

MOOD BOOSTER JAR

A mood booster jar holds strips of paper with encouraging statements that friends or family members have written about you. Place this jar somewhere visible and whenever you're having a tough day, pull out a strip of paper to get some love and encouragement.



WHAT YOU'LL NEED

- 1 Empty Jar, small box, or container
- Markers or pens
- Tape or glue
- Construction paper cut into strips
- Decorative items like stickers or ribbons
- Scissors to cut the construction paper into strips



INSTRUCTIONS

1. **GATHER THE FAMILY OR A GROUP OF CLOSE FRIENDS AND PROVIDE THEM EACH WITH A JAR**
2. **EACH PERSON LABELS THEIR JAR WITH THEIR NAME AND DECORATES IT AS THEY WISH**
3. **EVERYONE CUT THE SHEETS OF CONSTRUCTION PAPER INTO STRIPS**
4. **ON SEPARATE STRIPS OF PAPER, EACH PERSON WRITES AT LEAST 5 POSITIVE THINGS ABOUT EACH OTHER AND PLACES IT IN EACH OTHER'S INDIVIDUAL JARS. SOME INSPIRATION CAN INCLUDE:**
 - a. A famous or inspirational quote that reminds you of this person
 - b. What do you appreciate about them?
 - c. Why are you grateful for this person?
 - d. What is a positive or funny memory that you have with this person?
 - e. What are some of their strengths or things that they are uniquely good at?
5. **AFTERWARD, EACH PERSON CAN TAKE TURNS SHARING WHAT EVERYONE WROTE ABOUT THEM IN THEIR JAR IF THEY'D LIKE, OR THEY CAN KEEP IT A SURPRISE FOR WHEN THEY ARE NEEDING THAT EXTRA BOOST ON A DIFFICULT DAY**

Recommended books:

Grow Grateful by Sage Foster-Lasser and Jon Lasser
 Grow Kind by Jon Lasser and Sage Foster-Lasser
 Grow Happy by Jon Lasser and Sage Foster-Lasser
 Bee Heartful: Spreading Loving-Kindness by Frank J. Sileo

Recommended resources:

<https://positivepsychology.com/gratitude-exercises/>