

Parent Guide

How can I use this with my family?

One of the principles of mindfulness is to focus on the moment. Fill these jars with small, day-to-day things and take some time to choose an idea from the jar and think about small things to be grateful for.

How does this support my family?

We all need reminding of the small things in life from time to time. It can be easy to take things for granted and these little reminders are a great way to take a moment to value the things around us.

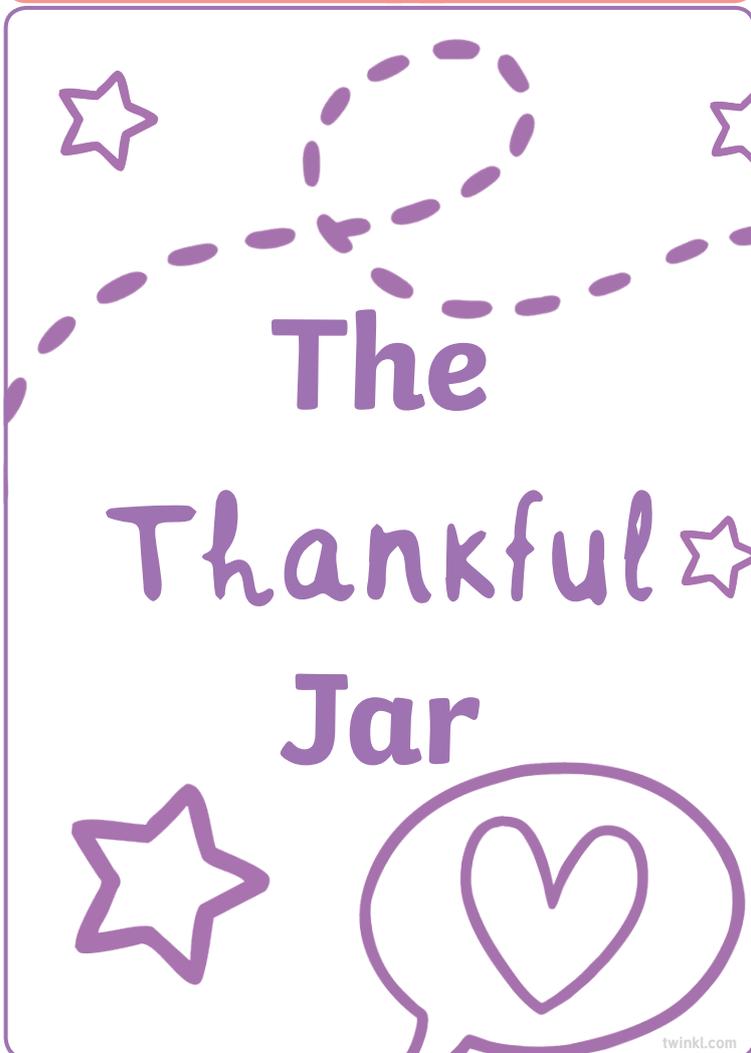


Ideas Jar: I Am Grateful For...

As the world becomes more and more disposable, and with everything available at our fingertips at any time of the day, we can sometimes miss the simple things that we should be thankful for.

Find yourself a clean empty jar, decorate it and attach a label – create your own label or use one from the sheet provided. Place the jar somewhere in your house where it can be seen. Take a moment each day or week to write down something that you are grateful/thankful for on the blank cards or spare pieces of paper (make sure you add the date) and place it in the jar.

On a date that you choose, such as one year from when you started, open the jar and read through all of your gratefulness notes. It might surprise you that sometimes it is the simplest of things that can make you smile.



A rectangular sheet of paper with a red border decorated with small white stars. The central area is white and contains seven horizontal black lines for writing. A small "twinkl.com" watermark is visible in the bottom right corner.

A rectangular sheet of paper with a purple border decorated with small white stars. The central area is white and contains seven horizontal black lines for writing. A small "twinkl.com" watermark is visible in the bottom right corner.

A rectangular sheet of paper with a green border decorated with small white stars. The central area is white and contains seven horizontal black lines for writing. A small "twinkl.com" watermark is visible in the bottom right corner.

