

# Gratitude jar activity



**Hobbies**

**Friends**

**Family**

**Pets**

**Favorite  
food**

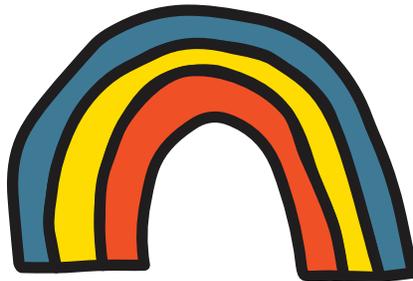
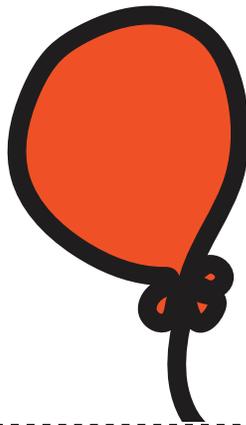
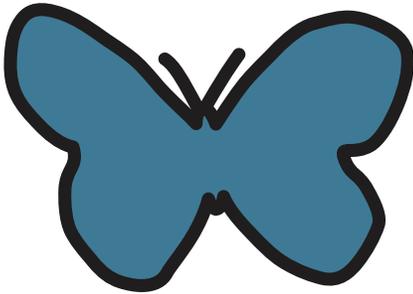
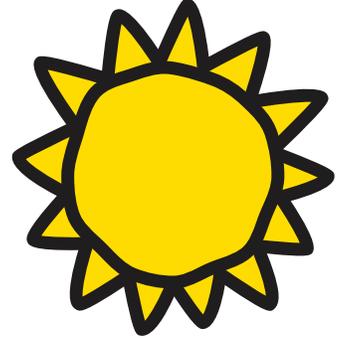
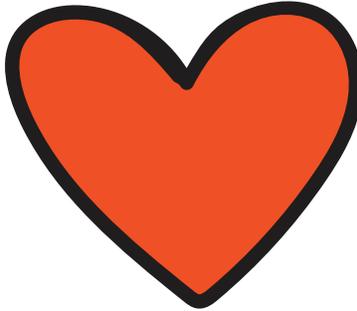
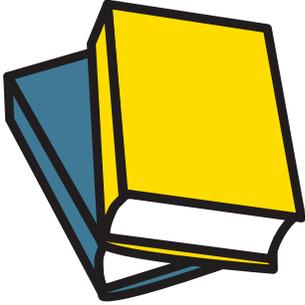
**Outside**

**Music**

**Games**

**Celebrations**

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# My Gratitude Jar

One way to cultivate happiness is through practicing gratitude. In the jar below, write things you are grateful for! Post it somewhere to remind you. You can also do this with a jar and slips of paper.

