Kindness Jar

Kindness jars are a brilliant way of celebrating all the kind things we do. Celebrations of the kindness in our lives can enhance and improve our wellbeing. Use these craft instructions to create your own Kindness Jar and note down any ways you or members of your family are kind to each other each day. When you see someone being kind, record it on a small piece of paper and drop the piece of paper in the jar. Later on, you can spend some time, reflecting on all the kindness you have collected.

You will need:

- glass or plastic jar
- scissors
- paintbrush
- white glue
- Kindness Jar label
- tissue paper or colourful paper
- paper scraps to record your moments of kindness

Instructions

1 Cut shapes out of the colourful paper or tissue paper.

2 Using your paintbrush, put glue on the parts of the jar that you want to decorate.

3 Carefully stick the shapes you have cut out on to the jar.

4 Add your Kindness Jar label.

5 You can paint over the colourful paper with extra glue if you would like to. This will give a nice, shiny effect.

6 Enjoy using your jar. At the end of each day, read the pieces of paper you have added to the jar and reflect on what we have to be grateful for.

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