



OKTOBERFEST ACTIVITIES

for the family

THANKFULNESS JAR

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Thankfulness Jar

A fun activity to do with your children around or on Thanksgiving is creating a Thankfulness Jar. The idea is simple and can be adapted very easily to suit your own family.



Materials

- Large Jar with a lid
- Construction paper (multiple colours)
- Kid-safe Scissors, or craft scissors (with fun edges)
- Pencil crayons and/or markers
- Decorations of any kind (pompoms, pipe cleaner, sequins, buttons, stickers, etc.)

Directions

- First, take your jar and decorate it! Add anything you would like, give your jar a name, maybe put your family members names on the jar. Add some pictures and decorations to make it unique.
- Cut the pieces of the construction paper into strips. They should be large enough to write on. You can use craft scissors to create fun edges, or add stickers to one side!
- Use the envelope to keep these pieces together near your Jar. You are now ready to begin practicing Thankfulness! Every day until Thanksgiving Day (or any day of the year!), write down one thing they are thankful for on a piece of paper from the envelope. Then, fold it up and put it in the jar. Try to think of something new each day!
- On Thanksgiving, open up the jar and take turns reading aloud all the Thankfulness Papers.