

Encouragement Jar

FAMILY ACTIVITY

The goal of the Encouragement Jar is to recognize when your family members are doing good and/or going above and beyond!

Materials

- Jar
- Paper
- Writing utensil (pen, pencil, markers, etc.)
- Decorations (paint, ribbons, colorful duct tape, etc.)
- Scissors

Instructions

1. Decorate your jar as a family. You can decorate it any way you want; get creative!
2. Place your jar in a central location in your home.
3. Place pieces of paper and a pen/pencil next to it.

Using the Encouragement Jar

When you see a family member doing something you appreciate or are proud of them for, write it down on a piece of paper and put it in the Encouragement Jar.

Examples might be: "Beth made her bed today without being asked. Great job, Beth!" or "Billy gave me a hug today when I really needed one. Thanks, Billy!"

As a family, pick one day a week that you will go through your Encouragement Jar together. Family members can take turns reading out all the encouragements from the week. This project can provide helpful reminders of how special and loved you all are.