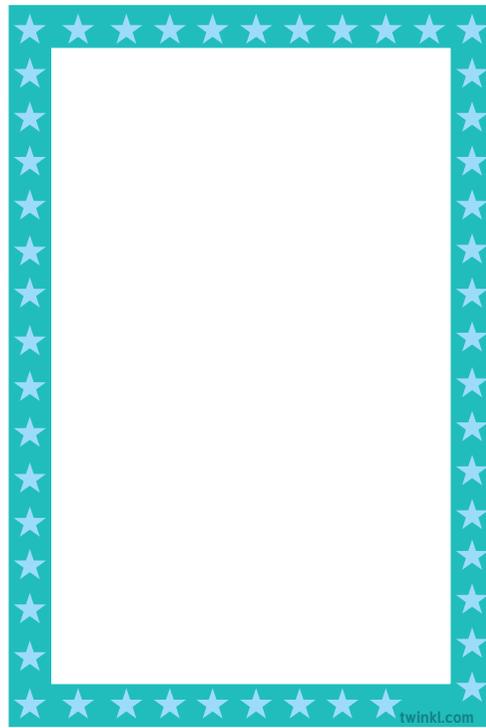
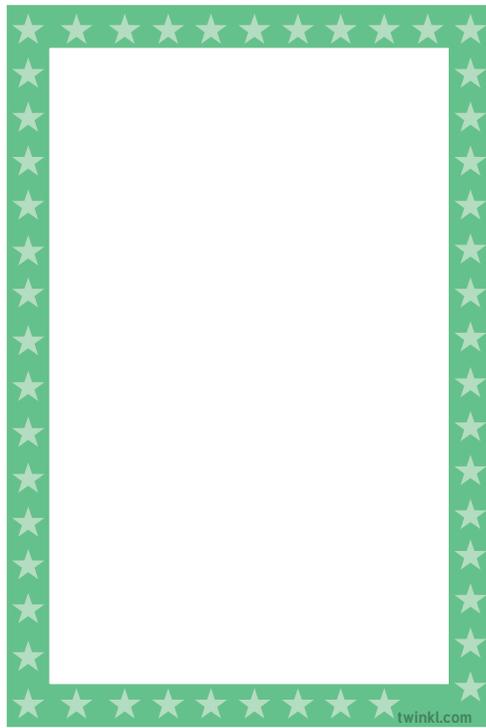
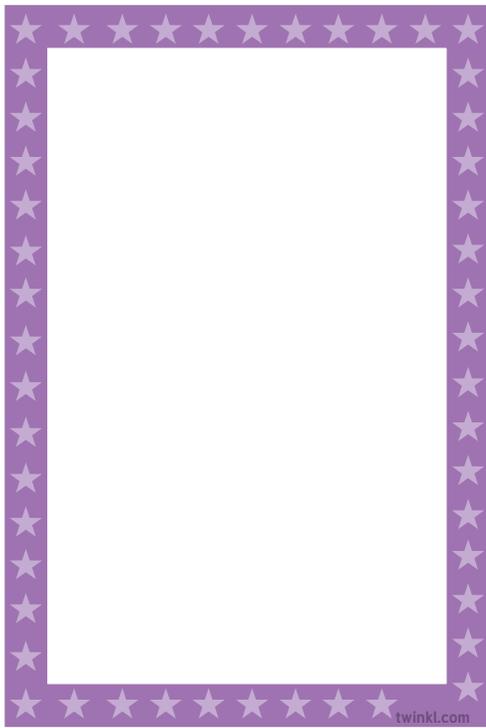
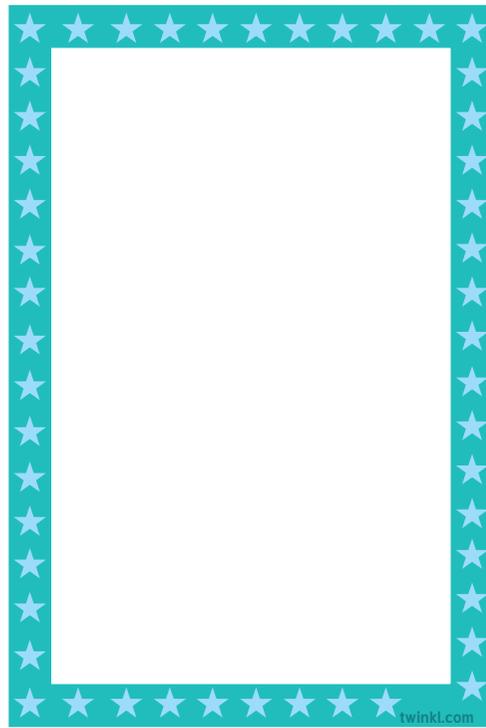
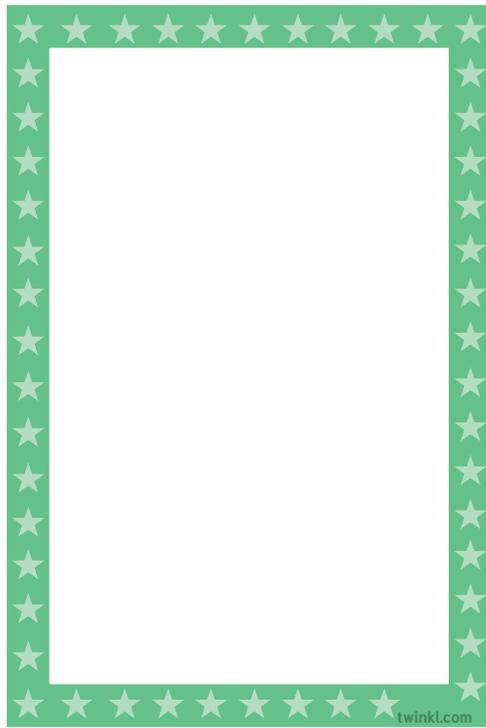
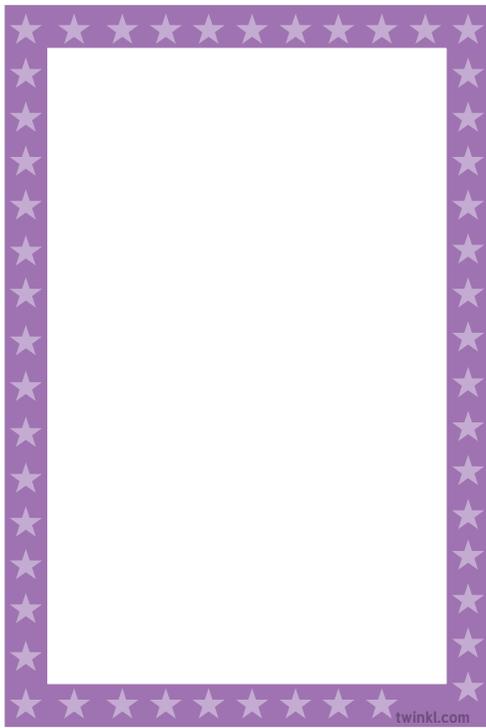
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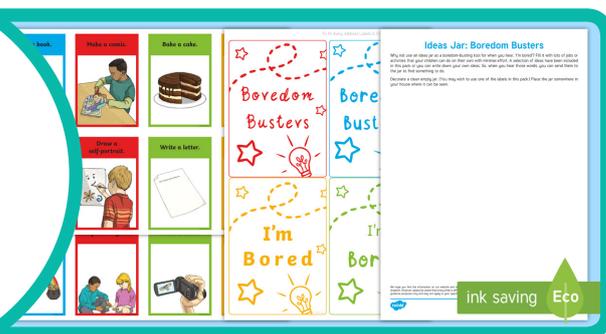
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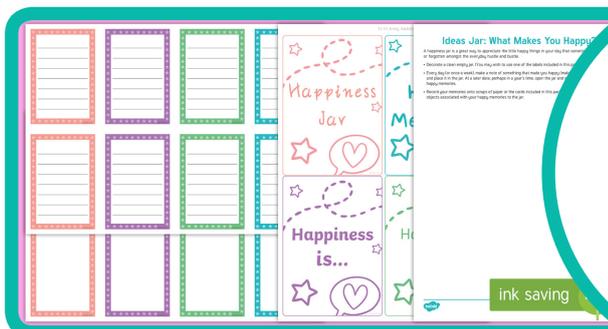


