

What is a Positivity Jar?

It is a little jar of happiness that reminds us of all the positive things we have achieved and can celebrate.



Why create a Positivity Jar?

At times we all focus on the negative things around us and forget all of the wonderful things we enjoy and achieve. By creating a Positivity Jar, we can look back on these magical moments and remember our positive thoughts, experiences and achievements!

Who can create a Positivity Jar?

This is something that can be achieved independently but is great fun as a family activity or however you choose to use it... we look forward to hearing about your Positivity Journey!



Ideas for creating a Positivity Jar

- ✚ Find a jar, box or anything that you think will be suitable like a special bag.
- ✚ Decorate it to make it look really special as it is going to hold all your positive thoughts, experiences and special achievements!
- ✚ Decide how you are going to fill it... is it just for you or a family project?
- ✚ Find or cut some paper to write on, maybe a different colour for thoughts, achievements and experiences, or maybe a different colour for each family member.
- ✚ Start to write down each positive addition and place it in the jar.
- ✚ Whenever you feel sad, need cheering up or just reminding how amazing you are, take out the magic pieces of paper and read them; you will be amazed at how much you have achieved and forgotten already!
- ✚ You can adapt the jar to do other exciting things like, A Wish Jar - to collect all the things you would like to do when life 'gets back to normal', like going to the park or to see Grandma. There are so many ideas, I wonder what you will create! But remember we would love to hear about it so you can email your teacher or show us when we get back to school!

Take care, stay safe and most of all have fun, we think you are all amazing!

