

Jar of joy

This activity focuses the mind on positivity - helping us to remember things that made us feel good.

Take note of joyful days, moments or feelings, write them down and put them in your jar. At the end of the year, open it up and remember all of the things that made you smile!

You will need:

- an empty jar (make sure the jar you choose didn't contain something strong smelling - it can be really tricky to get rid of the smell of pickled onions and curry sauce!)
- coloured tissue paper (in small pieces)
- pva glue and water mix (50/50)
- a paintbrush
- a luggage label
- a memo pad

Let's get creative:

Find an empty glass jar and wash thoroughly. Once dry, paint the outside of the jar with the pva glue and water mix, then layer tissue paper onto the glue. Work in small sections as it can get a bit messy! Wet tissue paper can also stain, so make sure your table is covered.

Once finished, leave somewhere safe to dry for 24 hours and create a label for your 'Jar of Joy', this can also have your name and the year on it.

If you are creating a jar at home, keep it somewhere you will see it and keep a memo pad next to it so that you can quickly jot down your happy moments throughout the year.