If you enjoyed this resource, why not try...

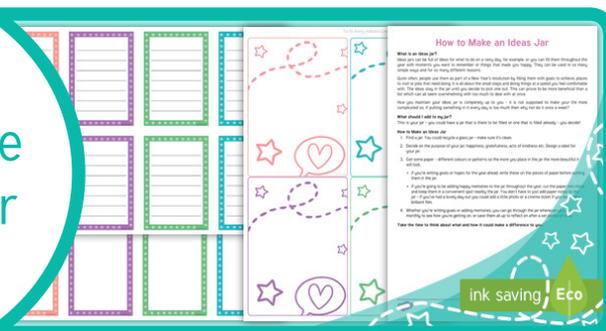
Ideas Jar:
Boredom
Busters



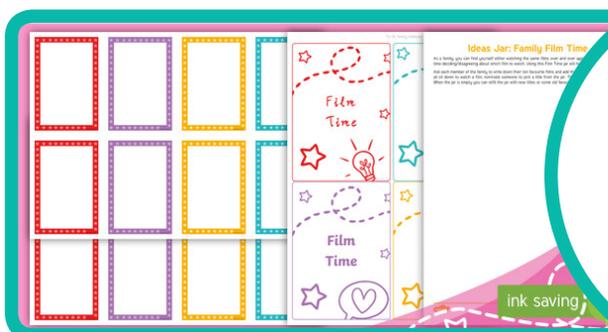
Ideas Jar:
What Makes
You Happy?



How to Make
an Ideas Jar



Ideas Jar:
Family
Film Time



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