How To Create A Family Gratitude Jar

Does your family create a Gratitude Jar? Some people call them Thankful Jars, Memory Jars, or Blessing Jars. But whatever you call them, a Gratitude Jar is a beautiful way to enter the season of Thanksgiving.

It's a simple concept. All you have to do is pause for one moment every day all through the month of November and think of one thing you are grateful for. You write it down on a slip of paper and drop it into your Gratitude Jar. Come Thanksgiving, you take them out and review all the wonderful ways you have been blessed over the last month. Parents, friends, and children can all participate in the creation of a Gratitude Jar.

What You Need

Any jar will do.

- a canning jar
- a cookie jar
- a coffee tin
- a candy dish
- a pickle jar

A label. (You'll find several to chose from on the next page.)

Scissors

Glue

Gratitude Slips

Optional: **Ribbon or stickers.**

Putting it together,

1. Clean and dry your jar.
2. Cut out your label and gratitude slips.
3. Glue your label to your jar and your ribbon around the lid if using.
4. Set your slips and a pen or pencil beside the jar in a prominent place.
5. Have each family member write down at least one blessing every day.
6. Open on Thanksgiving and share the collection of all that you have to be grateful for.

Our Family
Gratitude Jar

_____
Year

Our Family
Gratitude Jar

Thankful

_____
Year

Our Family
Gratitude Jar

_____

Psalm 9:1

Our Family
Gratitude Jar

be kind and grateful

Chose a label or design your own.

Gratitude Slips

I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...

Gratitude Slips

I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...

Gratitude Slips

I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...
I am grateful for...	I am grateful for...	I am grateful for...