthens our emotional muscles, improves our mood, reduces stress, and helps us to connect, embrace and strengthen the relationships of those people in our village. It also boosts our self-esteem, emotional literacy, and resilience. Creating opportunities to consistently practise being grateful as a family or with people in your village is a great way to reinforce mindfulness practice and helps us feel mentally strong and fit inside.

## Creating Your Family Gratitude Jar:

1. Find an empty jar and peel off any existing labels.
2. Print out the provided gratitude jar label and gratitude slips. Our printable label has been left black and white so you can colour the design yourself and personalise it!
3. Colour in the label and glue or stick it to your jar.
4. Cut out the gratitude slips ready to be used.
5. Encourage your family to fill out the gratitude slips throughout the week and choose a time to read them together.



Let's build our mental fitness together

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**I am grateful for:**

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